

## POST SHORTS

### Recycling schedule



The recycling pickup for Wednesday, April 20, is plastic, glass and metal. Put items in blue bags and place them on the curb.

### Concert tickets for early birds

Army MWR and Aberdeen Proving Ground present The 2005 Miller Lite Army Concert featuring Terri Clark, with special guests Chely Wright, Julie Roberts, and Miranda Lambert Aug. 20 on Shine Sports Field. Gates will open at 6 p.m. and the show will start at 7 p.m.

A \$10 early bird ticket special for APG government ID cards holders only will be held April 27 through 29. These tickets are only available at MWR Registration, building 3326, 410-278-4907/4011. Purchasers must present ID at time of purchase.

The \$10 tickets will go on sale to the public April 30, first come, first served. There are only a limited number of tickets available at this special price. Tickets can be purchased at www.apgmwr.com, MWR Registration, Hoyle Fitness Center and Ticketmaster.

For more information, visit www.apgmwr.com.

### 20th Support Command hosts ceremony

There will be an assumption of responsibility ceremony 10 a.m., April 15, at the Conference Center, building E-4810, for Command Sgt. Maj. Marvin W. Womack Sr., senior non-commissioned officer of the U.S. Army 20th Support Command (CBRNE).

For additional information on the ceremony, call Sgt. Maj. Mark Froom, 410-436-0315.

### Sewage overflow restricts water exposure

Heavy rains in early April caused sanitary sewer overflows in the Swan Creek Basin and Spesutie Narrows areas.

The City of Aberdeen has posted "No Water Contact" signs in these areas until early May. Any water contact activity should be avoided.

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Sports

# POW memorial dedicated at APG

Story and photo by  
**Yvonne Johnson**  
APG News

More than 200 attended the dedication of a monument to Maryland's former Prisoners of War during a ceremony at Aberdeen Proving Ground's U.S. Army Ordnance Museum April 9.

The monument becomes the second state memorial on APG, joining the Purple Heart monument, dedicated in August.

The Department of Maryland American Ex-Prisoners of War, led by state commander John "Jack" Meyers, and Dr. F. William Atwater, museum director, hosted the program.

Guests included Col. John T. Wright, APG Garrison and deputy installation commander; George Owings III, secretary, Maryland Department of Veterans Affairs; Orville Hughes, Maryland Veteran of the Year.

Brig. Gen. Vincent E. Boles, commander of the U.S. Army Ordnance Corps and chief of ordnance, was the guest speaker.

In addition, Kathy Abey, district representative for Congressman Wayne T. Gilchrest, provided displays on the state's Veterans History Project, which documents veterans' stories in a state archive for future generations.

The 61st Ordnance Brigade



From left, Edwin "Bud" Huson and state commander John "Jack" Meyers of the American Ex-Prisoners of War, and Orville Hughes, Maryland Veteran of the Year, admire the state memorial to Maryland's former prisoners of war after the dedication ceremony at the U.S. Army Ordnance Museum April 9.

color guard posted and retired the colors; the 389th Army Band (AMC's Own) brass quintet provided musical support and members of Class 03-05 of the Officers Basic

Course, Company E 16th Ordnance Battalion, led by 2nd Lt. L.S. Ferreira, served as escorts.

Meyers said that the American Ex-Prisoners of War

paid for the monument through membership dues, and that it was an important investment for all Marylanders.

"That monument will be here long after we're gone, but

people will always be able to come, look and think of the sacrifices we made," he said.

Meyers explained why members and guests were

See POW, page 13

## RDECOM accepts keys to world's first fuel cell truck

**Thomas Moyer**  
RDECOM

The U.S. Army accepted delivery of the world's first fuel cell-powered truck April 1 at the General Motors Corp. research facility outside Rochester, N.Y.

Marking the occasion were New York Sen. Hillary Rodham Clinton and Brig. Gen. Roger A. Nadeau, commander of the U.S. Army Research, Development and Engineering Command and Aberdeen Proving Ground.

"My excitement is far beyond what we're about to do with this technology and well into what it's going to do for us as we continue to transform the U.S. Army," Nadeau said.

The modified Chevrolet Silverado, the GMT 800, is equipped with two 94 kW fuel cell stacks, capable of generating 188 kW and 317 foot-pounds of torque, or roughly the motor torque generated by GM's 5.3 liter V-8 engine.

Despite weighing 7,500 pounds, the GMT 800 accelerates in a similar fashion to a V-8 powered production truck, but produces no tailpipe emissions.

Fuel cells chemically con-

vert hydrogen into electricity and water. Three 10,000 pounds-per-square-inch compressed hydrogen storage tanks will provide a driving range of 125 miles.

"The relationship between the U.S. government and private industry is a tremendous win-win scenario, because together this technology will come in better and faster, and will have an incredible impact on us in our civilian lives. And I know what it will do to our

U.S. military forces," Nadeau said.

The U.S. Army will evaluate the experimental truck until July 2006 at Fort Belvoir, Va. The vehicle will serve in a non-tactical mode while under evaluation and will not be used in ongoing operations.

Rigorous testing is planned in different climates and locations around the United States to assess performance and give first-hand experience with hydrogen and fuel cells.



Photo courtesy of General Motors/Max Schulte  
A General Motors Corp. engineer describes the characteristics of the world's first fuel cell-powered truck before taking Sen. Hillary Rodham Clinton and Brig. Gen. Roger Nadeau on a test drive around GM's research facility in Honeoye Falls, N.Y.

## APG residents welcome community police unit

Story and photo by  
**Yvonne Johnson**  
APG News

Dozens of children and parents came out to celebrate the grand opening of the Directorate of Law Enforcement and Security's new



From left, Police Officer Michael "Big Mike" Farlow Directorate of Law Enforcement and Security, discusses child safety and identification procedures with Sgt. 1st Class Stephen Lyons and his wife Lisa, daughter Jada, 13, and son Stephen Lyons II, 9, during the grand opening of the Community Police Unit known as the McGruff House at 3847-E Flag Court in Patriot Village April 9.

Community Police Unit, known as the McGruff House, located at 3847-E Flag Court in Patriot Village April 9.

Face-painting, temporary tattoos, finger painting and a cookout with hot dogs, burgers, chips and soft drinks were just some of the activities available at the celebration.

Firefighters and emergency medical personnel from the APG Fire Department supported the event with a display of emergency vehicles, engines and equipment, and McGruff, the Crime Fighting Dog, put in an appearance during the ribbon-cutting ceremony led by Col. John T. Wright, APG Garrison and deputy installation commander.

In addition, Jareta Coyle and Cindy Scott, of the Army Substance Abuse Program, provided a drug abuse prevention display.

The Community Police Unit is part of a DLES effort to promote better communication between law enforcement and housing area residents, according to Robert W. Krauer, DLES director.

"This is more than just a Community Police Unit," Krauer said. "It's a place to seek information or assistance and express grievances.

See POLICE UNIT, page 12

## Blue Ribbons mark Child Abuse Prevention Month

Story and photo by  
**Yvonne Johnson**  
APG News

Aberdeen Proving Ground's Army Community Service and the Directorate of Law Enforcement and Security joined forces to emphasize Child Abuse Prevention Month with a Blue Ribbon open house at building 2754 April 5.

Led by Tamara Johnson, Family Advocacy Program prevention specialist, parents and child care providers brought children to meet McGruff, the crime fighting dog, snack on hot dogs and refreshments, and pick up reading materials on child rearing and abuse prevention.

In addition, APG police officer Michael Farlow, of the new Community Police Unit known as "McGruff House" in Patriot Village,

and Pfc. Rex Stanton, a military police officer with Headquarters Support Troop, fingerprinted youths and provided child identification packets and information.

Johnson said the event was one of several planned during April, the Month of the Military Child.

"We give out blue ribbons, which is the symbol of child abuse prevention, and we'll hold other events this month that promote child appreciation," Johnson said.

One event which was held April 7 was the 2nd annual Children are Our Future Parade.

The EA CDC will hold its 2nd annual Children are Our Future Parade April 22.

For more information, contact Johnson at 410-278-2500.



A poster designating April as Child Abuse Prevention Month sits in the Army Community Service lobby during the Blue Ribbon Campaign kick-off April 5.

# Health & Safety

## Occupational health nursing keeps employees healthy

**C. Jessica Kim**  
Kimbrough Ambulatory Care Center

April 18 through 22 is National Occupational Health Nursing Week. Occupational health encourages a safe and healthy work environment in many ways.

It promotes health and work site wellness.

Occupational health nurses play a key role in promoting, monitoring, improving, and restoring the health of employees through health-education and promotion efforts that include annual medical surveillance, health-maintenance examination, the respiratory-protection program, the radiation-protection program, hearing and vision conservation, and management of on-the-job illness and injury issues.

Additionally, flu shots, health-education seminars, blood pressure monitoring and risk assessments are part of the occupational health nurse's daily strategies to keep employees healthy.

It supports safety on the job. Inspections, safety audits, hazard assessments, and treatment of work-related injuries are just a few of the responsibilities

that occupational health nurses practice on a daily basis to foster safety on the job.

Occupational health nurses are trained to identify and address potential health and safety hazards in the work environment. This may consist of conducting a work-site analysis, developing policies for hazard prevention and control, educating and training employees on how to prevent injuries, and handling the medical management of an injury. Army occupational health clinics work in coordination with other members of the health and safety team, including Installation Safety Offices, Civilian Personnel Advisory Centers, Employee Assistance Program, Army Substance Abuse Program, Ergonomic Program, garrison and tenant unit commanders, industrial hygienists, local health-care providers, and more.

Occupational health staff are involved in all stages of the case-management process of work-related and non-work-related injuries and illnesses. Occupational health nurses are liaisons between the employee, the employer, health-care providers, and others on behalf of the employee. The primary goal

in case management is to help facilitate the employee's health, safety, and timely return to work.

There are hundreds of laws and regulations that govern health and safety in the workplace. Whether it's the Health Insurance Portability and Accountability Act, Worker's Compensation laws, the Occupational Safety and Health Act, or the Family Medical and Leave Act, occupational health nurses and other occupational health and safety professionals know the ins and outs of these laws and regulations.

Occupational health nurses work with management and others to interpret and comply with public policy decisions, which protect the health and safety of employees.

As the largest group of health-care providers serving the workplace, occupational health nurses positively impact the health and safety of the millions of people who work every day.

*(Editor's note: This is a Kimbrough Ambulatory Care Center, Fort George G. Meade release.)*

## Exercising improves aging process

**Patricia Taylor**  
Bayne-Jones Army Community Hospital

For anyone who is a little bit, or maybe a lot, past middle age there's good news. People who are getting up in years have the brightest outlook for improvement of all age groups when they begin an exercise program.

In fact, many of the infirmities of age are caused not by the aging process but by inactive lifestyles. This means many of the effects of aging can be reversed, like, decreased endurance, increased blood pressure, increased body fat, stiff muscles and joints, loss of muscle strength, fragile bones and fatigue.

### Start slowly

If just beginning an exercise program, ask a doctor or fitness professional for guidelines on how much exercise is safe. The safest exercise to start out with is walking. Keep these pointers in mind:

- While vigorous exercise is usually desirable, even exercising at 35 percent of an individual's maximum capacity gives benefits.
- When doing strength

training, stay with low-resistance, high-repetition training. For instance, in weight training, lift smaller weights more times.

- Be extra careful to avoid overtraining. The resulting injuries could put an end to the exercise program.

- Exercise at the lower end of target heart range. (If participant is breathing so hard they can't talk, they're exercising too hard.) Note: If walking experiences difficulty breathing or chest pains while exercising, stop immediately and consult a health-care provider.

