

POST SHORTS

Recycling schedule



The recycling pickup for Wednesday, June 22, is plastic, glass and metal. Put items in blue bags and place them on the curb.

Gate construction update

The gate construction project is scheduled to begin June 20 with the Edgewood Area, Wise Road (Route 755) Gate. At 8 p.m., Friday, June 17, the Wise Road Gate will be closed until construction on that gate is completed. To support traffic flow, the Magnolia Gate will be opened.

The Magnolia Gate hours and entry control will be identical to the Wise Road protocol—government ID only, no trucks or deliveries. The Magnolia Gate hours will be 4 a.m. to 8 p.m., Monday through Friday and closed on Saturday, Sunday and federal holidays.

Visitors should continue to enter the Edgewood Area of APG via the Route 24 Gate, which will be operational 24 hours per day, 7 days per week. Visitors will not be permitted to enter the Edgewood Area through the Magnolia Gate unless accompanied by a government ID holder. No other gates will be affected during this period. However, the public will be notified when other gates on APG are scheduled for construction.

KUSAHC hosts change of command

There will be a Change of Command ceremony at Kirk U.S. Army Health Clinic 10 a.m., June 24, in front of the clinic. Col. John M. Wempe will relinquish his command to Lt. Col. William A. Rice.

In case of inclement weather the ceremony will take place at the APG Athletic Center, building 3300. The dress is duty uniform.

KUSAHC will be closed in the morning with the exception of active duty sick call at 5:30 a.m.

The pharmacy will be open until 9:30 a.m.

Road closure continues

Grant Road at Skippers Point Road will be closed

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Health issues

APG exercise tests emergency responders

Story and photos by
Yvonne Johnson
APG News

A half dozen Aberdeen Proving Ground tenant activities, elements of the Upper Chesapeake Health System and Baltimore County firefighters took part in a combined emergency response exercise held on various parts of the installation June 9.

Coordinated by the APG Garrison, emergency responders reacted to a series of exercise events testing their readiness and proficiency. The participating organizations included the Garrison's directorates of Law Enforcement and Security, Installation Operations and Safety, Health and Environment; the U.S. Army Aberdeen Test Center; volunteer casualties from the Military Youth Corps Challenge Academy; Baltimore County fire departments and the APG Public Affairs Office.

Volunteers from Chesapeake Search Dogs, a non-profit agency that provides search dogs to state, local and government agencies, also participated.

Exercise activities began with a collapsed building near



Canine handlers from Chesapeake Search Dogs, a non-profit agency that provides search dogs to state, local and government agencies, direct one of their canines as it looks for victims in the rubble of a collapsed building on Aberdeen Proving Ground during the joint exercise between installation and Baltimore County emergency responders June 9.

the Commissary.

Reaction teams led by DLES officers secured the area and medical personnel treated and evacuated "casualties," while recovery forces scanned the collapsed rubble for survivors and chemical or

biological threats, all under the watchful eyes of evaluators.

"This is the culmination of a week's worth of events," said APG Fire Chief Edward Budnick, of the installation wide exercise. "Evaluators assess every event: initial inci-

dents, search and rescue operations, and emergency triage and treatments. They then share their findings with the participants, helping us to learn what we need to do better, and how to do it better."

Initially, there were 16 "vic-

tims" with all but three accounted for.

A team from ATC's Radiation Emergency Response Team, led by John Beckman, radiation safety officer, stood by to evaluate

See EXERCISE, page 13

Committee reviewing military pay package

Donna Miles
American Forces Press Service

A new committee is studying the military compensation system to come up with ways to bring it more in line with what service members want and operational needs demand.

The Defense Advisory Committee on Military Compensation held its first public meeting May 11 to

explain its marching orders from Defense Secretary Donald H. Rumsfeld: to take a look at the current system and recommend how to make it better.

The committee will look at the whole compensation program for men and women in uniform in both the active and reserve components, explained retired Navy Adm. Donald

Pilling, committee chairman and former vice chief of naval operations.

This includes basic, special and incentive pays; benefits ranging from housing to medical care; and deferred pay that includes retirement pay and survivor benefits, he said.

The committee will attempt to strike the best balance between cash and benefits, current and deferred compensation, and the need for flexibility during peacetime as well as war, Pilling said.

It will also consider the best way to compensate members of the National Guard and Reserve, who are deploying more frequently than ever before to support military operations, he said.

The goal is to ensure that the armed forces continue to attract and retain top-quality,

highly motivated men and women and to ensure they and their families receive the compensation they deserve. Pilling said that's particularly important when they're burdened by multiple deployments and family separations.

One issue the committee will deal with is the fact that many military members are more interested in cash in hand than retirement or other benefits.

"They tend to value current compensation more than compensation that they will not receive for 10 or 20 years, or maybe not at all," he said.

Retirement benefits become more important later in a service member's career, when they become critical to military retention, Pilling said.

During May 10 meetings with service leaders, commit-

tee members heard "a range of views about specific changes" in the compensation package, all to be considered during the committee's deliberations, he said.

But one particular message came through loud and clear. "All asked for an architecture that allows flexibility rather than mandatory changes in compensation," Pilling said.

Flexibility will be a key goal as the military undergoes its longest period of sustained conflict since the all-volunteer force was conceived in the early 1970s, he said.

The committee plans to present Rumsfeld an interim report of its recommendations by late September and the final report in April 2006. More public meetings are being planned.

Chaplains office bringing free Christian concert to APG

Yvonne Johnson
APG News

The Installation Chaplains Office and the 61st Ordnance Brigade Unit Ministry Team will present a free concert featuring the Christian rock group ApogetiX at the Post Theater, 5 p.m., June 26.

"ApogetiX is known for its parody of popular songs, in a fashion similar to that of Weird Al Yankovich," said Spc. Steven Presser, chaplain assistant and manager of the brigade Christian Coffee House.

"They're basically a Christian parody band," Presser said. "They take modern, pop-culture music and re-write it in a way that delivers a Christian message."

"They're not a comedy band but some of their songs are funny if you're familiar with scripture," he said.

The installation and brigade shouldered the expenses to provide a free concert for the community," Presser said, adding that the concert is open to the public.

See CONCERT, page 13

Water tower goes under cover



Photo by BLAKE VOSHELL
Sandblasting of the water tower by Pittsburg Tank and Tower Inc. began this week after attaching the containment apparatus. Once the exterior is sandblasted, the contractor will prime and then paint the entire exterior. The estimated completion date, pending weather, is 4 to 6 weeks. The new color for the exterior will be almond with a Garrison logo on the front, top side, facing Aberdeen Boulevard.

Chely Wright to bring award-winning style to APG

Yvonne Johnson
APG News

Chely Wright will bring her bold musical style to the Miller Lite Army Concert also featuring Terri Clark, Julie Roberts and Miranda Lambert on Aberdeen Proving Ground's Shine Sports Field Aug. 20.

Known for her support of America's troops, Wright will perform songs from her sixth CD, "The Metropolitan Hotel," as well as favorite hits like "Single White Female" and "Shut Up and Drive."

The concert begins 7 p.m. and gates open 6 p.m. Tickets cost \$20 in advance and \$25 the day of the show. For tickets, call MWR Registration at 410-278-4011/4907, visit the Web site, www.apgmwr.com, or stop by the MWR Registration office in the APG Recreation Center, building 3326.

Established as one of Nashville's most consistent singer-songwriters, Wright was born on Oct. 25, 1970, in Kansas City, Mo.

She grew up in Wellsville, Kan., and cut her musical teeth as a teen doing shows in Branson, Mo.

Wright auditioned and won a job in a musical production at the Opryland theme park and moved to Nashville right after her final high school exams.

While there, she interned and attended writers' nights, while honing her singing and songwriting skills. Eventually, she signed with Mercury/Polygram, and her first album was released in 1994 on the corporation's Polydor label.

The Academy of Country Music named Wright the top new female vocalist in 1995, but her singles did not crack the Top 40 and her second album failed to make a dent as well.

Inspired by the likes of Buck Owens, Loretta Lynn and Ricky Skaggs, Wright refused to give up.

In 1996, she signed with MCA. Her third album in 1997 featured the hit "Shut Up and Drive," and the title track to her fourth album, "Single White Female," hit No. 1 in 1999.

Despite several flashy music videos and a glamorous makeover, Wright was

unable to recapture radio success with her next album. She parted ways with MCA shortly afterwards, then signed to the independent label Vivaton Records but ultimately released her follow-up album, "The Metropolitan Hotel," on Dualtone in early 2005.

Wright says that "The Metropolitan Hotel" is the rebirth of her love for the craft of storytelling.

The CD includes thumping anthems like "Just the Way We Do It" and "I Got Him Ready for You," "The River," a six-and-a-half minute rumination on a small town tragedy; and "The Bumper of my S.U.V." which is already a Top 40 hit.

The songs draw power from the fact that every word of them is true, drawn from Wright's own history.

"My main objective was to have a collection of gems," Wright said. "I'm most proud of the fact that it's 12 good songs, 12 well-recorded songs, 12 songs I love to sing."

Named for the London hotel where she was staying when she was inspired to write the album, "The Metropolitan Hotel" promises to please Wright fans as well as draw in new ones.

(Editor's Note: Some information taken from www.cmt.com and www.chely.com.)



Courtesy of www.chely.com



Army News



DoD tests revolutionary bio detection device

Elaine Wilson
Army News Service

The Department of Defense is testing a cutting-edge technology scientists say is so revolutionary that it will change the face of biological warfare.