Benefits of exercising while aging:

- lower risk of heart attack
- better ability to ward off blood clots
- lower risk of diabetes
- more energy
- better balance
- better strength
- less bone loss due to osteoporosis
- greater flexibility
- prevention of obesity
- better cholesterol count
- lower cancer risk

*(Editor's note: Reprinted from the Fort Polk Guardian.)*

## Fire prevention around the home

CPSC

While approximately 90 percent of U.S. households have smoke alarms installed, a Consumer Product Safety Commission survey estimated millions of those households, about 20 percent, have no working alarms.

"A working smoke alarm can save lives. It's that simple and that important," said CPSC Chairman Hal Stratton.

This is the time to change smoke alarm batteries, and if the home doesn't have any smoke alarms to get at least

two. Even if the home has a hardwired smoke alarm, (one running on 110 volts), it is recommended that the home have at least one battery unit.

Each year, an estimated 2,850 people die in residential fires, 16,000 people are injured, and more than 353,500 residential fires are reported to fire departments. CPSC recommends changing smoke alarm batteries at least once a year and testing each smoke alarm every month to make sure it is working properly.

Long-life smoke alarms with 10-year batteries have been available to consumers since 1995. These long-life alarms also should be tested monthly.

At least one smoke alarm should be placed on every level of the home.

The most important location is near the bedrooms to provide an early warning to all sleeping occupants. A smoke alarm should also be placed inside every bedroom. Follow the manufacturer's instructions on how to properly install a smoke alarm.

The CPSC also urges fami-

lies to plan escape routes, identify a family meeting place safely outside the home, and practice leaving their homes in the event of a fire. It is important to be aware of and remove any obstacles that may prevent a quick and safe evacuation, such as blocked exits or jammed or barred windows.

"A little bit of planning goes a long way," Stratton said. "Every family should develop a home fire escape plan and practice it at least twice a year with the entire household."

Stratton also warns that

children may not wake up from the sound of a smoke alarm.

"Parents should hold a fire drill during the night so they can assess their children's ability to awaken and respond appropriately," he said. "If children, or any family member, cannot awaken to or hear the smoke alarm, the escape

plan should be adjusted to help all family members get out safely."

In addition to working smoke alarms, the CPSC recommends that every home have a carbon monoxide alarm near every sleeping area. Consumers also need to regularly test and replace batteries in CO alarms.

## Thinking 'safety' around the office

DSHE

When thinking of workplace safety, a person usually visualizes a worker dressed in coveralls wearing a hard hat, safety glasses, and other assorted safety equipment. The worker is usually surrounded by all types of heavy equipment and machines or related obvious hazards, but what about the not-so-obvious hazards that may occur in other areas?

Thinking that the risk of accidents happening in the shop will magically disappear at the office door is one way of thinking. However, it is not true.

It is not unusual to hear of office workers tripping over a typewriter cord, pulling a telephone down on their big toe, or straining a muscle trying to move or lift a heavy piece of office equipment.

The office has its share of potential problems, but many of these problems can be elim-

inated by following good office-safety practices.

### Office traffic

- Wet floors may be slippery, so walk on them with extra care.
- Walk—never run.
- Passageways should be kept clear of tripping hazards such as wastebaskets, cartons, electric cords, open drawers, ladders, and personal belongings.
- Torn carpets, lose or curled mats, liquids spilled on floors, light failures, or any other condition that could cause tripping or slipping should be reported immediately to a supervisor.

### Stairways

- Use handrails. Take one step at a time, keep to the right, and do not hurry.
- Do not store or throw anything on steps or stairways. Even a piece of paper, a paper clip,

a cellophane wrapper, or a match can create a slipping hazard.

### Elevators

- Walk—do not run—for an elevator.
- Watch your step when entering or leaving your car because the car may not be completely level with the ground when the doors open.
- Do not attempt to stop automatic elevators with hands. Wait for the next elevator.

### File cabinets

- File drawers as well as desk and cabinet drawers should be closed when not in use.
- Files should be placed far enough away from doors or passageways so they do not interfere with exit routes.
- Place the heaviest load in the lower drawers.
- Open only one file drawer at a time.
- When shutting a drawer, grasp the handle to avoid finger injuries.

### Paper

- Use caution when folding or handling paper—it can cut.
- Use paper clips or staples to fasten papers together. Be sure staples are fully closed.
- Use a staple remover to remove staples.

### Electrical equipment

- Electrical outlets should be located so that cords do not cross aisles or passageways.
- Electrical equipment should be properly grounded to prevent shock.
- Electrical devices should be periodically inspected for safety. Damaged or worn electric cords should be replaced immediately.
- Never tamper with electric equipment.

### Machines and Equipment

- Machines with exposed moving parts must have appropriate guards.
- Do not operate a machine until properly trained. If operating a machine, dress suitably for the job. Loose sleeves, neckties, even long hair can get caught in moving machinery.
- Properly constructed paper cutters in good condition require common-sense precautions. Keep your fingers away from the knife when it comes down. Keep the knife in the down position when not in use. Loose guards or springs should be repaired immediately.
- When using or refilling staplers, keep fingers away from the operating part.
- Typewriters should be securely mounted so they do not "crawl" because of the vibration. On a sidewall desk, be certain that the typewriter shelf is firmly supported when the typewriter is in use.

### Storage

- Use a suitable ladder or platform for reaching high objects. Do not stand on a chair, carton, or other substitutes.
- Heavy objects should be stored near floor level.
- Anything worth keeping should be stored

in an appropriate place. Store materials in cabinets or rooms designed for this purpose, and keep them orderly.

- Knives and scrapers should be sheathed before being placed in drawers. Razor blades should not be used as substitutes.

- Pointed objects, such as scissors, should face away from the body.

- In general, flammable liquids and paint should not be stored in office areas. Flammable liquids necessary for various document-reproduction methods should be limited in quantities and must be stored in approved metal containers and kept away from heat.

### Housekeeping

- Good housekeeping should be emphasized as a vital safety and health measure.

### Pedestrians

- If your job calls for travel on plant roadways, be especially alert for vehicle traffic. When leaving a building, look both ways before entering the roadway.

- Always walk to the side of the road. Walk—do not run.

- Round blind corners cautiously. Obey barricades and caution signs.

- Remember, a backing vehicle has obstructed vision.

- Do not jump from loading docks, platforms, or other elevations.

### Joggers and walkers

- When utilizing sidewalks be aware of uneven surfaces. The concrete blocks will start to rise this time of year.

- If running on grass be alert for mole holes or sink holes.

### Miscellaneous

- Turn on the lights before entering a dark room or corridor. Report locations that are inadequately lighted.

- To avoid falling, do not tilt back in a straight chair, do not lean back too far in a swivel chair, and do not overreach.

- Do not lift beyond strength. When heavy items are to be moved, arrange for necessary help and proper trucks or other material-handling equipment. If an object to be handled may cause cuts or splinters, wear gloves.

- All sharp edges, splinters, slivers, and burrs on furniture or equipment should be removed promptly. Protruding nails should be removed or turned down.

- Do not carry pencils behind ears or between fingers with the point toward the palm of the hand.

- Do not remain at a desk or workplace when overhead work is being performed.

- Horseplay can cause injury and should not be tolerated.

- If work assignments require personnel to enter plant areas, be certain to wear eye protection and any other protective equipment required.

# APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM-P, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

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# New ways to scam identities

DOIM

The usual techniques phishers (people who use e-mail to lure users to false Web sites to retrieve their information) use have become sophisticated.

In the past, phishers relied on an e-mail 'lure,' but that technique has given way to a more automated process; one in which they plant malicious code on vulnerable systems then modify the PC's HOSTS file to point to fraudulent sites.

"There's a continuing trend in the sophistication of phishers," said Dan Hubbard, a lead investigator with Websense's security lab. "They're constantly getting trickier. Unfortunately, when they start pharming (the act of obtaining personal or private information (usually financially-related) through domain spoofing (false Web site)) and modifying HOSTS files, a lot of the usual kind of advice about avoiding phishing goes right out the window."

For example, two weeks ago an online game became a target.

"The phish didn't depend on e-mail, but on a cousin URL that's just one char-

acter off the real address," Hubbard said.

Anyone who mistyped the real address saw what appeared to be a legit login site, but instead it was a bogus site collecting usernames and passwords for the game.

"Just last week, it is believed Monster.com was attacked. Users received a spoof e-mail, supposedly from Monster.com's customer service, telling users their account has been suspended and to check their information.

It is still unknown what the motivation was for the attack, although Hubbard says, "Right now we think it's directed at the companies which use Monster.com to search the database for resumes. The phishers may be using it to attack specific companies... or to collect e-mail addresses for a spam campaign."

Why the phishers are stepping up their campaign is immaterial. "What everyone needs to do as responsible users of both personal and federal government computer systems is to follow proper security procedures," said Blanche Marshall, information technology specialist, Directorate of Information Management.

"One of the best ways of protection is

to delete unsolicited e-mails. If unsure whether an e-mail is legit, err on the safe side and delete."

Any e-mails from a financial institution requesting information they already have is bogus. If unsure, initiate a call to the financial institution.

"E-mail from unknown senders should be deleted immediately, especially if there are attachments," Marshall said.

Another way users can protect themselves is to have good, solid passwords and change them often.

On federal computer systems, the rule is 10 character, uppercase, lowercase, numerals and special characters.

"Mix it up, think of a phrase from a poem or song...it is harder to crack a password like that," Marshall said.

At a minimum, users should change their password every 90 days, which is the default to which federal computer systems are set.

*(Editor's note: Excerpts from Phishers Moving Away From E-Mail 'Lures,' by Gregg Keizer, TechWeb News, InformationWeek article.)*

## Commentaries

### Spring brings Occupational Therapy Month

**Maj. Cyndi Hartman**

Moncrief Army Community Hospital

April is a great month. It is the month of spring weather, daylight savings time and best of all, Occupational Therapy Month.

April is our opportunity to celebrate and promote Occupational Therapy.

Occupational therapy is a health-care profession that focuses on maximizing a person's ability to perform his or her occupational role.

It is not just the work role that most people think of when they hear the word occupation.

We also focus on all of a person's roles.

Those roles vary by the individual but commonly include parent, homemaker, and include what you enjoy doing like sports, needlework, cooking, or any other activity that you do during the course

of a day.

Occupational therapy started in World War II working with injured Soldiers. At that time they were called reconstruction aides. We have served as active-duty Army officers since 1955.

Currently there are occupational therapists and occupational therapy assistants at most Army hospitals including in Iraq and Afghanistan.

Occupational therapists are officers with a bachelor's or master's degree in occupational therapy, completion of an internship, and successful passage of a national registration exam.

Occupational therapy assistants are enlisted Soldiers and noncommissioned officers who are first trained as 91W (medics) and then gain additional training in occupational therapy through a four-month AIT and a four-month field

work, on-the-job training conducted in one of the Army's hospitals.

At the conclusion of this training they are eligible to also take a national certification exam and become certified occupational therapy assistants.

Occupational therapists treat Soldiers, family members and retirees. Treatment programs include: rehabilitation of injuries and diseases to the hand and arm; treatment of other conditions that interfere with a person's ability to perform daily activities such as grooming, feeding, and hygiene; mental-health treatment focusing on lifestyle management and stress management; and work with Physical Therapy Rehabilitation Program Soldiers on prevention of problems associated with stress.

Occupational Therapists

also work with children who have developmental delay through the Early Intervention and Exceptional Family Member Program.

In the civilian sector, occupational therapists work with people from populations from neonatal intensive care units, to work-hardening programs, to extended-care facilities and almost everywhere in between.

Anyone interested in learning more about occupational therapy, can call a local Occupational Therapy Clinic or visit the national organization's Web site, <http://www.aota.org/>.

*(Editor's note: Maj. Cyndi Hartman is chief, Occupational Therapy, Moncrief Army Community Hospital, at Fort Jackson, S.C.)*

## Getting Soldiers back to work

**Ltc Steven M. Gerardi, Chief**

Each year, thousands of Soldiers suffer illnesses or injuries that hinder their occupational performance. Some Soldiers are unable to do everyday things we take for granted, like being productive at work, socializing, participating in meaningful activities, or managing life's daily challenges. Soldiers who are unable to do the things that are important to them need occupational therapy.

The profession focuses on developing skills needed to function effectively across the spectrum of normal daily living and is embodied in the slogan, "Occupational Therapy, Skills for the Job of Living."

Army occupational therapists and occupational therapy assistants play a vital role in helping Soldiers achieve effec-

tive occupational performance. Army occupational therapists work in a broad range of settings from Combat Stress Control detachments and Combat Support Hospitals to Army Medical Centers. Army occupational therapists help clients develop "skills for the job of living" in four main practice areas: ergonomics, hand therapy, physical rehabilitation, and mental health.

See *THERAPY*, page 6

# Community Notes

## THURSDAY APRIL 14 BIRD WATCHING TOUR

Join the Anita C. Leight Estuary Center staff as they survey the park on foot to count and record the birds they hear and see, noon to 3 p.m.

The survey will help the staff keep valuable records of feathered residents.

There is no charge for this event.

Reservations are required.

For more information or to make a reservation, call 410-612-1688 or 410-879-2000, ext 1688.

The Estuary Center is located in southern Harford County, just east of Edgewood at 700 Otter Point Road, Abingdon.

## SATURDAY APRIL 16 EARTH DAY CELEBRATION

Celebrate Earth Day 11 a.m. to 4 p.m. (rain date April 17),

at Aberdeen Festival Park, located at Howard and Franklin Streets across from the library. Enjoy a fun, activity-packed day for all ages with live music, a rock climbing wall, an "Earth Bounce", recycle games, face painting, environmental exhibits and lots more.

Children can bring a 100 percent cotton T-shirt to tie-dye. Bring a blue recycling bag of packaged people food, pet food, or clothing to benefit those in need and get three free game tokens.

For more information call 410-297-4215.

## BASKET BINGO

Basket Bingo to benefit the Relay for Life, American Cancer Society "Cavemen for Cure" Team, will be held at VFW Post 8185, Route 222, Port Deposit. Doors open at 6 p.m., Bingo starts at 7 p.m. Tickets cost \$10 per person for all paper cards.

Food, beverages, baked goods, door prizes and raffles will be available. No smoking is allowed.

For more information or to

purchase tickets, call Anne Gibson, 410-378-3338, Paul Gay, 410-877-7894 or VFW Post 8185, 410-642-9297.

## MONDAY APRIL 18 GUNPOWDER TOAST- MASTERS

Gunpowder Toastmasters Club 2562 will hold its regular meeting 11:40 a.m. at the Gunpowder Club. Meeting is open to anyone on or off post who would like to improve their communication, leadership and listening skills and overcome their fear of public speaking. Lunch will be available.

For more information, call 410-734-6573 or 410-322-7748.

## TUESDAY APRIL 19 THIRD ANNUAL DIN- ING FACILITIES CUS- TOMER APPRECI- ATION MEAL

The third Installation Food Service Office/Son's Quality Food Company Specialty Meal dinner will be held in the APG dining facilities buildings 4219, and 4503, and building E-4225, 5:30 to

7 p.m. All military personnel, family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.50 applies to any officer, enlisted member, and family member of sergeant or above, DoD civilian, retirees and their guests. The discount meal rate of \$3 applies to spouse and other family members of enlisted personnel in ranks private through specialist/corporal.

The menu includes Maryland crab soup, steamship round of beef au jus, fried Alaskan pollock, baked Alaskan Pollock, fried butterfly shrimp, broiled scallops, baked macaroni and cheese, garlic mashed potatoes, buttered corn, broccoli with cheese sauce, zesty rotini salad, potato and egg salad, cole slaw, salad bar with assorted toppings, hot rolls, assorted breads, assorted desserts, soft serve yogurt with assorted toppings and assorted beverages.

Note: Menu subject to change without prior notification.

For more information, call

Edward Parylo, or Ernest Green at 410-436-1393/1398.

## SATURDAY APRIL 23 BULL ROAST

The Pilottown Rod and Gun

Club, located on Belle Manor Road, Conowingo, will hold a bull roast, 1 to 5 p.m., to benefit the Rod and Gun Club. For more information or to purchase tickets, call 410-378-2221, or Pat Job, 410-658-5628.



### Channel 21 features Pentagon channel programming

The Pentagon Channel will feature the following programs on Channel 21. These programs are subject to change each week and will be updated accordingly.

**Monday**  
Studio Five, 9 a.m., 3:30 and 9 p.m.  
The American Veteran, 9:30 a.m. and 9:30 p.m.  
Army Newswatch, 11 a.m. and 3 p.m.

**Tuesday**  
Around the Services, 5:30 and 8 a.m., noon, 5:30 and 8 p.m.  
Your Corps, 10:30 a.m.  
Studio Five, 11 a.m. and 4 p.m.  
Army Newswatch, 7 p.m.  
Freedom Journal Iraq/Air Force Prime Time, 12:30 p.m.

**Wednesday**  
Around the Services, 5:30 and 8 a.m., noon, 5:30 and 8 p.m.  
Studio Five, 9 a.m., 3 and 9 p.m.  
The American Veteran, 1 p.m.  
Army Newswatch, 9:30 a.m., 4 p.m.  
Your Corps, 5 p.m.

**Thursday**  
Around the Services, 5:30 and 8 a.m., noon, 5:30 p.m.  
Studio Five, 7 a.m., 2 and 7 p.m.  
Army Newswatch, 9 a.m. and 9 p.m.  
Navy/Marine Corps News, 11 a.m. and 3 p.m.

**Friday**  
Around the Services, 5:30 and 8 a.m., noon, 5:30 and 8 p.m.  
Studio Five, 7 and 11 a.m. and 7 p.m.  
Army Newswatch, 3 p.m.  
Your Corps, 4 p.m.

**Saturday**  
Your Corps, 4 a.m.  
Around the Services, 5:30 a.m.  
Battleground, 7 a.m. and 7 p.m.  
Freedom Journal Iraq/Air Force Prime Time, 7:30 a.m.  
Your Corps, 1:30 p.m.  
Opportunity Showcase, 3 p.m.  
Army Newswatch, 5:30 p.m.  
The American Veteran,

6:30 p.m.  
Studio Five, 8 p.m.

**Sunday**  
Army Newswatch, 5:30 a.m. and 4:30 p.m.  
Battleground, 9:30 a.m. and 9:30 p.m.  
Freedom Journal Iraq/Air Force Prime Time, 10:30 a.m.  
Your Corps, 11 a.m.  
Army Newswatch, noon  
Navy/Marine Corps News, 3 p.m.

Army Newswatch - Bi-weekly report on the men and women of the Army  
Around the Services - From the Pentagon Channel NewsCenter, daily half-hour program featuring military news from top defense officials and the military services from around the world

Studio Five - A conversation with the military: Weekly interviews of Defense Department about today's top issues

Your Corps - Monthly view of the men and women of the Marine Corps

Freedom Journal Iraq - A daily news program produced by American Forces Network Iraq. The program focuses on military missions, operations and U.S. military forces in Iraq

Air Force Prime Time - A weekly topical news program covering Air Force events and people for all of Europe, Southwest Asia and Africa. Produced by the Air Force Broadcasting Service, Ramstein Air Force Base, Germany

Opportunity Showcase - A monthly program dealing with a variety of subjects that benefit small business owners, transitioning military members and other subjects of opportunity-produced by the United States Air Force

The American Veteran - A half-hour video news magazine designed to inform veterans, their families and their communities about the services and benefits they have earned through their service to America and to recognize and honor that service

Battleground - Every weekend, this series features historic films from World War II, Korean War, and the Vietnam War. A Pentagon Channel Original Series

## MOVIES

**ADMISSION: ADULTS \$3.50, CHILDREN \$1.75**  
Building 3245 Aberdeen Boulevard  
To verify listing, call 410-272-7520.

### DIARY OF A MAD BLACK WOMAN

Friday, April 15, 7 p.m.

Starring: Kimberly Elise, Steve Harris

Near her 18th wedding anniversary, Helen (Kimberly Elise) is shocked to discover that her husband plans to leave her to be with her best friend. She finds herself without a home, left to pack up her belongings in a moving van and find a new life. (Rated PG-13)

### MILLION DOLLAR BABY (FREE ADMISSION)

Saturday, April 16, 7 p.m.

Starring: Hillary Swank, Clint Eastwood

A retired boxer named Frankie Dunn (Eastwood) runs a gym in Los Angeles with another former fighter (Morgan Freeman). Dunn's

still troubled by his painful estrangement from his daughter, and he's surprised when a female boxer, Maggie Fitzgerald (Swank), walks into his gym and asks him to train her. (Rated PG-13)

### BE COOL

Saturday, April 16, 9 p.m.

Starring: John Travolta, Uma Thurman

Erstwhile movie mogul Chili Palmer (Travolta) sees a friend killed while he's at lunch, and when he visits the wife (Thurman) of the deceased, he pitches himself as her new business partner, hoping to enter the music industry. Chili takes on a would-be pop star as a client but soon finds himself dealing with Russian mobsters, an incompetent manager, and other complications. (Rated PG-13)

## Post Shorts

For more information, call Dennis Overbay, 410-306-1844.

### New program seeks support

APG's Minority College Relations Program is currently seeking tenant activities to open their doors to college students seeking mentors, individuals/group research projects and internship opportunities, to complete degrees in human resources management, mathematics, and sciences and engineering. For more information call the MCRP manager at 410-278-1131 or email the Minority College Relations Team at APG-MCRT@apgarmy.mil.

### Hydrant flushing in process

The City of Aberdeen began fire hydrant flushing at Aberdeen Proving Ground on April 4, which should take approximately six weeks to complete.

Flushing will take place between the hours of 4 p.m. and midnight, Monday through Friday. Signs will be posted in the Family Housing areas while flushing is being performed.

Bayside Village, New Chesapeake Gardens – week 1  
Patriot Village – week 1-2  
Trailer Park – week 2  
Plum Point Housing – week 4 or 5

Hydrant flushing is subject to change due to the 1.5 mgd withdrawal permit.

For more information, call Dennis Overbay at 410-306-1844, or e-mail dennis.overbay@usag.apg.army.mil.

### 3650th Basic Military Training Wing reunion

The Sampson Air Force Base Veterans Association, Inc. will hold its reunion from Sept. 8 through 11 at the former Sampson Air Force Base (known as Sampson State Park), on Seneca Lake, Romulus, N.Y. All former members of the 3650th Military Training Wing who were stationed at Sampson Air Force Base from 1950 to 1956, including of Sampson Air Force Base to include Women's Air Force, prospective members, permanent party, basic trainees and special schools trainees.

For more information, call Chip Phillips, 716-633-1119, e-mail chip34@aol.com or fax 716-633-9118.

### Days of Remembrance set for May 5

The annual Days of Remembrance observance will be held May 5, 10 to 11 a.m. at the Post Theater.

The U.S. Holocaust Memorial Museum has designated "From Liberation to the Pursuit of Justice" as the

theme for the 2005 Days of Remembrance observance in memory of the 60th anniversary of the liberation of Nazi concentration camps and the subsequent prosecution under international law of major Nazi war criminals at Nuremberg, Germany.

The guest speaker will be Bluma Shapiro, a holocaust survivor.

For more information, call Sgt. 1st Class Thomas Serino, 410-2781534.

### Recruit the Recruiter Team to visit

The Recruit the Recruiter Team from Headquarters U.S. Army Recruiting Command, Ft. Knox, Ky., will visit APG, April 28 at the Post Theater.