The Joint Biological Agent Identification and Diagnostic System, a 40-pound device small enough to slip into a rucksack, is designed to vastly increase the speed and accuracy of biological warfare agent detection.

"[The system] will fill a vital role in providing accurate, rapid identification capability for detecting a threat or an attack," said program manager Donna Boston.

Previous procedures took the military two to four days in a microbiology laboratory to accurately identify the presence of a biological warfare agent.

The new technology can do it in 40 minutes -- on the spot. "With rapid identification . . . we can be armed with information to fight bioterrorism," Boston said. "The quicker we can identify an agent, the quicker a doctor can make an accurate diagnosis and commanders can start taking action."

The Joint Program Executive Office for Chemical and Biological Defense, a joint service office in Falls Church, found the technology in 2002 while seeking a quicker way to detect biological warfare agents in the wake of Sept. 11, 2001, and later anthrax scares. Idaho Technology, Inc., from Salt Lake City, Utah stepped forward with the latest in biological warfare technology.

The device looks deceptively simple, just a laptop connected to an analyzer. Lab technicians load suspect samples into a carousel within the analyzer where they are "cooked and cooled" repeatedly so strands of DNA break apart and reform to make copies of themselves. Each time heating and cooling occur, more DNA copies are formed, which takes something from undetectable to identifiable.

The device can simultaneously identify up to 10 different bio-

logical warfare agents in a given sample, including smallpox, anthrax, plague and encephalitis.

"If something is there threatening the health of our military force, you will be able to detect it much sooner," said Maj. Harry Whitlock II, Army Medical Department Center and School combat developer. "This is the 'new' gold standard. Other rapid diagnostic methods, like handheld assays, don't have nearly the same sensitivity."

JBAIDS' sensitivity, or ability to accurately identify specimens containing an agent, is averaging at least 85 percent per test, and its specificity, or accuracy in pinpointing the percentage of specimens without an agent, has averaged at least 90 percent.

The result is a higher confidence in the accuracy of information for military leaders.

"Everyone in the scientific community is excited because [the system] allows detection of a very minute level, and commanders are excited because the troops will be better protected," Whitlock said.

The detection system's size enables the device to travel into war with service members, eliminating the need to send samples to a laboratory stateside, which delays diagnosis and treatment of affected people. DoD began a joint-service testing of the device in 2003 to ensure the civilian-made system could be as effective in war as in a stateside lab.

The latest two-week operational test at Brooks City-Base wrapped up May 18. Lab technicians and program developers from every service branch traveled to San Antonio to make sure the device met DoD specifications. The Air Force Operational Test and Evaluation Center, based at Kirtland Air Force Base, N.M.,

took lead on the exercise, while the Army Medical Department provided ongoing training and technical assistance.

Army Chemical Corps personnel collected irradiated or "dead" samples from the field and delivered them to lab technicians from the Army's 1st and 9th Area Medical Laboratories here at Aberdeen Proving Ground. The technicians set up shop in portable "ISO-shelters," which can be packed up and shipped worldwide, then extracted a test sample for analysis from environmental, food and clinical specimens such as blood and sputum.

After validation by a joint-service Data Authentication Group, the operational test results will be forwarded to the Joint Program Executive Office for Chemical and Biological Defense for a final green light. If approved, the system will enter full-rate production in September and the DoD will distribute 450 units throughout the services over the next three years.

In the meantime, Idaho Technology will seek Food and Drug Administration approval, something that will help launch the system into civilian and military fixed and deployable medical facilities as a diagnostic tool and into DoD veterinary food labs for testing of food and water supplies.

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

Soldier innovations sought

SSC

The Soldier Innovation Initiative is seeking resourceful equipment ideas from Soldiers who have served in Operation Iraqi Freedom and Operation Enduring Freedom.

The Natick Soldier Center's Operational Forces Interface Group at the U.S. Army Soldier Systems Center in Natick, Mass., began the effort in January 2004 to capture Soldier-modified equipment in the field as well as identify new equipment made from materials available to Soldiers that they have creatively exploited.

The project's goal is to discover successful field ideas, prototype the best ones for further evaluation, and potentially influence the development process to field new or improved equipment. Ideas are reviewed to determine which technical area within the Natick Soldier Center or Research, Development and Engineering Command can best assess the innovation.

OFIG members, consisting primarily of active-duty and former Soldiers, visit installations throughout the year for the purpose of gathering field feedback, and the Soldier Innovation Initiative piggybacks onto these installation visits to specifically target installations with units returning from Iraq and Afghanistan.

OFIG has been in the business of collecting field feedback for 20 years and has three engineering psychologists who specialize in the development of surveys and in interpreting field feedback. The psychologists developed a survey designed to prompt Soldiers to provide their innovations, creative modifications, field solutions, and newly created or improvised items while deployed.

Soldiers are asked not only to provide information on their ideas but also to provide digital or hard copy photographs to enhance understanding of their ideas. Soldiers are also prompted for contact information so that they can be reached for further clarification.

Project officers conduct a review to determine whether the idea merits further pursuit. They are encouraged to contact the submitter and even invite him to the NSC if this will aid in the prototyping and evaluation process.

After an initial survey round with 2nd Battalion, 27th Infantry, Schofield Barracks, Hawaii, and units of the 82nd Airborne Division deployed in Afghanistan, some ideas that have emerged are: map pocket sewn into the inside of a patrol cap, a modified sling that allows the M-4 carbine rifle to hang in a ready position, a commercial earpiece for Soldier Intercom for better integration with helmet and golf bag straps attached to M-240B assistant machine gunner's bag to carry the weapon in a ruck configuration.

The NSC believes that the Soldier Innovation Initiative features important differences in process and scope from the Army Ideas for Excellence Program because the initiative employs OFIG to actively solicit creative ideas and solutions from returning combat veterans.

Soldiers whose ideas are determined to be fitting within the Army Ideas for Excellence Program also will be encouraged to do so through this process.

OFIG will continue to solicit ideas from returning units, providing continual new ideas for assessment and possible further development and fielding.

For more information about the SSC, visit Web site, <http://www.natick.army.mil>.

Army approves new long-range .50 cal

Kathy Roa
ARDEC

The Army has approved its new long-range .50 caliber sniper rifle, the M107, for full materiel release to Soldiers in the field.

The M107 program is managed at Fort Belvoir, Va., by the Project Manager Soldier Weapons with engineering support provided by Picatinny's Armament Research, Development and Engineering Center.

The term "full materiel release" signifies that the Army has rigorously tested and evaluated the item and determined that it is completely safe, operationally suitable and logistically supportable for use by Soldiers.

Product Manager for Crew Served Weapons Lt. Col. Kevin P. Stoddard said that PMSW previously equipped combat units in Afghanistan and Iraq, as well as other units supporting the Global War on Terrorism, with the M107 under an urgent materiel release.

The Army expects to complete fielding of the M107 in 2008, Stoddard said.

The M107 was funded as a Soldier Enhancement Program to type classify a semi-automatic .50 caliber rifle for the Army and other military services. It underwent standard type classification in August 2003. A production contract was awarded to Barrett Firearms Manufacturing, Inc.,



Courtesy of ARDEC

A Soldier tests the Army's new long-range .50 caliber sniper rifle.

Murfreesboro, Tenn., the following month.

Compared to the M24 7.62mm Sniper Rifle, Stoddard said, the M107 has more powerful optics and fires a variety of .50 caliber munitions.

"This provides sniper teams greater capability to identify and defeat multiple targets at increased ranges," he explained.

The M107 is based on the Marine Corps Special Application Scoped Rifle, the M82A3.

The M107 enables Army snipers to accurately engage personnel and material targets out to a distance of 1,500 to 2,000 meters respectively, he said.

The weapon is designed to effectively engage and defeat materiel targets at extended

ranges including parked aircraft, computers, intelligence sites, radar sites, ammunition, petroleum, oil and lubricant sites, various lightly armored targets and command, control and communications.

In a counter-sniper role, the system offers longer stand-off ranges and increased terminal effects against snipers using smaller caliber weapons.

The complete system includes the rifle itself, a detachable 10-round magazine, a variable-power day-optic sight, a transport case, a tactical soft case, cleaning and maintenance equipment, a detachable sling, an adjustable bipod and manuals.

The Army plans to modify
See RIFLE, page 14

Picatinny manages purchase of new howitzers for Army and Marines



Courtesy of BAE SYSTEMS

Marines fire the new lightweight 155mm howitzers. A Picatinny joint-service program office will manage the purchase of 589 of the howitzers for the Marine Corps and the Army.

Martin Kane
ARDEC

A joint-service program office at Picatinny, N.J., has completed development and is managing the purchase of 589 new lightweight 155mm howitzers for the Marine Corps and the Army, a spokesperson for both services announced.

An \$843 million four-year contract has been

awarded to BAE Systems, of Barrow-in-Furness in the United Kingdom, to manufacture the weapons and 94 digital fire-control retrofit kits, according to Jim Shields, deputy program manager for the lightweight 155mm howitzer program.

Shields said that the howitzer is known as the M777A1 howitzer in the services'

See HOWITZER, page 12

APG News

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Preventing stormwater runoff

Everyone at APG has a role

DSHE

With the summer nearly here, outdoor activities will greatly increase. People will be drawn to the outdoors, construction activities, travel, and thunderstorms will be on the rise, and litter and pollution will increase.

Water flowing along the curbsides and roads, called stormwater, has the potential to pick up and carry that abandoned litter and pollution.