A 6 a.m. briefing is for NCO Academy personnel. The 2 p.m. briefing is for all interested NCO's.

The team will brief all sergeants through sergeants first class on the benefits, challenges and qualifications of recruiting duty. The purpose of the briefing will be NCOADP/Career Progression.

Attendance by all NCO's is highly encouraged. Spouses may also attend. The briefing in no way obligates Soldiers for recruiting duty. A personal interview following the briefing will determine qualifications. The Recruit the Recruiter Team will entertain all questions upon completion of each briefing.

For more information, call the Post Retention Office at 410-306-2769.

### Holocaust Essay, Display Contest deadline April 19

All military, civilian, and family members within the APG community are invited to participate in the Holocaust essay and display contest sponsored by the U.S. Army Ordnance Center and Schools.

The theme for this year's observance is "Liberation to the Pursuit of Justice."

Displays may include models, posters and/or collages. Essays must be double-spaced, 12 fonts and two to four pages in length. The essay and display entry deadline is April 19.

The award ceremony will be held 2 p.m., April 28 in the Wadsworth Lobby of building 3071. Plaques will be awarded to first and second place winners in each category.

For more information, call Master Sgt. Arbel Connor, 410-278-2529, Sgt. 1st Class Peggy McCormick, 410-278-5598, or Sgt. 1st Class Tasha Ahmed, 410-436-1076.

### Law Day April 28 luncheon

The Office of the Staff Judge Advocate will sponsor the 2005 Law Day luncheon 11:30 a.m., April 28 at Top of the Bay. Guest speaker will be Paul W. Grimm, U.S. Magistrate Judge, U.S. District

Court for the District of Maryland.

Cost to attend is \$14, payable by check to John R. Lilly. Seating is limited. Proper photo identification must be provided to enter APG; allow 10 minutes to enter APG. R.S.V.P. by April 20 to Nora Farrell, 410-278-1107, building 310, wing 1. No late responses or payments will be accepted after April 20.

### Coffee house invites service members

All Aberdeen Proving Ground service members are invited to visit the Christian Coffee House, also known as "The Well," for a spiritually refreshing good time. Lounge on sofas and chat with friend, watch movies on the big screen TV, enjoy free refreshments, play games, listen to live music or join in with your own voice or instrument.

Located in building 4308, next to the Company B, 16th Ordnance Battalion barracks, "The Well" is open every Thursday, 6:30 p.m. until everyone leaves.

For more information, contact Pfc. Steven Presser, chaplain assistant, 410-278-5395.

### ASAP Web site up and running

The new Army Substance Abuse Program Web site is up and running and accessible from the Aberdeen Proving Ground home page. Click on the blue ASAP box on the right side of the screen.

The site contains information, training schedules, links to substance abuse and youth awareness Web sites and online supervisor and alcohol training.

### KUSAHC closes on Saturdays

Kirk U.S. Army Health Clinic is no longer open on Saturday.

For appointments, call the clinic at 410-278-5475. Clinic hours are 7:30 a.m. to 5 p.m., Monday through Friday.

Active Duty Sick Call hours remain the same with sign in at 5:30 a.m. for both the Aberdeen and Edgewood Area Troop Medical clinics.

### Flu vaccine for military eligible beneficiaries

Kirk U.S. Army Health Clinic is encouraging all military eligible beneficiaries to get protected by getting a flu shot. Eligible health care beneficiaries include those who are active duty or retirees and their eligible family members.

The Kirk Immunization Clinic at Aberdeen is open Monday through Friday, 7:30 a.m. to noon, closed each day for lunch noon to 1 p.m. and reopens Monday, Tuesday, Wednesday, and Friday, 1 to 4 p.m. On Thursday afternoon, the hours are 2 to 4 p.m.

For more information or updates, call the Flu Vaccine Hotline at 410-305-FLUV (4-3588).

### Antiterrorism/Force Protection (AT/FP) training schedule

Annual antiterrorism awareness training for civilian and military personnel is available at the Intelligence Division, Directorate of Law Enforcement and Security, building 4727, room 20, Deer Creek Loop, or online at [www.at-awareness.org](http://www.at-awareness.org).

The access word for the site is AWARE. After completion of the self-paced course, provide one copy of the certificate to training coordinators and keep one copy.

Training is held at on Tuesdays, 8 to 9:30 a.m. at DLES on April 19; May 3; May 17; June 7; June 21; July 5; July 19; Aug. 9; Aug. 23; Sept. 6; Sept. 20; Oct. 11; Oct. 25; Nov. 8; Nov. 22; Dec. 6; and Dec. 20.

### Mowing season begins tomorrow

The grass cutting season starts tomorrow and runs through Nov. 15.

Changes have been made to increase the services provided to highly visible and much traveled areas such as the Post Chapel, PX, Commissary, bowling Center area and Burger King. Other areas less traveled such as large fields and ranges will be allowed to grow a few inches higher as a cost saving measure.

Tenant activities requiring service above the basic level must provide such information to the DIO. Information must

include the type of service and the date the service is required.

For more information, con-

tact the Contracting Officer Representative George Phillips at 410-306-2311.



## The risks of DXM abuse

Army Substance Abuse Program is providing this information as a follow-up to last week's article on the abuse of a semi-synthetic narcotic, dextromethorphan, by young service members.

According to the National Drug Intelligence Center, U.S. Department of Justice, dextromethorphan, or DXM, is a cough-suppressing ingredient in a variety of over-the-counter cold and cough medications with "DM" or "tuss" in the title or name. There are approximately 70 different products on the market that contain DXM.

When taken in doses that dramatically exceed those recommended by physicians and pharmacists, it produces hallucinations and a sense of dissociation.

It comes in various forms including liquids, lozenges, tablets, capsules, and gel caps. In the past, cough syrup was the most commonly abused form of the drug. Abusers consumed large doses by drinking the liquid very quickly. Consumption of large quantities of cough syrup induces vomiting.

Law enforcement sources indicate that teenagers and young adults, to include young service members, are the principal

abusers of DMX. Because the medications are sold over the counter on open shelves, they are easily accessible to shoplifters.

This and their relatively low price make them particularly attractive to young people, especially compared to illicit drugs.

While DXM is generally safe when users adhere to recommended doses (15 to 30 milligrams), abusers consume much higher doses which produce hallucinations and dissociative effects similar to those experienced with PCP (phencyclidine) or ketamine. While under the influence of the drug, which can last for as long as 6 hours, DXM abusers risk injuring themselves and others because of the drug's effects on visual perception and cognitive processes.

In addition, individuals who ingest high doses of DXM risk hyperthermia (exceptionally high fever), particularly if they use the drug in a hot environment or while physically exerting themselves—such as at a rave or dance club. Other risks associated with DXM abuse include euphoria, enhanced awareness, impaired judgment, loss of coordination, dizziness, nausea, seizures, panic attacks, psychosis, brain damage, and addiction.

Coma and death may result from taking cold medicines with DXM. Tolerance and physical dependence may develop with prolonged use. Withdrawal symptoms include restlessness, muscle or bone aches, insomnia, diarrhea, vomiting, and cold flashes with goose bumps ("cold turkey"). Medications containing DXM frequently contain other ingredients that can cause additional health problems.

According to Cindy Scott, the ASAP prevention coordinator, street names for DXM include Dex, DM, Drex, Robo, Rojo, Robo-tripping, and the two most commonly used in this area are Skittles and Triple C.

She said the issue of over-the-counter misuse and in particular, DXM, is taken very seriously at all levels of command and is being addressed and monitored by a number of APG agencies.

For more information, call Cindy Scott at 410-278-3784, visit the ASAP Web site at <http://apg-intra.apg.army.mil/apg/asap/>, or e-mail Cynthia.Scott1@usag.apg.army.mil.

## Therapy

### From front page

#### Fitting job to worker

Ergonomics is the science of matching the job task to the worker. Army occupational therapists utilize ergonomic principles to protect Soldiers' health and enhance Soldiers' work productivity.

As experts in analyzing activity and adapting environments for more effective performance, Army occupational therapists are instrumental in identifying workplace hazards and implementing interventions to prevent or decrease work-related injuries caused by poor biomechanics. For example, the therapist might improve the occupational performance of parachute riggers by modifying a workstation by adding manual material-handling equipment and anti-fatigue mats, adjusting table heights, and instructing the riggers in proper body mechanics.

Such efforts have resulted in better outcomes for both Soldiers and their units,

through better work efficiency, decreased injuries and lost work time, and enhanced quality of life in the workplace.

#### Hands-on hand therapy

Because work involves the use of one's hands, Army occupational therapists are also experts in the evaluation and treatment of conditions that affect the hands and arms. Unlike their civilian counterparts, Army occupational therapists are credentialed to diagnose and treat hand and arm conditions that can be managed without surgery. This ability makes them an invaluable asset when deployed in a combat theater, by freeing orthopedic surgeons from the need to manage routine non-surgical cases and thereby enabling them to devote their limited time to performing surgery.

Unfortunately, many deployed Soldiers do sustain injuries to their hands that require both surgery and occupational therapy to rehabilitate them. By deploying to combat theaters, Army occupational therapists are able to treat Soldiers with hand conditions

within the theater and avoid the need for evacuation. For example, for the Soldier with a repaired severed tendon in his thumb, the occupational therapist can make the appropriate dynamic splint and rehabilitate the Soldier in theater. By providing in-theater care, the occupational therapist is able to keep the Soldier on the job and avoids depriving his unit of a trained and valued team member.

#### Returning injured Soldiers to life

In a rehabilitation setting, Army occupational therapists address one of the most important aspects of a Soldier's recovery, the return to a life full of everyday life activities that they find meaningful and purposeful. The term that occupational therapists use to encompass the range and meaning of "everyday life activity" is occupation. As such, occupational therapists use the term "occupation" to embrace everything people do to occupy themselves, including self-care, social participation, education, work, play and leisure activities.

For Soldiers who have suffered a debilitating illness or injury, occupational therapy is a bridge on the road to a meaningful life that spans the frightening depths of disability and despair. In a rehabilitation setting, occupational therapists and occupational therapy assistants help injured Soldiers regain skills that allow them to do meaningful things like working, driving, shopping, or preparing a meal. By helping Soldiers develop "skills for the job of living," occupational therapy enables them to do the important everyday activities necessary to participate in a full life.

#### Combat stress control and mental health

In war, Soldiers can experience occupational performance deficits that result from psychological trauma as well as physical injury. Therefore, Army occupational therapists are vital members of Combat Stress Control units and other mental-health teams. Occupational therapists apply their expertise in occupational performance to enhance Soldiers' mental health and keep Soldiers on the job in spite of operational stressors or other mental-health condi-

tions.

Occupational therapy interventions in Combat Stress Control range from advising commanders on ways to minimize the impact of combat stress on their Soldiers' mission performance to engaging a battle-fatigued soldier in therapeutic occupation to restore his confidence and sense of competency as a Warrior.

For example, the occupational therapist may work with a battle-fatigued Soldier who is unable to function due to being overwhelmed by the stress of an artillery bombardment. The therapist may engage the Soldier in a specially selected work activity that he can accomplish at his current functional level. The therapist selects an activity that will support the Soldier's Warrior identity, reassure him that he can still function effectively and restore his sense of competency as a Soldier.

In so doing, the Soldier can see that his condition is a transient state and that he is able to return to duty. Alternatively, a therapist working in support of the Army Substance Abuse Program (ASAP) assists clients with alcohol depend-

ence to enhance their occupational performance by aiding them to develop a lifestyle that supports sobriety. To accomplish this, the therapist might help the Soldier to identify and explore new leisure pursuits to replace maladaptive habits that involved alcohol use.