"The U.S. Army Garrison, Aberdeen Proving Ground owns and maintains the storm sewer system serving both the Aberdeen and Edgewood areas of the garrison," said Rich Wiggins, Directorate of Safety, Health and Environment. "Its system is independent of other area systems, with the exception of a connection to the Harford County system in a small area along Route 755 in Edgewood.

"Water flowing into the storm drains at APG will flow directly into the nearby head-

waters of the Chesapeake Bay, without passing through any form of treatment system. This stormwater can carry litter, sediment, and chemicals into the Bay and impact its fragile ecosystem, including submerged aquatic vegetation, shellfish, fish, and larger wildlife at APG, such as ospreys and bald eagles," Wiggins said.

Stormwater runoff from residential, commercial, and industrial areas is responsible for 21 percent of impaired lakes and 45 percent of impaired estuaries in the United States. In the Mid-Atlantic Region alone, stormwater is responsible for 5,265 miles of impaired streams.

"Everyone at APG plays an important role in preventing pollution from stormwater flowing from the proving ground into the Bay through day to day activities," Wiggins said. "If everyone paid attention to their daily activities,

they would be doing their part in protecting the Bay."

Preventive measures

- Used motor oil, antifreeze, household trash and hazardous wastes should be disposed of properly.

- Lawn and garden fertilizers and pesticides should be applied carefully to prevent runoff into stormwater drains.

Spills, leaks, and pet waste should be promptly cleaned up.

- Chemicals and wastes should always be stored in containers away from stormwater drains.

- Minimizing exposed soil from digging activities will decrease the amount of sediment transported by stormwater.

"Additional methods for the prevention of stormwater pollution are provided on the EPA Region stormwater Web site, <http://www.epa.gov/reg3wapd/stormwater/>," Wiggins said.

For more information or to



Photo courtesy of DSHE
Decals like these are posted along Aberdeen Proving Ground curbs to remind people to protect the Chesapeake Bay from dumping.

talk with someone regarding stormwater issues, call Rich

Wiggins or Marley Nickle at Compliance Division office, the DSHE Environmental 410-306-2279 or 2267.

Preventing, caring for heat-related injuries

BethAnn Cameron
CHPPM

Working or playing sports outside in hot weather can lead to heat-related injuries. Whether deployed, assigned to a training center or doing recreational sports outdoors, everyone is faced with a heat threat. Mild symptoms can usually be taken care of with self-care measures, but more severe symptoms need medical treatment.

Types, symptoms

Dehydration – dizziness, weakness and fatigue and rapid pulse

Heat cramps – muscle cramps (in limbs or stomach), excessive sweating (wet skin) and thirst

Heat exhaustion – headaches, weakness, dizziness, fatigue, nausea, rapid pulse and shortness of breath.

Heat stroke – any of the above symptoms for heat exhaustion, but more severe with vomiting, confusion, high temperature, seizures, loss of consciousness or coma

Over hydration (too much water) – confusion, weakness, nausea and vomiting

Sunburn is the most common injury. It causes reddened skin and possibly blisters that can be painful with touch or movement. Even in snow-covered areas, sunburn can occur.

High, prolonged exposure to sun also increases the risk of cancer and cataract blindness.

Self-care measures

Drink water frequently in small amounts even if not thirsty. Refill canteens at every opportunity.

Do not drink more than 1-1/2 quarts/hour or 12 quarts/day.

Maintain good physical condition. Poor fitness, illness or being overweight increases risk of heat injury.

Wear lightweight, loose-fitting clothing that allows air to circulate and evaporate the sweat (for cooling).

Rest. Have minimal physical activity. Sit or stand in the shade, if possible.

To prevent sunburn, keep the skin covered. Wear a sunscreen of a SPF of 15 or higher on exposed body parts. Wear wide-brimmed hats to protect the neck and head. Wear sunglasses to protect the eyes.

Determine the proper work/rest ratios and water intake using the Work/Rest and Water Consumption table on page 12.

First aid measures for treating heat-related injuries

Sunburn – Move to shade; loosen clothing, if necessary. Use cold compresses or dip in cool water. Apply moisturizing lotion to the sunburned area. Take aspirin, acetaminophen, or ibuprofen as directed for pain.

Heat cramps – Move to the shade or to a cool area. Massage the affected muscle. Drink a sports drink or Soldiers can drink water with 1/4 of MRE salt packet added to a one-quart canteen. Loosen clothing. Get medical attention if cramps continue.

Heat exhaustion – Move to the shade and loosen clothing. Cool the body. Drink at least a canteen of cool water. Pour water on the exposed skin and fan to cool. If available, put ice or ice sheets on the neck, arm pits or groin. Elevate the legs. Get medical care for the person if the symptoms continue.

Heat stroke is a medical emergency. Get medical help right away. Cool the body with ice packs, ice sheets or cool water. Have sips of cool water if alert and able.

Know the signs of heat-related injuries. Teach others how to prevent and treat heat injury.

(Editor's note: Information was extracted from U.S. Army Center for Health Promotion and Preventive Medicine Heat Injury Prevention Fact Sheets, <http://chppm-www.apgea.army.mil/heat/>, and TB Med 507: Heat Stress Control and Heat Casualty Management, 7 March 2003.)

Officer Candidate School Board announced

HSTU.S. Army Garrison

The U.S. Army Garrison, Fort Meade will convene a board for Soldiers applying for attendance to the U.S. Army Officer Candidate School July 14 and 15.

Along with the U.S Military Academy and the Reserve Officer Training Corps, the Officer Candidate School remains an important source of commissioned officers for the Army.

The Army has increased the number of Soldiers who may attend OCS.

Candidates apply through local boards—Fort Meade for APG Soldiers—and those elected begin a rigorous 14-week course of instructions at Fort Benning, Ga.

Aberdeen Proving Ground Soldiers who wish to become commissioned officers should prepare their applications

early.

The prerequisites for eligibility are:

- Be a citizen of the United States.
- Have a GT score of 110 or higher.
- Pass the Army Physical Fitness Test, minimum score of 180.

- Meet the height and weight standards of AR 600-9.

- Pass the Scholastic Aptitude Test (SAT), with a minimum score of 850 or American College Test (ACT), with a minimum score of 19.

- Have at least 90 semester hours of college study.

- Achieve a score of 80 or higher on the English Comprehensive Level Test if primary language is not English.

- Be at least 18 years old and less than 42. Have a complete physical examination six months prior to date of applica-

tion.

Completed packets must be submitted to Headquarters and Headquarters Company, U.S. Army Garrison not later than Wednesday, June 22.

Each application should consist of one packet containing all original documents, and three photocopies of the original packet.

Additional information may be found in Army Regulation 350-51 (Officer Candidate School) and on OSC Web pages, <http://www.infantry.army.mil/ocs/index.htm> and <http://www.armyocs.com/home>.

For OCS application information, call HHC, U.S Army Garrison, 410-278-9820/3000 or e-mail deidre.taylor@usag.apg.army.mil.

Post Shorts

until the end of October.

The construction company C&R Environmental Associates will be readying the old family housing buildings for demolition.

Occupants are asked to keep children and pets out of this area. Police will be patrolling the area to make sure unauthorized persons stay out.

For more information, call Richard B. Dunham, Directorate of Installation Operations, 410-306-1163.

New York City fireworks and cruise

Celebrate Independence Day with a bang. Spend a sizzling summer evening in the "Big Apple" and enjoy a festive 4th of July cruise, 12:30 p.m. to 1:30 a.m.

There will be a close-up view of Lady Liberty and awesome fireworks will light up the night sky. Cost of the trip is \$134 and includes bus transportation, cruise, dancing and dinner sandwich.

Register by June 20 by visiting MWR Registration, building 3326 or www.apgmwr.com.

Volunteer Council schedules meeting

The Volunteer Advisory Council will meet 10 a.m., June 23 at the Army Community Service, building 2754 Rodman Road. All APG organizations and units that utilize volunteers are invited to send a representative.

The focus will be on available resources and needs for volunteers at APG.

For more information, call Sarah Staats at 410-278-2464 or e-mail sarah.staats@apg.army.mil.

Dental Clinic holds ribbon cutting

The APG Dental Clinic Command will conduct a ribbon cutting ceremony for the newly renovated Edgewood Dental Clinic 11 a.m., June 28.

KUSAHC to begin using third party billing, collection program

A third party Other Health

Insurance verification card will be required prior to pick up of any pharmaceuticals beginning June 20. If the card has expired, visit the Patient Administration Office at Kirk U.S. Army Health Clinic for renewal of the card and update supplemental healthcare insurance information in the medical record. Timely renewal of the card will prevent delays in receiving services at KUSAHC.

All non-active duty beneficiaries are requested to review their third party billing card to ensure that it has not met the expiration date.

Service member's insurance information and card must be verified and updated annually.

South Post Chapel offers children's program

APG South Post (Edgewood) Chapel Protestant Community offers a Children's Program every Sunday at 9:15 a.m. at the Chapel Annex. The program includes Children's Bible Study, music, arts and crafts and more.

For more information, e-mail Diezhandino@yahoo.com or call 410-278-8717.

Waiting Families Support Group meeting

Army Community Service will hold a Waiting Families Support Group meeting, 6:30 to 7:30 p.m., June 30, for spouses of military who are deployed, on an unaccompanied tour or extended temporary duty travel. Spouses are invited to attend and speak with others in the same situation.

Free childcare is available and light refreshments will be served. Register by June 23.

For more information or to register, call Marilyn Howard, 410-278-9669.

RAB meeting scheduled

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., June 30, at the Edgewood Senior

Center on Gateway Road.

The topic will be an update on the Other Edgewood Areas Study Area. Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line, 410-272-8842 or 800-APG-9998.

Introductory sports playgroup

A new introductory sports playgroup program for Family Child Care youths will be held 11:30 a.m. to 1 p.m. each Thursday at the Edgewood Youth Center, weather permitting. The program will not be held on holidays. This program will launch children's interest in sports in a non-competitive fashion.

For more information, call Chris Fielder at 410-436-2862.

Submitting Hometown News

Telling a story is the main purpose of the Hometown News Program.

The program informs the public of activities and accomplishments of Soldiers and Department of Defense civilians, and helps project a positive image of the Army.

In addition, relatives and friends get to share the pride of the accomplishments when a Hometown News Release appears in local newspapers.

For more information about the Hometown News Program, call Lynn Witkowski, 410-278-1151.

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 Spc. Steven Presser, chaplain assistant, 410-278-5395.

TRICARE briefing

Military families are invited to a briefing on the US Family Health Plan at Johns Hopkins, a TRICARE option, 6:30 to 8:30 p.m., Jun 30, in the APG Recreation Center television room.

The session is open to all DEERS-eligible active duty

family members and retirees of all ages and their family members of the seven uniformed services, family members of Reserve/National Guard on active duty for 31 days or more, unmarried spouses and qualified unmarried children of deceased retired service members.

For more information, to schedule a private consultation or to make a reservation, call 1-800-808-7347 or 443-287-2529.

Dental Command news

The Edgewood Dental Clinic reopened June 6 with new hours--7 a.m. to 3:30 p.m., Monday through Friday. Sick call hours are 7 to 8 a.m.

The dental clinic will no longer shuttle Soldiers to the Aberdeen Clinic. For appointments call 410-436-3481.

Effective July 11, the hours of operation at the Aberdeen Clinic will change to Monday through Friday, 7 a.m. to 3:30 p.m. Sick call hours will remain 7 to 8 a.m.

Summer rotations will create a severe personnel shortage therefore limiting availability for teeth cleaning appointments at both the Aberdeen and Edgewood clinics. For more information on the Aberdeen Dental Clinic Command, contact Sgt. 1st Class Karen Rooks, 410-278-1795.

YC holds Summer Basketball Camp

Bill Lewit, the head coach of the Cecil Community College players for 10 years, will instruct summer basketball camp at the Gunpowder Neck Youth Center, building E-1902.

Camp is open to girls and boys ages 8 to 16 years of age and will include skills competition and written evaluations. Summer basketball camp will be held 5:45 to 8:45 p.m., July

18 through 22. Cost of registration is \$50.

Registration will be held through June 21, at CYS Central Registration, building 2752, 410-278-7571 or Gunpowder Neck Youth Center, building E-1902, 410-436-2862 by appointment only.

Concert tickets available

Army Morale, Welfare and Recreation 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.

Tickets cost \$20 in advance and \$25 on the day of the concert, and can be purchased at www.apgmwr.com, MWR Registration, Hoyle Fitness Center and Ticketmaster.

For more information, visit www.apgmwr.com.

Thrift Store offers discount

Bring this advertisement to the APG Thrift Store, building 2458, anytime in June to receive 10 percent off all purchases.

Store hours for sales are 11 a.m. to 6 p.m., Wednesday; 10 a.m. to 2 p.m., Thursday, and 10 a.m. to 1 p.m., the first Saturday of the month,

Consignments can be taken 10 a.m. to 1 p.m. and 4:30 to 5:30 p.m., Wednesday and 10 a.m. to 1 p.m., Thursday.

For more information, call 410-272-8572.

USAWOA meetings scheduled

The Aberdeen-Edgewood Chapter of the U.S. Army Warrant Officers Association meets on the third Thursday of the month at noon in the

Warrant Officer Hut located on School Street.

For more information, call retired Chief Warrant Officer 4 Pete Hill, 410-278-4195.

Training on Carroll Island

Aberdeen Proving Ground has commenced indefinite training in live fire operations on Carroll Island.

Any noise complaint concerns should be directed to the Garrison Public Affairs Office, 410-278-1147.

Dental coverage update for Reserve retirees

Reservists who retire from the services are able to waive a standing one-year waiting period for certain dental services due to a new TRICARE rule.

Previously, reserve retirees had to be enrolled for 12 months before being covered for bridges, dentures and certain other dental services.

According to the new TRICARE ruling, as long as a reservist joins the Delta Dental plan within 120 days of his or her retirement date, and provides a copy of their retirement orders, they can request the one-year waiting period be waived.

For more information visit <http://www.trdp.org> or call 1-866-567-1658.

Reserving a picnic area

All installation activities, units and the public can make reservations for the upcoming spring/summer.

For reservations, contact Mary Brousseau at e-mail mary.brousseau@usag.apg.army.mil; fax, 410-278-4160; or visit Outdoor Recreation, building 2407.

3650th Basic Military Training

FEB gold winner recognized

Yvonne Johnson

APG News

In the June 9 issue of the APG News Staff Sgt. Jason Ratliff of the USAF Detachment, U.S. Army Ordnance Center and Schools, was identified as having won a silver Federal Executive Board award. Ratliff actually won the gold award in the Trades and Crafts category. The APG News regrets the error.

Staff Sgt. Jason G. Ratliff

During 2004, Staff Sgt. Jason G. Ratliff was a metals technology instructor with Detachment 1, 361st Training Squadron, U.S. Air Force Detachment at Aberdeen Proving Ground. He taught key principles in welding and other areas to

more than 289 entry-level specialists in his critical career field.

Ratliff was the driving force behind an advanced concept in welding instruction. Recognizing the limitations of existing techniques used for the demonstration of welding fundamentals, he incorporated complex and critical electronic and audiovisual components into an advanced-technology demonstration booth.

This booth will ensure that all students are able to clearly see and understand welding demonstrations while being able to interact with the instructor, producing better trained welders and saving over \$120,000 annually.

Ratliff also developed an innovative welding course workbook, incorporating

over 300 pages of reference material, self-guided instruction, and quizzes. This workbook has contributed directly to a noticeable decrease in course failures.

In addition, Ratliff served as a volunteer judge for a statewide high school welding competition and was an active supporter of the APG Military and Civilian Spouses Club.

He also serves as an equipment custodian for the 43-member detachment, maintaining over 400 pieces of equipment worth over \$1.9 million and he performs his duties in addition to conducting classroom instruction on a daily basis.

(Editor's note: For more information on the welding booth technology, see APG News article Sept. 30, 2004.)

Vietnam's fallen to be remembered on Father's Day

Sons & Daughters In Touch, a national nonprofit organization made up of the sons and daughters of service members killed in Vietnam, will hold its 15th Anniversary Commemoration over the Father's Day weekend in Washington, D.C., June 16 to 19.

The gathering will comprise widows, comrades, sons and daughters and their spouses, grandchildren and great-grandchildren. The weekend will culminate June 19 with the laying of 1,000 red and yellow roses along the base of the Vietnam Veterans Memorial Wall.

"For 15 years Sons and Daughters in Touch has been working to locate and create a single voice for the sons, daughters and families whose lives were forever changed by the Vietnam War era," said Tony Cordero, SDIT president, whose father, USAF Maj. William Cordero, made the ultimate sacrifice during the war.

"Thirty years have passed since the 'official' end to the Vietnam War," Cordero said. "It is now more important than ever to preserve our fathers' memories, to educate future generations, especially children, about the war's legacy, and to help those who lost fathers in America's new wars deal with their loved one's deaths."

"Sons and daughters who have lost parents in Afghanistan and Iraq are encouraged to attend," he added.

Scheduled activities include three organized visits to The Wall by SDIT members

starting with a late-night visit 10:30 p.m. to midnight, June 17; and on June 18, a Wall Washing, 6 to 7 a.m., followed by a Grandchildren's Visit, 9 to 10:30 a.m.

Also on June 17, 8 to 9:30 p.m., at the Sheraton National Hotel, SDIT will hold its first-ever Artists' Forum to showcase its members' talents to connect with their fathers' memories. Creative works include literature, poetry, music, painting and film.

Featured artists include John Hulme, whose soon-to-be-released HBO/Cinemax film, "Unknown Soldier," examines the life of his father, USMC 2nd Lt. John Hulme, who was killed just two months after his son was born; and Karen Spears Zacharias, author of "Hero Mama," which chronicles the emotional journey of her family after the death of her father, Army Staff Sgt. David Spears.

In addition, an awards banquet June 18 will feature Vietnam Veterans of America national president Thomas H. Corey and VietNow president Rich Sanders.

The 15th SDIT Anniversary is expected to be the largest gathering of sons and daughters, representing 25 states, who lost their fathers in the Southeast Asia conflict.

For more information about the commemoration activities, contact Alan Greilsamer at 703-760-7007 or e-mail agreilsamer@communications-resources.com, or visit the SDIT Web site, www.sdit.org or call 800-984-9994.

Community Notes

SATURDAY AND SUNDAY JUNE 18 AND 19 APG COMMUNITIES TO HOLD YARD SALES

Aberdeen will hold its community yard sale 8 a.m. to 4 p.m. Rain dates are June 25 and 26.

Participating housing areas include Patriot Village, Mobile Home Park, New Chesapeake, Bayside Village, Plumb Point Loop and Hopkins Loop.

Edgewood will hold its community yard sale July 9 and 10. Rain date will be July 16 and 17. Participating housing areas include Everette Road, Deer Run, Skippers Point, Clearview Drive, Chevron Drive and Austin Road.

For more information, call 410-306-2008/2011.