So, whether modifying the workplace to prevent injuries, getting a battle-fatigued Soldier back in the fight or rehabilitating an injured Soldier, Army occupational therapists are working hard to keep Soldiers on the job and leading full productive lives. Ultimately, regardless of the cause of their occupational dysfunction, by helping their clients develop "skills for the job of living," Army occupational therapists enable Soldiers to do the everyday life activities they need to do so they can do the everyday life activities they want to do.

To find out more about occupational therapy, visit the American Occupational Therapy Association's Web site, <http://www.aota.org>. (Editor's note: Lt. Col. Gerardi is chief, occupational therapy, U.S. Army Medical Department Center and School.)

# 2004 cutoff dates for PR submissions announced

DOC

The Army Contracting Agency Aberdeen Proving Ground Directorate of Contracting has established its fiscal year 2005 cutoff dates for submission of purchase requests.

Early customer support in identifying and submitting PRs by or before the dates shown below greatly enhances the ability of the APG DOC to meet customer needs. Early planning and coordination remain the keys to a successful year-end. Customers are advised to submit year-end requirements as early as is reasonable to minimize the possibility of funds going unobligated at year end.

The following schedule has been established for the submission of PRs for FY 2005 and maintenance for FY 2006:

- Noncommercial Items over \$100,000 - July 1\*
- Noncommercial Items between \$2,500 and \$100,000 - Aug. 1
- Commercial items between \$100,000 and \$5 million - July 1
- Commercial Items under \$100,000 - Aug. 15
- Services Over \$100,000 - July 1
- Delivery Orders and Task Orders Under Existing Contracts - Aug. 1
- GSA Schedule Pro-curements - Aug. 1
- Short-of-Award over \$2,500 - June 15\*\*
- Maintenance for FY 2005 - July 1

(FY 06 Contract Modifications and Options for Existing Maintenance Contracts)

\* There may be instances where this date may not be adequate for complex actions. It is therefore required that these actions be coordinated with the branch chief prior to this date.

\*\* Customers submitting "short-of-award" PRs, especially for services requirements, must seriously consider whether funding will materialize. A substantial amount of effort is expended to prepare these pending actions and they must be prioritized after purchase requests that are funded and PRs that are subject to the availability of funds.

The above lead times can be affected by various factors, a few of which include: competition requirements, to include fair opportunity for services task orders over \$100,000 when using Federal Supply Schedules; obtaining sole, limited source or urgency approvals - the justification and approval process; the review process accomplished by the APG Small Business Advisor to ensure all socio-economic programs will be appropriately addressed; front-end PR entry, and PD2 (PD2 is

the DoD contracting automated system used at Aberdeen.

New requirements affecting leadtimes this fiscal year

When placing sole source orders over \$2,500 under Federal Supply Schedules, a Justification and Approval must be prepared and approved by a Contracting Officer.

When purchasing supplies or services over the simplified acquisition threshold (currently \$100,000) using non-DoD contract vehicles (which includes placing orders with GSA), proposed actions must be reviewed and approved considering:

- If the action is in the Best Interest of the Government - satisfying customer requirements, schedule, cost effectiveness (taking into account, discounts and fees), and, contract administration including oversight.

- Other factors which must be addressed - determining that tasks or supplies ordered are within the scope of the contract; ensuring funding is used in accordance with appropriation limitations; providing unique terms, conditions and requirements for incorporation into an order or contract to comply with all applicable DoD-unique statutes, regulations, directives and other requirements (e.g., all clothing, shoes and other items specified under the Berry Amendment, procured with DoD funding, is of domestic origin); and collecting data on the use of assisted acquisitions for analysis.

Submission of requests after the scheduled dates will be considered on a case-by-case basis and will require approval by the Chief of the Contracting Division. The APG DOC will do as much as

possible to assist customers in satisfying their requirements after the cut-off dates. However, the Directorate has a limited capability to process late requirements. Budgetary constraints may mean that customer-funded overtime may be the only method to provide the Directorate with additional flexibility to accept requirements after the established dates.

The ACA APG DOC Web site is located at: <http://www.apg.army.mil/apghome/sites/installation/aca>. The fiscal year cutoff dates for submission of PRs are located at this site under "Announcements, News, and Notes."

Please note that PRs awarded subject to the availability of funds MUST be funded as soon as funds become available. The work must start and the contractors must be paid - this is not accomplished until the funds are certified.

## Preparing PRs in PRWEB

(formerly known as Acquiline)

- DO NOT use any dashes or spaces in the purchase request number.
- When preparing attachments for any electronic document to be used by contracting, preparer MUST use the following format: Normal, Times New Roman, 10.
- DO NOT use page breaks, section breaks, column brakes or special characters such as trademark signs, tm, (r), <, etc, in any document that will be used in a purchase order or contract.
- The contracting writing system used by contracting cannot format correctly if a font other than Normal, Times New Roman, 10 is used or if any special characters are used in the document.

## Contacts

Contracting Division: Joyce Roberts - [joyce.roberts@us.army.mil](mailto:joyce.roberts@us.army.mil), 410-278-0869

Facilities Branch: Repair, alteration, construction, sale and removal of excess real property, services for base operations functions (including, but not limited to utilities privatization, custodial, refuse, underground utilities locating, etc.), equipment-in-place and facilities.

Martha Mitchem - [martha.mitchem@us.army.mil](mailto:martha.mitchem@us.army.mil), 410-278-2362

Services Branch: General and specialized services for mission support; range testing of vehicles, equipment, ammunition; lease, rental, and maintenance of equipment; full food services; environmental services; equipment-in-place and other base operations services.

Shirley Kelly - [shirley.a.kelly@us.army.mil](mailto:shirley.a.kelly@us.army.mil), 410-278-0854

Technology Branch: ADP equipment; word processing equipment; software; general, specialized, and test equipment; instrumentation; supplies and ADP maintenance and services.

Ginny Corona - [ginny.corona@us.army.mil](mailto:ginny.corona@us.army.mil), 410-278-0883

## Army race team finishes in top 10

**Maj. William Thurmond**  
AR News

In Martinsville April 10, the Army NASCAR team demonstrated that they know how to battle through adversity and get the job done.

While Joe Nemecek finished Sunday's Advance Auto Parts 500 in the 10th position, the same spot where he started the race 263 miles earlier, it could have been a lot worse.

The race victory belonged to Jeff Gordon, who posted his second win for the year. Following Gordon was Kasey Kahne, Mark Martin, Ryan Newman and Rusty Wallace.

"We ground our way to a top ten today," said Nemecek. "The Army car was strong early and then it got really loose and we went the rear of the field. But we stayed patient. The guys did a great job in the pits and we managed to avoid any big trouble."

Sunday's result was good news for the team and a personal victory for Nemecek.

It was the team's first top 10 finish of the 2005 NEXTEL Cup season. And it was Nemecek's career best on the famed Martinsville short track.



# Morale, Welfare & Recreation

## SCHOOL LIAISON/YOUTH EDUCATION

### Learn to play chess

Youth Services offers free chess classes for APG students in 3rd grade or higher at the Aberdeen Youth Center, building 2522, and Edgewood Youth Center, building E-1902.

Classes will be held at the Aberdeen Youth Center 3:45 to 4:30 p.m., Mondays, for students 6th grade and higher and for 3rd through 5th graders. Classes will be held at the Edgewood Youth Center 4:30 to 5:15 p.m., Wednesdays for students 3rd grade and higher. Instructional booklets and chess sets are available to all participating students. Round robin tournaments will also be conducted. Sign up with Charles Heinsohn at the times stated above, or call him at 410-278-3868.

### Driver Education Classes scheduled

Youth Services will present state certified Driver's Education classes 30 hours of instruction each and will begin on a Wednesday and end on Tuesday of the second week. There will be no classes on holidays. Parents and students must attend the first hour of class together (April 27 and 30, May 11 and 25, etc.) to review rules and procedures.

### Building 2752, Rodman Road, 5:30 to 8:45 p.m.

May 11 through 24  
June 8 through 21  
July 13 through 26  
Aug. 10 through 23  
Sept. 14 through 27  
Oct. 12 through 25  
Nov. 9 through 22

### Conference Center, building E-4811, 6 to 9:15 p.m.

April 27 through May 10  
May 25 through June 7  
June 27 through July 12 (closed July 1 through 4)

July 27 through Aug. 9  
Aug. 24 through Sept. 8  
Sept. 28 through Oct. 11  
Oct. 26 through Nov. 8  
Nov. 28 through Dec. 9

### Saturday classes, Conference Center, building E-4811, 9 a.m. to 4:30 p.m.

April 30 through May 28  
June 4 through July 9  
July 16 through Aug. 13  
Aug. 20 through Sept. 24  
Oct. 1 through 29  
Nov. 5 through Dec. 3

Students should bring their lunch to classes on Saturdays April 30 through May 28.

The cost is \$295 plus \$18 registration/membership fee for teens or family members 15 years of age or older, of military, retired, DoD (and DA) personnel and

contractors who work at APG per student. Adults may also register on a case-by-case basis.

Registration will be held 8 a.m. to 5 p.m., Monday through Friday, at the Outreach Services-Central Registration Office, room 110, building 2752. A minimum class size of three students is required, 21 students maximum.

To make an appointment to register and pay the fee, call Christina Keithley at 410-278-7571 or Pat Palazzi at 410-278-7479.

For more information about the Teen Driver Education program, call Greg Williams, Rules Driving School, Inc., at 410-939-7008 or 937-2184, or Ivan Mehosky at 410-278-2857.

### Head Start taking applications for 2005 - 2006 school year

The Maryland Rural Development Corporation Head Start pre-school program will take applications through the end of June for the 2005 through 2006 school year. Classrooms are located in Aberdeen, Havre de Grace and Edgewood.

To be considered for eligibility, children must turn three before Sept. 1 of this year.

"Our comprehensive pre-school program consists of education, health, nutrition, transportation and family services," said Family Service Worker Pat Berenbrok. "This program is designed to meet the needs of low-income and special needs children and their families."

For more information, call 410-272-6366 ext. 14 or 410-939-5449 ext. 10 (for Spanish).

### New column—Expert educators answer parents' concerns

Is my child ready for kindergarten? How can I help a fifth-grader who hates math? What do you do about a teen who won't communicate?

'Ask the Learning Advisor' is a free weekly syndicated column which addresses these and other topics crucial to children's successful learning—building respect for rules and authority, dealing with peer pressure, discipline, homework, instilling good moral values, responsibility, thinking skills ... and more

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## Join the boat club

The Spesutie Island Boating Activity is accepting applications for the 2005 season. Membership is open to active duty military, full time Army National Guard, retired military, APG DoD/Nonappropriated Fund civilian employees, retired APG DA civilians, and long-term contractors with government ID card.

Membership requirements include performance of 10 hours of work and standing assigned security watches. Members must provide proof of identification, boat registration and liability insurance.

Costs are:

- \$20 per foot for a moored boat with parking lot space for trailers
  - \$11.50 per foot for moored boat only
  - \$8.50 per foot for a boat on a trailer in a parking lot space
  - \$8 per foot for ramp access only
- Applications can be picked up at the SIBA Club house, building 36 or at Outdoor Recreation.

Opening for the season on April 9. This is a designated work day for members.

For more information, call 410-278-4124.

## LIBRARY BOOK CORNER

Operating hours of the Aberdeen Library, building 3320, are 1 to 5 p.m., Saturday and Sunday and 11:30 a.m. to 6:30 p.m., Monday, Wednesday and Thursday. For more information, call 410-278-3417.

The following is a list of some new books available at the APG MWR Library:

**Torture: a collection**, edited by Sanford Levinson

This book provides a debate on the advisability of maintaining the absolute ban of torture, and reflects on what it says about our societies if we do - or do not - adhere to it in all circumstances. One important question is how we define torture at all.