SATURDAY JUNE 18 SUBMERGED AQUATIC VEGETATION (SAV) HUNT

Ever wonder why some grass grows underwater? Join The Estuary Center for canoeing and underwater grass exploration 1 to 5 p.m. This free event is for ages 12 and older. Youths 12 to 16 must be accompanied by an adult.

Learn how to identify different plants, why they are an important resource to the Bay and what plants grow in the area.

For information, directions, or to make a reservation (required), call 410-612-1688 or 410-879-2000, x1688.

BICYCLE RODEO

The APG community is invited to participate in a Bicycle Safety Rodeo, 10 a.m. to 4 p.m., adjacent to Army Community Services, build-

ing 2754, located at the northeast corner of Rodman and Augusta streets.

Participants should bring their bicycles from station to station to test their riding skills. Stations will address rules of the road, bicycle safety and a free bicycle inspection. There will be giveaways and a drawing for two brand new bicycles donated by the Post Exchange.

For more information, call the APG Community Policing Unit at 410-273-6412 or ACS at 410-278-4372.

JUNETEENTH CELEBRATION

The Susquehanna Chapter of Blacks in Government will celebrate Juneteenth with a prayer breakfast 8 to 10 a.m. at the Chesapeake Holiday Inn and a Juneteenth Festival, noon to 5 p.m. at Aberdeen Festival Park located on Franklin Street. The festival is free, but a \$10 donation is requested for the breakfast. The festival will feature food, drinks, games, music and vendors.

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. From its Galveston, Texas, origin in 1865, the observance of June 19 as the African American emancipation day has spread across the United States and beyond.

For more information, call Carol Bruce, 410-272-7940 or Jackie Pitts, 410-273-7915.

CHURCHYARD SALE

Edgewood Assembly of God, 803 Edgewood Road, will hold a yard sale 8 a.m. to 1 p.m. to raise funds for its building fund.

For more information, call 410-676-4455. Office hours are 9 a.m. to 3 p.m., Monday through Friday.

HUMANE SOCIETY FELINE FIESTA

The Harford County Humane Society located on 2208 Connolly Road, Fallston, will hold a "Feline Fiesta" celebration, noon to 4 p.m. Learn about cats from around the world and meet feline friends from Siamese Rescue, Alley Cat Allies, Maine Coon Rescue, Lucky Cat Rescue and HCHS.

Events include Baltimore Zoo hands-on big cats exhibit, Barron's K-9 Country Store (for cats too), animal art, swim therapy for pets, face painting, henna tattoos, games, crafts for kids, foster information table, fortunetelling by Carl the Curmidgeon Cat and more. Free admission.

For more information or for directions, call Elizabeth S. Dunbar at 410-836-1090 ext. 130, e-mail breedday@harfordshelter.org or visit Web site, www.harfordshelter.org.

MONDAY JUNE 20 GUNPOWDER TOAST- MASTERS TO MEET

Gunpowder Toastmasters Club 2562 will hold its meeting 11:40 a.m. to 12:40 p.m., at the Gunpowder Club at

the Edgewood section of Aberdeen Proving Ground.

The club is open to anyone on or off post who wants to improve their communication, leadership and listening skills and to overcome the fear of speaking in public. Lunch will be available.

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

VACATION BIBLE SCHOOL

St. James A.M.E. Church, 615 Green Street, Havre de Grace, will hold Vacation Bible School, June 20 through 24. The program will begin each night at 5:30 p.m. with a light meal. Classes will begin at 6:15 p.m. The program will include bible study, music, arts and crafts for ages 3 to adult.

For more information or to register, call 410-939-2267.

SATURDAY JUNE 25 STEPPINGSTONE BLUES FESTIVAL

The Steppingstone Museum will host its annual blues festival, 2 to 8 p.m., featuring entertainment by The Elliott James Band, Mid-Life Crisis Blues Band, Night Street and The Christ Duarte Group.

Tickets cost \$15 per person in advance, or \$20 at the gate. To purchase tickets, call the museum office at 410-939-2299 or 888-419-1752. Visa and Mastercard are accepted.

For more information, e-mail steppingstonemuseum@ms

n.com or visit the Web site, www.steppingstonemuseum.org.

SUNDAY JUNE 26 WOMEN'S DAY WOR- SHIP CELEBRATION

The women of Ames United Methodist Church, 112 Baltimore Pike, Bel Air, will hold their annual Women's Day Worship Celebration 10:30 a.m. to 4 p.m.

For more information, call 410-838-2045.

SUNDAY THRU THURSDAY JUNE 26 TO 30 HARFORD SOCCER CLUB OFFERS YOUTH TRAINING CAMP

The Greater Harford Soccer Club will host its annual soccer camp program, 5:30 to 8:30 p.m. for soccer players ages 8 through 13 at the Jarrettsville Recreation Complex. Former international player, MISL Champion player and MISL Champion coach Bobby McAvan and a staff of qualified trainers will work with young players at both the fundamental and advanced levels. All activities will be age/skill appropriate for the player.

Soccer camp cost is \$125 per player and includes a soccer ball and a GHSC Camp T-shirt. The camp is open to all soccer players regardless of whether or not they play for a GHSC team.

For more information, e-mail Marty Warner at coachm14@comcast.net.

MOVIES

ADMISSION: ADULTS \$3.50, CHILDREN \$1.75
Building 3245 Aberdeen Boulevard
To verify listing, call 410-272-9008.

HOUSE OF WAX

Friday, June 17, 7 p.m.

Saturday, June 18, 9 p.m.

Starring: Elisha Cuthbert, Chad Michael Murray

A group of friends on their way to a college football game falls prey to a pair of murderous brothers in an abandoned small town. They discover that the brothers have expanded upon the area's main attraction--the House of Wax-- and created an entire town filled with the wax-coated corpses of unlucky visitors. Now the group must find a way out before they too become permanent exhibits in the House of Wax. (Rated R)

XXX: STATE OF THE UNION (FREE ADMIS- SION)

Saturday, June 18, 7 p.m.

Starring: Ice Cube, Samuel L. Jackson

NSA Agent Augustus Gibbons (Jackson), fresh off the success of his last renegade recruitment, once again finds himself in need of an outsider. Gibbons and his new agent (Ice Cube) must track a dangerous military splinter group, led by Willem Dafoe, that is conspiring to overthrow the U.S. government in the nation's capital. (Rated PG-13)

Host families needed

Ripken Stadium hosts 2005 Cal Ripken World Series

Host families are needed to host two 12-year olds during the 2005 Cal Ripken World Series at Ripken Stadium in Aberdeen Aug. 9 to 21.

Game dates are Aug. 12 to 21. One hundred host families are needed to house approximately 210 players.

Volunteer parents will be required to provide beds for two players, and carpool them to every game or practice, or arrange transportation with another host family.

Host families will receive two tournament passes and assistance with groceries, gas, laundry detergent and sports drinks.

For more information, or to volunteer, contact Leslie Dubuc of the Ripken Foundation at 410-823-0808, extension 154, or fax 410-823-0850; e-mail leslie@ripkenfoundation.org; or visit the Web site, <http://worldseries.ripkenbaseball.com>.



The APG Forum

Letter to the editor

For the APG Post Commander:

On Memorial Day, May 30, I extended an invitation for the troops of Aberdeen Proving Ground to witness and participate in the Joseph L. Davis Post #47 American Legion Memorial Day Service at Tydings Memorial Park in Havre de Grace.

Your response was greatly appreciated. I can truly speak for everyone in attendance in relaying to you how proud we all were at the true professionalism demonstrated by the Soldiers from the 16th Ordnance Battalion.

Their recitation of the Army Creed at the conclusion of our service brought everyone to their feet.

Let me extend to you an open invitation for the future. This year you sent a bus full of Soldiers. Next year, do not hesitate to send "bus loads." We would welcome it for we are extremely proud of their dedication and tireless efforts to support our precious freedom.

May God bless all the troops.

Respectfully yours,

Russell Culley
Past Commander of the American Legion
4131 Quailway
Havre de Grace, Maryland 21078
(410) 939-3684

Commentary

Investing in your child's future

Rosemary Fox
Tripler Army Medical Center

The good folks at your neighborhood parenting advice place will tell you that babies are "wired" at birth to cry. They are right. The well-meaning but harried parents of the neighborhood 2-year-old will tell you that toddlers can yell, "No" and "Mine" in at least three dialects of 'toddlereese.' They are completely accurate.

Your own mother might tell you that when you were 5, she was afraid that your lips would be forever wrinkled because you pursed them so often to exclaim "WHY...?" And at 13 you pushed the limits of her ability to be charming with your frequent sorties into the land of "I am my own boss."

It seems that from birth until adolescence we push the limits of caregivers' sanity.

The good news is that many of us and our children are thriving, healthy humans with strong wills to survive, grow and give. The sad news is that not all infants, toddlers, school-age kids or teens will fare as well.

Thousands of cases of child abuse or neglect will be reported this year. Children will die. Many will suffer the effects of an inappropriate coping technique called Shaken Baby Syndrome (SBS). A child or infant who was been unable to stop crying (yes, babies have difficulty sometimes just getting the crying sound to stop) will be shaken by a frustrated caregiver.

SBS will cause severe brain damage, blindness, or death. A life is lost. In other cases of

abuse, a toddler or older child will become victim to a larger person (sometimes even a sibling or playmate) who doesn't know that "Why?" or "I want to do it myself, or "NO!" are normal childhood behavior. Moreover, some children will suffer from lack of medical care, adequate nutrition and shelter or educational resources.

There is hope to stop this cycle of Shaken Baby Syndrome and abuse. First of all, we must understand why babies and children cry and act the way they do. Why do babies cry (and cry, and cry and cry)? Crying is one of their more effective means of communicating. It is a response that usually means some type of discomfort (physical or emotional).

Try closing your eyes for a moment and imagine that you are seven pounds of mostly soft material, on a new planet, on your back in a crib, your neck is stiff, your nose itches, your pants are wet and your belly is growling from hunger. You would cry, too. Maybe you are bored with the dancing, bubbly fish mobile that goes around over your head...maybe you are afraid. You just want to be safe. A baby recognizes safe as wherever there are loving arms and a beating heart that soothes and nurtures.

Experts testify that it is impossible to spoil an infant who is less than 1 year [old]. Hold, touch, rock, walk, feed, burp, play, scratch itches, sing, dance and entertain that little one until its heart is content. This is the best investment you can give any child. In the end,

we are, all of us, whether one day old or 90, members of the same human family.

What we do now, affects our family (the big one and the small one) forever. Be good to yourself and your children. Life is precious.

Suggestions for care providers

Become informed. Get some basic information about how babies or children act and why (normal childhood development). If you know that a baby can give you clues to what is wrong, you can usually decrease hours spent in crying (for both of you).

Find a baby-mate. Connect with at least one other parent with a child the same age as yours. There is definitely comfort and perspective in numbers.

Learn to take care of yourself. You are the center of your child's world. If you are not okay, it is much harder to cope. It takes planning to care for you and your baby. Get some help.

Know emergency resources: Know local emergency numbers where those "experts" sit, just hoping you will call instead of hurting.

Become a resource. Reach out with your good information to those around you and those coming behind you. There is no substitute for experience, and the willingness to share it.

(Editor's note: Rosemary Fox works on the New Parent Support Program for Community Health Nursing at Tripler Army Medical Center, Hawaii. This is adapted from a TAMC release.)

APG holds Bicycle Rodeo this Saturday

The APG community is invited to participate in the Bicycle Safety Rodeo, 10 a.m. to 4 p.m., June 18, adjacent to Army Community Services, building 2754, the northeast corner of Rodman and Augusta Streets. Rain date is June 25.

Young participants can ride their bike through nine stations to test their bicycle riding skills. Stations will address rules of the road, bicycle safety and a free bicycle inspection.

There will be a giveaways and a drawing for two brand new bicycles donated by the Post Exchange.

Spare bicycles and helmets will be available for those to use through the stations.

For more information, call the APG Community Policing Unit at 410-273-6412 or ACS at 410-278-4372.



Health

There is a one year deadline to file TRICARE claims

Secretary of Defense

TRICARE beneficiaries who file their own claims should remember that, with few exceptions, claims must be filed within one year of the date of medical service or from the date of discharge from an inpatient facility. Beneficiaries also have one year from the date they receive medication to file for reimbursement of pharmacy claims. Additionally, the one-year filing deadline applies to those who file on behalf of individuals with other health insurance.

The deadline applies to TRICARE Standard beneficiaries as well as to TRICARE Prime enrollees who obtain emergency or urgent care outside of the TRICARE region in which they are enrolled. TRICARE Prime and Extra providers are required to file claims on a beneficiary's behalf, and must also meet the one year requirement.

TRICARE beneficiaries who use non-net-

work pharmacies to obtain their prescription drugs pay full price at the pharmacy and then must file a claim to obtain reimbursement. Beneficiaries have many options for obtaining a claim form (DD 2642): from a TRICARE Service Center, Beneficiary Counseling and Assistance Coordinator or Health Benefits Advisor at their military treatment facility; by mail from the TRICARE Management Activity, 16401 E. Centretch Parkway, Aurora, CO 80011-9043; or online at <http://www.tricare.osd.mil/claims>.

By law, other health insurance held by TRICARE beneficiaries must be the first payer for covered benefits, including covered pharmacy services. TRICARE pays first, however, when prescriptions not covered by OHI are covered by TRICARE or when OHI coverage is exhausted.

In either case, beneficiaries must obtain an Explanation of Benefits from the OHI indicating their OHI does not cover the medication or

that the benefit limits of the OHI have been reached. Beneficiaries must submit a DD 2642 form with the EOB, a copy of the itemized bill and, if a drug claim, a copy of the prescription to the appropriate TRICARE contractor for reimbursement.

Exceptions to the one-year timely claims filing deadline apply if one or more of the following situations occur:

- The beneficiary was TRICARE-eligible at the time of service, but eligibility was not reflected on the Defense Enrollment and Eligibility Reporting System until after the timely filing limit;
- Retroactive preauthorization was received after the timely filing limit expired;
- TRICARE Management Activity or the regional contractor made an administrative error;
- A legal guardian responsible for managing the affairs of a mentally incompetent patient or a patient who is unable to communicate, was

appointed after the timely filing date was reached;

- The provider submits the claim as a TRICARE-participating provider after changing from a non-participating provider;
- The patient submitted a claim to their OHI in a timely fashion and the insurance plan was responsible for a delay beyond the one-year filing date; or
- Medicare accepts TRICARE for Life claims as timely.

For more information on exceptions to the one-year timely claims filing deadline and for claims requirements, beneficiaries may visit <http://www.tricare.osd.mil/claims>.

For additional information on where to file claims, beneficiaries should go to <http://www.tricare.osd.mil>, click on their specific TRICARE region, and obtain information regarding the TRICARE Retail Pharmacy or the TRICARE Mail Order Pharmacy, as appropriate.

Understanding autism

Lt. Col. E. Wayne Combs
CHPPM

Autism is a complex developmental disability that impacts the normal brain development in the areas of social interaction and communication skills.

Autism is growing at a rate of 10 to 17 percent per year, according to the U.S. Department of Education and other government agencies. Four million Americans could be touched by autism in the next decade.

Autism is four times more prevalent in boys than girls and knows no racial, ethnic, or social boundaries.

Family income, lifestyle, and educational levels also do not affect the chance of autism's occurrence.

Autistic children and adults typically have difficulties in

verbal and non-verbal communication, social interactions, and leisure or play activities. Communication is often described as talking at others (for example, monologue on a favorite subject that continues despite attempts by others to interject comments).

Those with autism can exhibit any combination of behaviors in any degree of severity.

Every autistic person has a unique personality and combination of characteristics. Two children, both with the same diagnosis, can act very differently from one another and have varying skills.

Contrary to popular understanding, many autistic children and adults may make eye contact, show affection, smile and laugh, and demonstrate a variety of other emotions. Just

like others, they respond to their environment in both positive and negative ways.

Many children with autism can develop a good and functional language or other types of communication skills, such as sign language or using pictures to communicate.

Children do not "outgrow" autism, but symptoms may lessen as the child develops and receives treatment.

For most of us, the integration of our senses helps us to understand our experiences. For example, the senses of touch, smell and taste work together in the experience of eating a ripe peach: the feel of the peach fuzz as it is picked up, its sweet smell as it is brought to the mouth, and the juices running down the face as a bite is taken.

For autistic children, senso-

ry integration problems are common. Their senses may be over- or under-active. The fuzz on the peach may actually be experienced as painful or the smell may make the child gag.

Some children with autism are particularly sensitive to sound, finding even the most ordinary daily noises painful.

Although the cause of autism is not clearly understood, it is known that bad parenting and mental illness are

not the reasons.

Children with autism are not unruly children who choose to misbehave. Furthermore, no known psychological factors in the development of the child have been shown to cause autism.

Parents may hear different terms used to describe children with autism such as autistic-like, autistic tendencies, autism spectrum, high-functioning or low-functioning

autism, or more-abled or less-abled.

More important than the term used is to understand that, whatever the diagnosis, children with autism can learn and function productively and show gains with appropriate education and treatment.

For more information, contact the Autism Society of America at <http://www.autism-society.org/> or call 301-657-0881 or 1-800-3AUTISM.



Illustration by MARK FISCHER, CHPPM

Relating Soldiers, steroids and The 'Andro Ban'

Lt. Col. Sonya J.C. Corum
CHPPM

In 1998, as baseball was marking history with home run records being broken, androstenedione was hitting the news as a possible explanation for the success. Once again, androstenedione and other steroids are in the news—not for their perceived performance benefits but due to the potential health threat they pose.

Why the concern?

These "designer" steroids have been structurally manipulated to replicate the muscle-building effects of testosterone.

The National Football League and International Olympic Committee banned these drugs, because they potentially provide an athlete with an unfair advantage.

Research has revealed that these drugs are likely ineffective for athletic conditioning but may negatively impact health.

The American College of Sports Medicine recently published this partial list of Possible Hazardous Side-Effects of Anabolic Steroid Abuse:

- Negative effect on blood lipid profile (increase in LDL, the "bad" cholesterol, and decrease in HDL, the "good" cholesterol) which contributes to heart disease
- Increased connective tissue (for example tendon) injuries
- Liver tumors and/or liver dysfunction
- Testicular atrophy (wasting away)
- Infertility
- Premature closure of growth plates in bones, resulting in shorter height
- Enlargement of the heart
- Strokes and other cerebral accidents
- Disruption of normal hormonal production and functions, which can lead to a host of serious sexual and growth problems in males and females.

These health concerns, combined with increasing evidence that children and adolescents are consuming steroids,

led to Senate Bill 2195 or the "Andro Ban."

What is the "Andro Ban"?

The Anabolic Steroid Control Act of 1990 banned the illicit distribution of all then-known steroids. In 1990, Congress did not foresee the influx of over-the-counter anabolic drugs known as pro-steroids and precursor steroids.