**No God But God: the origins, evolution, and future of Islam** by Reza Aslan

**Hot Commodities: how anyone can invest profitably in the world's best market** by Jim Rogers

**In the Rose Garden of the Martyrs: a memoir of Iran** by Christopher de Bellaigue

**Al-Jazeera: the inside story of the Arab news channel that is challenging the West** by Hugh Miles

The library's Web site, [www.apgmwr.com/recreation/libraries.html](http://www.apgmwr.com/recreation/libraries.html) provides access to the library's online catalog and also has a complete annotated listing of the library's new material, as well as a list of available films on DVD.

## Family Child Care providers needed

Family Child Care training will be conducted April 18 through 22 at the Edgewood Area Youth Center.

Applicants who are interested in providing home-based childcare at either the Edgewood or Aberdeen Area are encouraged to apply.

Being a professionally trained provider in a home environment offers many benefits: potential for over \$500 per week; self employment; free training in a marketable profession; opportunity to market your business on the army's FCC.Com website; transferable credit to Army installations world wide; free use of lending library; free monthly newsletter; free workshops (nutrition, health, child development, safety, CPR, taxes), participation in the National CDA credential program, the USDA food program, and the National Family Child Care Home Accreditation program.

For more information and to pick up an application, visit the FCC office located Aberdeen Area on Rodman Road, building 2752 or call Aphrodite Corsi, 410-278-7477 or Derece Williams, 410-278-8720.

## Activities

### Operating hours

The MWR Registration, Tickets and Leisure Travel Center is open from 9 a.m. to 5 p.m., Monday thru Friday, and 11 a.m. to 7 p.m., the first and third Friday of every month.

If that is a training holiday, the office will be open 11 a.m. to 7 p.m. on the Thursday prior.

For more information, call 410-278-4011/4907 or e-mail [mwr\\_registration@usag.apg.army.mil](mailto:mwr_registration@usag.apg.army.mil).

### Spring tune up time

Come to the Automotive Craft Center, building 2379, and get that vehicle ready for spring and summer. Tune the vehicle, change the anti-freeze, change the oil and rotate the tires; the Automotive Craft Center has the space available.

Hours of operation are 11 a.m. to 7:30 p.m., Wednesday through Friday, and 9 a.m. to 5 p.m., Saturday and Sunday.

For more information contact Ed Dela Cruz, 410-278-5178 or e-mail [ed.delacruz@usag.apg.army.mil](mailto:ed.delacruz@usag.apg.army.mil).

### Spring Fling parade this Saturday

APG will host a community-wide Spring Fling April 16, featuring a parade at 9:30 a.m. followed at 11 a.m. by a variety of games, social leisure and sports activities, refreshments, and entertainment for the entire family.

The parade will begin in the vicinity of the post library, circle Fanshaw Field, pass the reviewing stand at the APG Athletic Center and end at the entrance to Shine Sports Field.

Following the parade, various give-aways and activities will be provided such as balloons, face-painting, caricature drawings, magic show, meet

McGruff, demonstrations by the police SWAT Team, Army Substance Abuse Prevention activities and information, and Army Community Service, Child Youth Services, and Community Recreation activities.

In addition, Outdoor Recreation will host an expo featuring items of equipment that are available for rental.

### Bowling specials

April 14 and 15, 6 p.m. until closing, is Red Pin Week. Throw a strike on a red head pin and receive a free game of bowling.

April 16 will feature Cosmic Bowling with a DJ, 6:30 to 10 p.m.

### British Soccer Camp

This camp begins the first week of August, with a mini soccer camp 8:30 to 10:30 a.m. and a half day camp 10:10 a.m. to 1:10 p.m. at the Youth Soccer Field.

Cost is \$69 for Mini Soccer and \$98 for half-day camp. Fun games, competitions and challenging skill-building activities will captivate and enlighten young players.

Register early and receive a free jersey. All participants will receive a T-shirt and soccer ball.

During the half day camp (for ages 6 to 17) players will be taught technical instruction in all areas of the game. Emphasis is placed upon individual skill development and fundamental tactical awareness through the coaching mix of maximum participation, progressive practices and small-sided games.

Registration runs April 15 to July 15 at CYS Central Registration, 410-278-7571/7479 or Edgewood Youth Services, 410-436-2862.

### Pass, Punt and Kick

### Competition Saturday

This free competition is for all children ages 8 through 15, April 16 at Shine Sports Field.

Register by April 11 at AA Youth Services, 410-278-4995. Rain date is April 30.

### Split Your Sides Laughing Comedy Show this Saturday

"Split Your Sides Laughing" Comedy Show, Ricky Shackelford Production, will be held April 16 in the APG Post Theater with Laughin' Lenny, Howard "G", Rick Younger and Shelia "Strawberry" Gaskins.

Doors open at 8 p.m. and the show begins at 9 p.m. Tickets cost \$10 for upper level, \$15 for upper level in advance and \$20 at the door.

An after party will be held in the AA Recreation Center immediately following the show for all ticket stub holders.

Cost without the ticket stub is \$5.

### Link Up 2 Golf

This class begins April 22, 5:30 to 7:30 p.m. at Ruggles Golf Course.

Cost is \$99 for E1 through E5, \$109 for authorized players and \$129 for the public. Fee includes 7-hours of instruction time, 3-hours on-course playing experiences with instructor (1 to 4 holes each time), rental club usage (if needed), greens fees and cart fees during on-course playing sessions, and 15 free buckets of range balls for outside practice on the driving range.

For more information or to register, call Ruggles Golf Course at 410-278-4794 or MWR Registration at 410-278-4907 or visit [mwr\\_registration@usag.apg.army.mil](mailto:mwr_registration@usag.apg.army.mil).

## Sign up for swimming at APG

### Swimming lessons

The cost is \$35 per person and 10 percent off for additional family members. Each class consists of 10 lessons conducted Monday - Friday, at the Shore Pool, building 2031, and Bayside Pool, building E-4654. Lessons will be 45 minutes of instruction, 10 minutes of practice time, and 5 minutes to clear the pool.

Youths  
July 11 through 22  
10 to 11 a.m. - Level I, 3 to 15 year olds  
9 to 10 a.m. - Level II and III, 3 to 15 year olds  
8 to 9 a.m. - Level IV, V and VI, 3 - 15 year olds

Adult Lessons  
Aug. 1 to 12  
7 to 8 p.m. - 16 years old and older  
All swimmers need to bring Red Cross Card upon sign up to determine their level of certification. Each class is limited to the first 21 participants.

Register at the Outdoor Recreation Equipment Resource Center (building 2407; 410-278-4124) or Hoyle Fitness Center (building E-4210; 410-436-7134).

Active military priority registration will run May 2 through 31. Registration for all other eligible personnel will begin June 1.

### Pool passes

Pool passes go on sale May 2 at the Equipment Resource Center, 410-278-4124 or Hoyle Gym and Fitness Center, 410-436-7134.

**Daily fee**  
\$3 per person (authorized patrons 6 years old and older)  
\$5 per person (guest 6 years old and above)  
\$1 per person (guest 5 years old and below)

Individual monthly fee  
Active military E1-E4 - \$10  
All others - \$20  
Family monthly fee  
Active military E1-E4 - \$20  
All others - \$40  
Individual season fee  
Active military E1-E4 - \$30  
All others - \$50  
Family season fee  
Active military E1-E4 = \$60  
All others = \$100

## 2005 Tee Time Golf Pass now on sale

The 2005 Tee Time Golf Pass, on sale at Ruggles Golf Course for \$45, offers discounts at 362 courses in the Mid-Atlantic region.

Tee Time members pay only the cart fee at these courses. More than 210 courses offer either one free play with one paid or discounted player's fee. Tee Time members save from \$10 to \$40 each time they tee it up. Almost 150 courses offer free green fees in 2005.

More than 50 courses on the pass are within an hour's drive of Aberdeen Proving Ground. Tee Time Golf Pass retails for \$50.

For golfers who like to travel, the addition of courses in Williamsburg and Atlantic City is welcome news. Mays Landing, Harbor Pines, McCullough's Emerald Isle, and Twisted Dunes in Atlantic County join The Links at Brigantine and Cape May National in offering superior

discounts on the Jersey Shore.

Two nationally acclaimed venues in Williamsburg, The Tradition at Royal New Kent and The Tradition at Stonehouse, were added to an already strong line-up of layouts in Tidewater, Va.

More than a dozen quality layouts in the Ocean City, Md., area are included. Pinchurst and Myrtle Beach are two other destinations featuring courses in 2005.

## Concert tickets on sale

Army MWR and Aberdeen Proving Ground present The 2005 Miller Lite Army Concert featuring Terri Clark, Chely Wright, Julie Roberts, and Miranda Lambert Aug. 20 on Shine Sports Field. Gates will open at 6 p.m. and the show will start at 7 p.m.

A \$10 early bird ticket special for APG government ID cards holders only will be held April 27 through 29. These tickets are only available at MWR Registration, building 3326,

410-278-4907/4011. Purchasers must present ID at time of purchase.

\$10 tickets will go on sale to the public April 30, first come, first served. There are only a limited number of tickets available at this special price. Tickets can be purchased at [www.apgmwr.com](http://www.apgmwr.com), MWR Registration, Hoyle Fitness Center and Ticketmaster.

For more information, visit [www.apgmwr.com](http://www.apgmwr.com).

# Myths and facts about the NSPS

<http://www.cpms.osd.mil/nsps/>

The National Security Personnel System PEO released a fact sheet on NSPS Myths and Facts that address a number of the topics that have frequently been misunderstood.

This excerpt contains information of particular interest to employees.

The complete text is posted on the OSD NSPS Web site, <http://www.cpms.osd.mil/nsps/>.

## Myth

NSPS does nothing to help with national security.

## Fact

Not true. The mission of the Department of Defense is national security, and civilians play a vital role in supporting that mission. NSPS provides DoD with the tools necessary to recruit, retain, and manage the civilian workforce to accomplish its critical mission in a more effective and efficient manner. NSPS will also provide flexibilities to reduce reliance on the military to perform jobs that civilians can and should perform, freeing up the military to perform its war fighting duties.

NSPS is a mission-driven, performance-based system that motivates, recognizes, and rewards excellence, which will result in an overall improvement to mission effectiveness, and enhanced national security. This is critical in the global war on terrorism.

## Myth

Under NSPS, DoD civilians can be assigned anywhere in the world, even to a war zone, with little or no notice.

## Fact

Currently DoD has the authority to reassign employees, including reassignment to overseas locations, when necessary to support the mission. This is also done under today's system. This authority is unaffected by NSPS. One of the goals of NSPS is to reduce its reliance on military to perform jobs that could be performed by civilians.

## Benefits

## Myth

Civilians will lose their benefits under NSPS.

## Fact

NSPS will not affect rules governing retirement benefits or eligibility, health and life insurance, leave, attendance and other similar benefits.

## Myth

NSPS eliminates veterans' preference for reduction in force and hiring.

## Fact

NSPS preserves veterans' preference. DoD is committed to the principles of veterans' preference; under NSPS, veterans continue to receive preference for both

hiring and RIF.

## Myth

Seniority and veterans' preference will no longer count in the event of a reduction in force.

## Fact

Not true. Veterans' preference eligibles are still retained over employees without veterans' preference in RIF. Also, seniority continues to be a factor in RIF.

However, because NSPS is a performance-based system, the proposed regulations give greater weight to performance in RIF retention by placing performance ahead of length of service. Employees competing for retention under RIF who have the same performance ratings will be retained based on length of service.

## Myth

Civilians will lose job security and there will be layoffs.

## Fact

No jobs will be eliminated because of NSPS. In fact, under NSPS there may be more opportunities for civilians as military positions are converted to civilian. By easing the administrative burden routinely required by the current system, managers will turn to civilians first when assigning vital tasks.

## Pay

## Myth

Civilians will lose pay under NSPS and won't get credit for the time already spent waiting for the next within grade increase.

## Fact

Employees will not lose pay upon conversion to NSPS. Employees will be converted into NSPS at their current salary. In many cases, employees will receive a salary increase equal to the amount they have earned towards their next within grade increase (this is known as the "WGI buy-in").

## Myth

There will be no locality pay under NSPS.

## Fact

The proposed NSPS pay system includes a locality-based component of pay called a "local market supplement" that is paid in addition to an employee's basic pay. The local market supplement will be based on market conditions related to geographical and occupational factors, and may differ from one occupation to another in a given locality area. Employees will be entitled to increases to the local market supplement, unless they are performing at an unacceptable level.

## Myth

NSPS is just a way to freeze the pay of DoD civilians, since they are no longer entitled to the automatic January pay increase or within-grade increases.

## Fact

The annual January pay increase, as it is now, will change. The proposed pay rules provide for periodic "rate range" adjustments, to adjust the minimum and/or maximum rate of a pay band. When a minimum rate of a pay band is adjusted upward, employees will receive an equivalent increase. There are no "steps," similar to the GS system, in a pay banding system. Instead, pay increases and/or performance bonuses are based primarily on your performance rating. Unacceptable performers are not eligible for pay increases under the proposed system.

## Myth

Under NSPS, funds for salaries and bonuses will no longer be certain.

## Fact

DoD is committed to ensuring civilian compensation is protected. In fact, the law requires that the aggregate amount of money allocated for civilian compensation for organizations under NSPS cannot be less than the amount that would have been allocated under the existing system. Under NSPS, the overall amount of money that would have been used for the annual January pay adjustment, within grade increases, quality step increases, and similar payments, will be used for civilian pay, and those funds will be protected. However, the proposed NSPS pay system will distribute those funds based primarily on performance

## Myth

My supervisor will not be prepared and equipped to fairly and objectively rate performance, and will not be held accountable for exercising his responsibility under NSPS.

## Fact

Supervisors and managers will have an important role in determining performance-based pay increases. The flexibilities proposed in the NSPS regulations bring with them an increased need for accountability. This includes employee accountability for performance, as well as supervisory and managerial accountability for the proper exercise of the authorities of NSPS. Extensive training will be given to supervisors and managers, both military and civilian. Training will focus on improving skills needed for effective performance management: setting clear expectations; communicating with employees; and linking individual expectations to the goals and objectives of the organization. Supervisors and managers will be held accountable for how effectively they use the tools provided by NSPS. They will also be subject to the pay and performance provisions of the system, and their pay will be affected by how well they perform their duties as supervisors and managers.

## Living wills -- matter of life or death

Elaine Wilson

The Schiavo saga both captured and divided the nation as moral and legal questions were raised over the right to live or die.

While people remain at odds over the underlying issues, most are in consensus on one topic – the importance of living wills.

"We've had a huge increase over the past couple of months because of the Schiavo case," said Burton Brasher, Fort Sam Houston Chief of Client Services. "We've probably done more in the past two months than we've done in the past year." Brasher defines a living will as a legal document that expresses personal healthcare wishes when those who are unable to.

"If you're incapacitated, a living will provides the doctor with guidance for your continued treatment," Brasher said.

This guidance includes decisions related to extraordinary measures to sustain life, a goal the doctor aims for in the absence of a living will.

"Doctors are trained to do everything they can to preserve life," Brasher said. "But not all people want to live like that, whether due to reli-

gious beliefs, personal convictions or financial reasons."

Living wills are particularly important for people heading into risky situations, such as combat or a medical procedure. There is no federal standard for living wills so many states have developed their own format.

"Make sure your personal wishes and the person you designate as your decision-maker in the power of attorney are on the same page," Brasher said.

Another way to avoid potential problems is to update living wills every two to three years so there's recent proof and "less questions raised about whether you still feel the same way as you did when you signed the document," Brasher said.

Such a directive can be the difference between a private decision and a national debate.

Any military legal assistance office can prepare living wills free of charge to active-duty military, family members, retirees and reservists on active duty for 30 days or more.

(Editor's note: Elaine Wilson serves with the Fort Sam Houston Public Information Office.)

## Police unit

From front page

It's an opportunity for the community to learn why we are here and what it is we do here."

He said that all credit goes to Maj. Joseph Darabasz and the Police Services Division.

He said that a lack of manpower and funds and increased workload which increased after the 9-11 terrorist attacks caused a previous crime prevention house to die out years ago, but now, with the conversion from military to civilian law enforcement and an increase in strength, "the timing was right to re-energize the policing function."

Krauer expressed hope that a similar project will one day open up in the Skippers Point housing area.

"Police Services Division personnel and volunteers have done a remarkable job setting up the project, then furnishing the place and getting it ready for the community," Krauer said. "We anticipate that this program will do nothing but expand."

The post housing division offered two other sites for the unit which DLES turned down due to their locations, added Darabasz, as he flipped burgers for customers on a large grill set up in front of the McGruff House.

"We wanted to be inside the neighborhood, easily accessible to everyone, Darabasz said. "The concept of community policing is summed up in one word – partnership."

"We want to get people feeling they can come knock on our door with any type of problem," he said. "This is more than a police unit. It's more like a community center."

Officer Michael Farlow, a former APG Soldier who once lived in Patriot Village mans the unit.

"Farlow is already known as 'Big Mike' to area children," Darabasz said.

"You have to have the right person in the position, so basically this is all about Farlow," he added. "He's a career officer, he loves kids, and he's great about getting donations and other things the unit needs."

Positive feedback from area residents was already pouring in, Darabasz said, adding that one resident told him it was nice to have another piece of support in place with her husband deployed.

"That's who we're here for. We're getting into the groove of policing right in the heart of the community," he said. "We're here for the Soldiers and their families,

not for ourselves."

"This is awesome," said Sgt. 1st Class Stephen Lyons of Headquarters Company, 61st Ordnance Brigade as he and his family toured the unit. "I've been here six years and this is the best thing to happen to housing."

"It's a plus for me to know that something like this is here and that it helps make the post even more secure," Lyons said.

"Soldiers have normal parent fears," he added. "Something like this gives me peace of mind so that I can concentrate on my job. I hope it happens all over the Army."

Officer Michael "Big Mike" Farlow, with the help of his wife, Karen, giving temporary tattoos, his in-laws, Carol and Ray Wise of Conowingo, running errands, and his children, Nate, 9, and Micaell, 10, just running around, had his hands full, but still fingerprinted youths for their child identification kits and counseled their parents on how to maintain the kits. He also handed out complimentary gifts like activity books and child safety packs and gave tours of his new work site.

He said that his goal is to stress the unit's motto -- "You will not CARE how much we know until you know how much we CARE."

"And CARE means Community Awareness Requires Everyone," Farlow said.

"I think the community needs something like this," he said. "It makes the police more accessible and it shows the friendly side of law enforcement."

He thanked all volunteers for their support, particularly APG Garrison, ASAP, the APG Fire Department and fellow law enforcement officers for helping make the opening a success.

The unit will be manned 8 a.m. to 4 p.m., Monday to Friday, with the hours subject to change depending on community needs.

"I want everyone to feel free to come by for information, to ask questions or just express concerns that they may have," Farlow said. "If I don't know the answer I'll find out where you can go to get it."

He said he felt that his having lived in housing is an extra advantage that will help him in his job.

"That in itself helps because I know the different stresses that come up like deployments, neighborhood disputes and things like that," Farlow said, "so communicating issues won't be a problem. I understand because

## POW

From front page

given daisies to commemorate the occasion.

"According to the Geneva Convention, you can only give your name, rank and serial numbers if you're captured," he said.

"Well, the Daisy is our symbol because it is the flower that never tells."

Edwin "Bud" Huson, junior vice commander, said that the placing of a state monument on the installation brings further recognition to former Prisoners of War.

"This site was our first choice because of that," Huson said, noting that April 9 is National Former Prisoners of War Recognition Day.

Meyers, Hughes and Huson were taken prisoner by the Germans during World War II. Atwater said the ceremony went well thanks to "several individuals and organizations that worked together to make this happen," noting that Col. Kevin M. Smith, OC&S chief of staff, "was heavily involved from the start."

"Kim Ables of the OC&S protocol office, in particular, went out of her way to ensure everything was just right," Atwater said.

He thanked Charles Wadby of the Maryland Portable Concrete company which poured the concrete to fill the 36-inch deep hole and the staff of Engineering Documentation Systems, Inc., who transported

three stones weighing 1,000 pounds each to erect the monument; in addition to Ed Heasley, museum curator, and staff members Alan Killinger, Steve Klein, Tim Tidwell, Judy Garrett, Randy Davis and Dr. Joe Ranier.



[www.axpow.org](http://www.axpow.org)  
An American eagle surrounded by barbed wire on the Prisoner of War Medal symbolizes "standing with pride and dignity, continually on the alert for the opportunity to seize hold of beloved freedom." The ribbon consists of a central band of black edged in white with pinstripes of red, white and blue. The large white stripes represent hope, the black center stripe alludes to the bleakness of confinement as a prisoner of war, and the red, white and blue edge stripes represent the United States of America.

## ASAP screens for alcohol awareness

Yvonne Johnson

APG News

In an effort to increase public awareness about the dangers of substance abuse, the Army Substance Abuse Program observed National Alcohol Screening Day with screening stations set up in Aberdeen Proving Ground Post Exchange and the Edgewood Mini-Mall April 7.

Service members, retirees, civilians and youths stopped at the stations to fill out questionnaires testing their knowledge on the signs and symptoms of alcohol abuse.

Billy Sanchious, ASAP Employee Assistance Program manager and Janine Baur, substance abuse counselor worked the post exchange display table and Cindy Scott, ASAP prevention counselor and Phyllis Ethridge, installation biochemical testing coordinator handled the mini-mall.

"We do this to ensure that our community members have the best information to help them make the best choices," Scott said.

Sanchious added that those who missed the screening could access information on the ASAP Web site by clicking the link Aberdeen Proving Ground home page at [www.apg.army.mil](http://www.apg.army.mil).

"All kinds of learning resources about the installation, the surrounding community and the Army are available on the site," Sanchious said.

ASAP's mission is to strengthen the overall fitness and effectiveness of the Army's total workforce and enhance the mission readiness of Soldiers. It supports the Army's individual and unit readiness by providing alcohol and other drug abuse deterrence through testing, rehabilitation, prevention awareness training, program evaluation and research.



Army Substance Abuse Program prevention coordinator Cindy Scott, right, looks on as Spc. Wonder Wright of the Aberdeen Proving Ground Dental Clinic, left, fills out a questionnaire during National Drug Awareness Screening Day at the APG Mini Mall April 7.



# Army News



## Non-infantry Soldiers get combat badge

Military.com

After 60 years of debate, Army officials have finally decided to create a badge for non-infantry Soldiers that recognizes their direct participation in ground combat.

The new badge will be the equivalent of the Army's combat infantry badge, which was created in 1943.

The CIB, in the form of a rifle surrounded by a wreath, is reserved for infantry and Special Forces Soldiers only.

The Close Combat Badge will be awarded to Soldiers with military occupational specialties in armor, the cavalry, combat engineering and field artillery. Officers must have a branch or specialty recognized in Army regulations as "having a high probability to routinely engage in direct combat."

The CCB will be presented only to Soldiers who are engaged in active ground combat,

moving to contact and destroy the enemy with direct fire.

All Soldiers are allowed to wear their unit patch on their right shoulder as a "combat patch" after spending 30 days in an authorized combat theater. While prestigious, however, the wear of this unit patch as a combat designator does not necessarily indicate that the wearer was involved in direct ground fighting.