The Anabolic Steroid Control Act of 2004 which became law on Jan. 20, 2005, classifies steroid precursors, such as androstenedione, as controlled substances.

Senator Orrin G. Hatch, a co-sponsor of the bill, stated, "Clever chemists will no longer be able to dodge the law by disguising their chemicals to skirt the legal definition of a steroid."

What does this law mean to Soldiers?

The "Andro Ban" adds androstenedione, tetrahydrogestri- none (THG) and 17 other substances to the list of banned anabolic steroids in Section 102 of the Controlled Substances Act (21 USC 802). These substances are classified as Schedule III controlled substances.

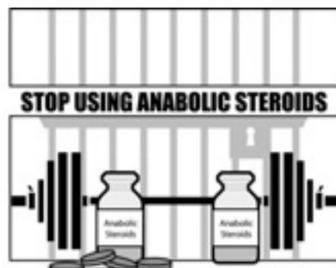


Illustration by MARK FISCHER, CHPPM

Wrongful use or possession of a Schedule III controlled substance carries a maximum penalty of five years imprisonment and dishonorable discharge under Article 112a of the Uniform Code of Military Justice.

Do Soldier athletes ever need to take androstenedione?

The simple answer to this question is no. Soldiers can improve their physical performance through good physical training and smart nutrition.

For more information, visit the following Web sites:

- Dietary Supplements: <http://chppm-www.apgea.army.mil/dhpw/Wellness/dietary.aspx>
- Power Performance-The Nutrition Connection: <http://chppm-www.apgea.army.mil/dhpw/Wellness/ppnc.aspx>
- Fitness: <http://www.benning.army.mil/usapfs/>



Morale, Welfare & Recreation

Health, fitness draws interest of APG employees

Story and photo by
Yvonne Johnson
APG News

With interests in physical self-improvement on the rise, Aberdeen Proving Ground service members and employees came out in force to participate in National Employee Health and Fitness Day activities held at the Aberdeen Athletic Center and Hoyle Gym May 16.

Sponsored by Morale, Welfare and Recreation, the day provided athletic exercises, healthy snacks and informative displays for participants.

The activities coincided with the national observance celebrated the week of May 15 each year and promoted by The National Association of Health and Fitness and the President's Council on Physical Fitness and Sports.

At Hoyle, the day began early for more than 50 civilians and Soldiers from the 143rd Ordnance Battalion who showed up at 6 a.m. for the 5-kilometer fun run/walk around Weide Army Airfield.

Harold Smith, manager of the Hoyle Fitness Center and Gym, said participants were eager to join in the fun.

"Folks had been calling all

week to make sure we were still having it," Smith said. "I think this is a turning point for some people. It helps them make up their minds to get healthy and stay healthy."

Staff members set up refreshments of fresh fruits, Gatorade and water at the finish line for the runners and walkers and clocked their time as they came in.

The top runner was Bob Gross of the Edgewood Chemical Biological Center, followed by Paul Hoppe, also of ECBC and Capt. Brian Hoffman, aide to Brig. Gen. Roger A. Nadeau, commander of U.S. Army Research, Development and Engineering Command.

For women runners, Christy Hoppe, ECBC, came in first followed by Suellen Thomason, Chemical Demilitarization, and Jennifer Parker, RDECOM.

Participants applauded as Lt. Col. Robert Pastorelli, battalion commander, 143rd Ordnance Battalion, led his Soldiers through the finish line then presented awards to the top finishers.

Jill Eisenberg and Dave Milton, contractors with General Physics, were the last

runners in at 45 minutes. They were part of a team of eight from their organization.

Eisenberg said she began running on a treadmill about two months ago to prepare.

"My goal was to run the 5K," she said.

Milton said it was his first time running in nine years.

"I haven't run since I retired," he said. "I plan to keep it up now."

The final walkers in, Tara Sewell and Joe Rehrmann, contractor co-workers from ECBC, said they participated to challenge themselves.

"I saw the announcement and thought it would be a good way to start getting back in shape," Rehrmann said.

"He just kept reminding me," Sewell added. "It was a good idea and I'm glad I did it. Now I plan to get back to exercising."

Activities began later in the day for Gwyn Dolzine, manager, and the staff at the Aberdeen Fitness Center in building 320.

Along with a fun run/walk, participants and regulars enjoyed refreshments and took in displays addressing several aspects of physical well being by local vendors.

Representatives from PRO Physical Therapy, a sports and orthopedic physical therapy clinic in Aberdeen, gave body composition evaluations, providing customers with estimates on body weight and body fat percentages; massage therapist Amy Guy of Heaven and Earth Body Works offered complimentary back massages; acupuncturist Jean Kneebone gave talks on the popular alternative pain treatment; AFLAC associates handed out information on supplemental health insurance coverage for individuals and organization; and representatives from the APG Fire Department checked participants' blood pressure and blood sugar levels.

"This is an important day for our regulars as well as for those who only come once in a while," Dolzine said, as her staff members welcomed the runners and walkers back.

"Some only get out once a year but they never miss it."

Top finishers included Ryan Stowell, a triathlon enthusiast from the U.S. Army Test Center who finished first, followed by Capt. John Lilly, Office of the Staff Judge Advocate and Jorge Alvarez,

also of DTC.

"I love this place. I've been coming here forever," Alvarez said.

First place for women went to Annamaria Swiger, U.S. Army Developmental Test Command.

"I run four miles every day," Swiger said, adding she began after her first Health and Fitness Day three years ago.

"It helped me lose weight, and now I keep it up so I don't put it back on," she said.

Fitness center regular Brenda Kauffman, U.S. Army Research Laboratory, came in second and Patricia McDonald, DTC, finished third.

McDonald said she started running at age 40.



Amy Guy, a certified massage therapist from Heaven & Earth Body Works, gives a complimentary back massage to Lori Pridgeon, an engineering analyst with the U.S. Army Research Laboratory, during the National Employee Health and Fitness Day activities at the Aberdeen Fitness Center May 16.

"I love it," she said. "I'm 57 now and I feel like I'm just now getting back into shape."

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.

Methods of registration

Register for any MWR event by visiting the specific facility for the event, mailing in a registration form found in an MWR Program Brochure, visiting MWR Registration, building 3326, or visiting online at www.apgmwr.com.

YC holds Summer Basketball Camp

Bill Lewit, the head coach of the Cecil Community College players for 10 years, will instruct summer basket-

ball camp at the Gunpowder Neck Youth Center, building E-1902.

Camp is open to girls and boys 8 to 16 years of age and will include skills competition and written evaluations. Summer basketball camp will be held 5:45 to 8:45 p.m., July 18 through 22. Cost of registration is \$50.

Registration will be held through June 21, at CYS Central Registration, building 2752, 410-278-7571 or Edgewood Youth Center, building E-1902, 410-436-2862 by appointment only.

Powder puff maintenance course

A Powder Puff Maintenance Course for women will be held 5 to 7 p.m., June 16, at the Automotive Crafts Center, building 2379. The fee is \$5.

Learn how to change and discard oil, change and rotate tires, check and fill all fluid levels, and use all lifts and available equipment.

After this course attendees will have a better knowledge about basic vehicle maintenance.

Registration closes today.

For more information or to register, call 410-278-5178.

Boxing this Saturday

Amateur Boxing Night will feature the 143rd Ordnance Battalion taking on the 16th Ordnance Battalion June 18 at the Athletic Center, building 3300.

Doors open at 5 p.m. and boxing begins at 6 p.m.

Cost is \$20 for front row ring side seating, \$5 for active duty military and \$10 for non-military.

Tickets can be purchased at MWR Registration, building 3326, 410-278-4907/4011, Hoyle Gym and Fitness Center, building E-4210; 410-436-7134, or visit www.apgmwr.com.

'Putt 4 Dough'

Go for the green on June 18 at Exton Golf Course or July 16 at Ruggles Golf Course with the Army Golf program.

Army Golf Courses will host a 'Putt 4 Dough' promotion this summer, in conjunction with the Summer Scramble.

Someone at each Army

installation could win \$10,000.

Participants of the promotion will put their putter to the test. All it takes to win is to make three successive putts in a row from 10 foot, 25 foot and 50 foot and golfer could win the \$10,000 prize purse.

The promotion is open to everyone, no golf experience needed.

Stop by the Ruggles Golf Course, 410-278-4794, or Exton Golf Course, 410-436-2213, for more details on how to 'Putt 4 Dough.'

For a copy of the official rules and a list of the participating locations, visit www.ArmyMWRGolf.com.

Introduction to canoeing

An Introduction to Canoeing will be taught, 5 to 8 p.m., June 24 at the Aberdeen Boat Docks.

The course is designed to teach the basic fundamentals of canoeing, such as stroking techniques for maneuvering in all types of water and weather conditions. Students will learn the various types of equipment and boating safety.

The information provided will help them to select the equipment and canoe best suited for their individual needs.

Comfortable attire, tennis

shoes or water shoes, hat, water, and sunscreen are recommended.

Cost of registration is \$25 for adults, \$30 for families, and includes all equipment. Register by June 22.



Courtesy of www.camp-quest.com

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 through Thursday and closed on Friday. For more information, call 410-278-3417.

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

Dangerous Ground by Larry Bond

This new techno thriller takes place on the USS Memphis, an aging nuclear submarine on its final assignment before demolition-a secret mission under the polar ice cap to find the source of Russian radioactive pollution. The captain is an overbearing micromanager, and the crew is borderline dysfunctional as a result.