That is the purpose of the Combat Infantry Badge and a Combat Medical Badge, which is reserved for Army, Navy and Air Force medics. These were the only two Army symbols that indicate that the wearer has come under direct enemy fire.

Combat badges are different from military medals. Medals and the ribbons that represent them are worn only on a Soldier's mess dress and class "A" and "B" uniforms, never on battle dress uniforms.

## BAH authorized for single staff sergeants

Military.com

Single staff sergeants on stateside military installations will be allowed to live off post thanks to a new policy.

The policy authorizes non-dependent basic allowance for housing pay to single staff ser-

geants on installations in the continental United States, Hawaii and Alaska. It does not apply to overseas facilities.

Staff sergeants who want to take advantage of the new policy should contact their commanders.

The Army will pay for moves when staff sergeants are told to move off post.

Soldiers who elect to move on their own must do so at their own expense.

To see the 2005 BAH rates, visit <http://www.military.com>.

## 2005 National Volunteer Week Message

The following is a joint message for the dedicated volunteers at all Army activities from Secretary of the Army Francis J. Harvey and Army Chief of Staff General Peter J. Schoomaker.

"Volunteers inspire by example" is the theme for the 32nd annual National Volunteer Week, April 17 through 23.

The Army's volunteers have answered our nation's call to duty for 230 years from those who mended uniforms and tended the wounded near colonial battlefields to those who serve today in support of the global war on terrorism. We applaud the service of our volunteers today and through the generations.

This year demanded much of our volunteers, and they rose to the challenge. Volunteers served at family assistance centers, in family readiness groups, and at hospitals supporting deployed and wounded Soldiers and their families. Throughout military communities, volunteers assisted in

maintaining stability at home through service in schools, churches, youth activities, and other community programs. Our military communities remained strong because of the assistance of these dedicated volunteers in the active force, the guard and the reserve.

These dedicated volunteers answered the call to duty continuing the military's tradition of service and inspiring tomorrow's volunteers to meet the high standards set by the volunteers we honor during this year's National Volunteer Week.

We ask you to take time every day, but especially during our 32nd annual National volunteer week, to thank our Army volunteers. Applaud their contributions and find inspiration in their service. Join the volunteers within the Army Volunteer Corps in building strong communities and making an investment in our future. God bless you, the Army, and our great nation.

## Army Theater needs Soldier-actors, techs

Tim Higgs

Army News Service

BRAVO! Army Theatre Touring Company is looking for five Soldiers to serve as cast and crew for its 2005 summer production of "Pvt. Wars" by James McClure. Deadline for applications is May 6.

The funny yet poignant play revolves around three Vietnam veterans recovering from injuries at an Army hospital. Acting roles include the parts of Woodruff Gately, a young Southerner who is childlike and mentally slow; Silvo, an Italian American who is streetwise and tough; and Natwick, a young man from Long Island, N.Y., who is intelligent and spoiled but probably should not have served in the military.

"It's a dark comedy of three guys struggling with the realities of returning home after recovering from their war injuries," said Tim Higdon, program manager for Theatre BRAVO! "It's a chance for BRAVO! to use comedy that touches a deeper subject that is relevant even today."

BRAVO! is an all-Soldier touring theatrical company that performs on military installations throughout the world, delivering theatrical arts to Soldiers, family members and civilians.

A stage manager will be responsible for incorporation of props and costumes and may serve as an understudy for one of the actors. A lighting and audio engineer will be responsible for all lighting and sound cues in the production, as well as setting up and tearing down equipment. Integration of lighting and audio equipment with local installation venues also will be required.

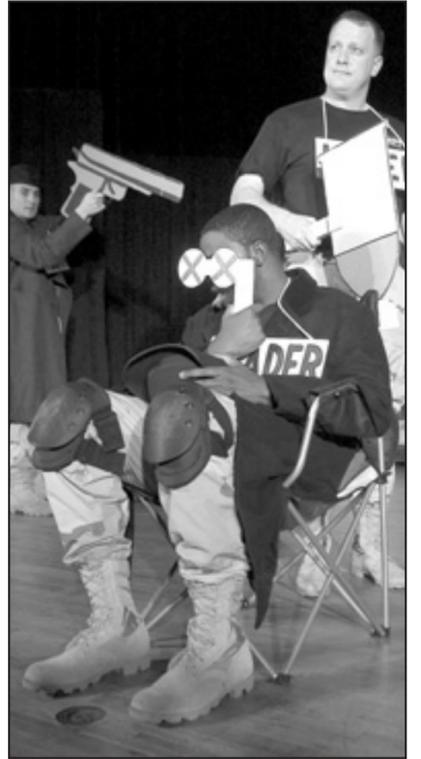
To be considered, performers must submit a video cassette of their acting, singing and dancing skills. A prepared, memorized monologue at least three minutes long is required. Highlights from a previous production, if available, are recommended. Commanders and/or field directors should recommend Soldiers who are mature, intelligent and thoroughly understand team play.

Candidates must have a minimum of 90 days in service remaining after Sept. 28, 2005, and must be fully deployable worldwide with no restrictions of health, family or legal issues because BRAVO! may tour deployed combat areas overseas.

Applications should be mailed to Army

Entertainment Division, Attention: BRAVO!, P.O. Box 439, Fort Belvoir, VA 22060. Express mail should be sent to Army Entertainment Division, Attention: BRAVO! Auditions, 6091 Jackson Loop Bldg. 1434, Fort Belvoir, VA 22060.

For more details, contact Higdon at (703) 806-3698, DSN 656-3698 or e-mail [timothy.higdon@cfsc.army.mil](mailto:timothy.higdon@cfsc.army.mil). Rehearsals are scheduled for May 3 through June 16 at Fort Belvoir's Wallace Theater, where the play will open with performances June 17 through 19. Admission is free and open to the public. (Editor's note: Tim Higgs writes for U.S. Army Community and Family Support Center Public Affairs.)



Spc. James Dreussi, Spc. Donnie George and Staff Sgt. Joseph Madison recently delivered "The History of America (abridged)" to Soldiers deployed in the Middle East. BRAVO! Army Theatre now needs a new cast and crew for its summer production, "Pvt. Wars" by James McClure.

# Sports

## MWR Amateur Boxing Night draws huge audience

**Yvonne Johnson**  
APG News

The first Amateur Boxing Night hosted by Morale, Welfare and Recreation drew nearly 700 people to Hoyle Gym and Fitness Center to watch a battle between the Soldiers of the 16th and 143rd Ordnance battalions March 19. The night ended in a 7-7 tie for each battalion.

The next Amateur Boxing Night is scheduled for June 18, 7 p.m. at Hoyle Gym.

Adoon Jordan, Headquarters and Headquarters Company, 143rd Ordnance Battalion and Raymond McFarland, HHC 16th led teams of 20 Soldiers in the quest for post bragging rights.

McFarland said although

he and his assistant instructors had little time to prepare, the troops took well to the training.

"As a boxer who's fought at Fort Campbell and Germany, I feel that everything that we worked for the last month and a half was properly displayed on the night of the fight," McFarland said. He said his troops' determination to learn a new athletic skill to support their units, "brought great credit upon their character."

"This brought their ability to cope with fears in life to a higher level," he said, "and showed them they are more than just Soldiers."

Jordan said he sold 70 tickets on his own to make sure his boxers would be seen.

"I felt they deserved an

audience," Jordan said, noting that the novices trained three to four days a week, twice a day.

He said that while assigned here as a private he also boxed "in the same gym and in the same ring."

Jordan thanked his chain of command for its support and promised an even better showing next time.

"Before we had three weeks, now we have three months," he said. "That will only make us better."

Harold Smith, facility manager thanked the MWR staff, the units, judges and other volunteers who supported the evening's program, which was executed much like a professional venue.

"This was a great night

and the Soldiers really enjoyed it," Smith said, adding that training for the next amateur night has already begun.

"There are 70 Soldiers already signed up and in training," Smith said.

Sgt. 1st Class Henry Owens and his son Kyle opened the program with a duet of the National Anthem followed by the posting of the colors by the 143rd Ordnance Battalion color guard.

Sgt. DeAngelo Coatie and Spc. Chad Emerick, chaplain assistants, offered the invocation and provided audio support.

Additional support came from the ring judges who included Robert Pyatt, Vada Jones, Darryl Champagne, Gary Mark, Darren DaCosta and Winston Vazquez-Ortiz, as well as Dale Brown who served as the ring announcer.

Jones, who also helped train participants, said he was

impressed with many performances.

"It took a lot for those Soldiers to get up in the ring in front of all those people," Jones said. "A lot of them, like Dwayne Edwards, showed great poise, just like professionals."

Rosie Stewart, EA recreation assistant, said MWR staff members received nothing but positive feedback from the audience. "Everyone really enjoyed it," Stewart said. "Most said it turned out better than they expected and that it was good to have something different like this."

Earlene Allen, MWR senior programmer, thanked the medical personnel, who included emergency medical technicians from the EA Fire Department who remained on standby to support the event.

"The community really came out and supported this event and the Soldiers seemed to enjoy it most of all," Allen said. "We'll try to hold these as often as possible as long as that's what the community wants."



Photo by GWEN MEADOWS  
Soldiers from the 143rd and 16th Ordnance battalions celebrate with their trophies after the Amateur Boxing Night competition at Hoyle Gym March 19.

### Boxing Results

The following results were received for Amateur Boxing Night held March 19 at the Hoyle Gym. For information about statistics call 410-278-3857.

#### Results

##### Women

##### 132 pounds

Ashley Torrence, HHC 143rd, defeated Emily Yttri, Company B 16th

##### 152 pounds

Amanda Backer, HHC 143rd, defeated Megan Santana, Company B 16th

##### Men

##### 152 pounds

Derrell Garner, Company B 143rd, defeated Donovan Gardner, Company A 16th  
Anthony Arroya, Company B 143rd, defeated Alexander Freeman, Company A 16th  
Jeron Wilds, Company C 143rd, defeated William Schmidt, Company A 16th

##### 165 pounds

Eric Bohacek, Company B 143rd defeated Joseph Lucas, Company B 16th

Jimmy Sustaita, Company A 16th, defeated Philip Bates, Company B 143rd  
Rene Garcia, Company C 16th, defeated Jose Hernandez, Company C 143rd  
James Baker, Company B 16th, defeated Obioma Eze, Company C 143rd

##### 178 pounds

Ivan Ayala, Company C 16th, defeated Daniel Beard, Company C 143rd  
Steve Fabree, Company B 16th, defeated William Douglas, Company A 16th  
Rodrigo Alhambra, Company B 16th, no contest over Taun Gorden, Company B 16th  
Charles Compton, Company B 16th won on walkover over Harry Williams, Company B 143rd

##### 201+ pounds

Samuel Ulrich, Company B 16th defeated Wesley Morrill, Company C 143rd  
Ishmael Haslam, Company A 16th defeated Josiah Smith, Company A 143rd

##### Main Event

##### 178 pounds

Dwayne Edwards, HHC 143rd, defeated Raymond McFarland, HHC 16th

### Volleyball Schedule

#### Aberdeen Division

##### April 18

6:30 p.m., USMC #2 vs. HHC 16th

7:30 p.m., Company B 16th vs. USMC

8:30 p.m., Company C 16th vs. Company E 16th

##### April 20

6:30 p.m., HHC 16th vs. USMC

7:30 p.m., USMC #2 vs. Company E 16th

8:30 p.m., Company B 16th vs. Company C 16th

#### Edgewood Division

##### April 18

6:30 p.m., 9th AML vs. Company A 143rd

7:30 p.m., MRICD vs. 1st AML

8:30 p.m., CHPPM vs. MRICD

##### April 20

6:30 p.m., 22nd Chem. vs. Company A 143rd

7:30 p.m., 9th AML vs. 1st AML

8:30 p.m., CHPPM vs. 22nd Chem.