The Closers by Michael Connelly

Harry Bosch returns to the L. A. Police Department and is assigned, along with his former partner, to the unsolved case squad. Their first case is the kidnapping-murder of a young woman 17 years ago. New DNA evi-

dence leads the detectives to an ex-con with no obvious connection to the girl.

Marriage Most Scandalous by Johanna Lindsey

With the blend of romance, humor, and poignant storytelling, Johanna Lindsey presents the passionate Regency-era tale of an earl's daughter who dares to pose as the wife of a deadly mercenary in order to save her former guardian.

The library's Web site, 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.

Sign up for Upper Deck Kids Club bowling league

A new youth league, Upper Deck Kids Club, will run July 9 through Sept 3 at the APG Bowling Center.

Upper Deck Kid's Club will reward each bowler with a new pack of ESPN baseball player trading cards each week of the league.

At the start of the league, bowlers will receive an exclusive baseball card collector's album, equipped with sleeves to display all of their cards. During the ninth and final week of bowling, each bowler will receive a "blaster box" which contains another eight packs of cards.

In each new pack of cards, bowlers could receive a 'chaser' card, which could be: Signature Cards - 1 in 480 chance of getting a card with authenticated player signature Sports Center Swatch Cards - 1 in 12 chance of getting a card with actual game-used jersey swatch

Themed Cards - 1 in 4 chance of getting cards with ESPN The Magazine cover, ESPY award winners, etc.

E-Cards - 1 in 24 chance of getting an e-card with scratch off to win prizes at www.upperdeck.com.

The league costs \$8 per person per week and includes two games with shoe rental. Start time will be 1 p.m. on Saturdays. Bowling is 'Cosmic.'

To sign up for the league, call Dave Brewner, APG Bowling Center, 410-278-4041.

APG lunch options

Recreation Center Snack Bar

Building 3326
Serves lunch Monday thru Thursday, 11 a.m. to 1:30 p.m.
For more information or to place an order, call 410-278-2621.

Ruggles Golf Course

Sutherland Golf Clubhouse
Building 5600
Lunch is served Monday thru Friday, 10 a.m. to 3 p.m.; Saturday thru Sunday, 7 a.m. to dusk.
For more information, call 410-278-7263.

Top of the Bay

Building 30
Lunch is served Monday through Friday, 11:30 a.m. to 1 p.m.
For more information or to place an order, call 410-278-3062.

APG Bowling Center Snack Bar

Building 2342
Specials for June 20 through 26
Turkey sub with chips and 16 oz. soda, \$5.75
OR
Chicken club sandwich with fries and 16 oz. soda, \$4.50



From page 3

Work/Rest and Water Consumption Table

Applies to average sized, heat-acclimated soldier wearing BDU, hot weather. (See TB MED 507 for further guidance.)

Easy Work		Moderate Work		Hard Work	
<ul style="list-style-type: none"> • Weapon Maintenance • Walking Hard Surface at 2.5 mph, < 30 lb Load • Marksmanship Training • Drill and Ceremony • Manual of Arms 		<ul style="list-style-type: none"> • Walking Loose Sand at 2.5 mph, No Load • Walking Hard Surface at 3.5 mph, < 40 lb Load • Calisthenics • Patrolling • Individual Movement Techniques, i.e., Low Crawl or High Crawl • Defensive Position Construction 		<ul style="list-style-type: none"> • Walking Hard Surface at 3.5 mph, ≥ 40 lb Load • Walking Loose Sand at 2.5 mph with Load • Field Assaults 	

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1	78° - 81.9°	NL	½	NL	¾	40/20 min	¾
2 (GREEN)	82° - 84.9°	NL	½	50/10 min	¾	30/30 min	1
3 (YELLOW)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (RED)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (BLACK)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr).
- NL = no limit to work time per hr.
- Rest = minimal physical activity (sitting or standing) accomplished in shade if possible.
- CAUTION: Hourly fluid intake should not exceed 1½ qts. Daily fluid intake should not exceed 12 qts.
- If wearing body armor, add 5°F to WBGT index in humid climates.
- If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index.
- If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index.

For additional copies, contact: U.S. Army Center for Health Promotion and Preventive Medicine Health Information Operations Division at (800) 222-9698 or CHPPM - Health Information Operations@apg.amedd.army.mil. For electronic versions, see <http://chppm-www.apgea.army.mil/heat>. Local reproduction is authorized. June 2004



WBGT = Wet bulb globe temperature

CP-033-0404



Courtesy of BAE SYSTEMS

Marines fire the new lightweight 155mm howitzers. A Picatinny joint-service program office will manage the purchase of 589 of the howitzers for the Marine Corps and the Army.

Howitzer

From page 2

inventories. "The M777A1 will replace all of the Corps' current M198 towed howitzers and will be the artillery system for the Army's Stryker Brigade Combat Teams," he said. As the first ground combat

system to make extensive use of titanium in its major structures to trim weight, the M777A1 is 7,000 pounds lighter than the weapon it replaces.

The weight reduction improves transportability and mobility without impacting range or accuracy, and the system is compatible with the entire family of 155mm ammunition, Shields said.

The new howitzer is transportable by the Marine Corps' MV-22 tilt-rotor aircraft and two can fit on the C-130.

Currently, BAE Systems is manufacturing 94 howitzers under a low-rate initial production contract, he said.

The first 94 weapon systems will be equipped with an optical fire control system that

will be upgraded to incorporate digital fire control under the full production contract, he said.

All 495 full-production units will be manufactured with digital fire control systems also known as towed artillery digitization or TAD.

The 3rd Battalion, 11th Marine Regiment, located at Twentynine Palms, Calif., will be the first unit fully equipped with the weapon.

Shields said that BAE Systems facility in Hattiesburg, Miss., is assembling the howitzer.

"Approximately 80 percent of the howitzer's components are built in the U.S.," he said. "We utilize a supply chain that spreads across 10 states, the U.K., Canada and Italy."

The Army's Watervliet Arsenal in Watervliet, N.Y., manufactures the cannon assembly, he said.

According to Shields, the weapon underwent a successful joint-service operational test during October 2004 at Twentynine Palms.

During the four-week test,

nearly 12,000 artillery rounds were fired by four M777A1s.

The system demonstrated high reliability, met or exceeded all its operational requirements, and a team of independent evaluators determined the M777A1 was both operationally suitable and effective.

The M777A1 will be capable of firing the Army's Excalibur precision-guided projectile that is also under development here at Picatinny.

Excalibur will be fired out to a range of 40 kilometers from the M777A1, and because of its GPS and inertial navigation guidance, will deliver precision strike capability (less than 10 meters CEP) at all ranges.

Excalibur is scheduled to be fielded in late 2006 when the Army starts taking delivery of its first M777A1s.

Visit **APG News** online at www.apgnews.apg.army.mil



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

American Veteran, 9:30 a.m. and 9:30 p.m.
Army Newswatch, 11 a.m.
State Department Briefing, 3 p.m.
Around the Services, 5:30pm

Tuesday

Around the Services, 5:30 and 8 a.m., noon, 5:30 and 8 p.m.
Your Corps, 10:30 a.m.
FJ Iraq/AF Prime Time, 4 p.m.
Army Newswatch, 7 p.m.

Wednesday

Around the Services, 5:30 and 8 a.m., noon, 5:30 and 8 p.m.
The American Veteran, 1 p.m.
Army Newswatch, 9:30 a.m.
Your Corps, 5 p.m.
State Department Briefing, 3 p.m.
FJ Iraq/AF Prime Time, 4 p.m.

Thursday

Around the Services, 5:30 and 8 a.m., noon, 5:30 p.m. and 8pm
Army Newswatch, 9 a.m. and 9 p.m.
Navy/Marine Corps News, 11 a.m.
State Department Briefing, 3 p.m.

Friday

Around the Services, 5:30 and 8 a.m., noon, 5:30 and 8 p.m.

State Department Briefing, 3 p.m.
FJ Iraq/AF Prime Time, 4 p.m.

Saturday

Around the Services, 5:30 a.m.
AFN News Europe, 6:30 a.m.
Battleground, 7 a.m. and 7 p.m.
Your Corps, 1:30 p.m.
Opportunity Showcase, 3 p.m.
Army Newswatch, 5:30 p.m.
American Veteran, 6:30 p.m.

Sunday

Army Newswatch, 5:30 a.m., noon 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.
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 WWII, Korean War, and the Vietnam War. A Pentagon Channel Original Series

American Forces Network Europe Evening News - Daily news and information from the U.S. European Command - produced by the American Forces Network Europe, Frankfurt, Germany.

LEAVE DONATION

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Employees leaving the program should call Ronda McKinney, 410-278-8988, or e-mail rondamckinney@usag.apg.army.mil, to complete a termination form.

Employees eligible for donations in the Voluntary Leave Transfer Program

- | | |
|--|--|
| Audrey Alba | neuropathy) |
| Marian Bellis (fracture of left tibia) | Patricia Lynch |
| Dianna Blevins | Beverly King (caring for husband) |
| Sarah Blevins | Danny Kopp (lung-cancer) |
| James (Mike) Campbell | William B. McLean (kidney failure) |
| Steven Clarke | Tess Ramos (total hip replacement) |
| Robert Cook | Boyd Richards |
| Barbara Crossley | Cheryl L. Roark |
| Victoria Cwiertnie (lyme disease) | James Royston |
| Carl Davis | Leigh Sanders |
| Shelia Davison (benign paroxysmal positional vertigo) | Barbara Seker |
| Geraldine Eaton | Suzette Shields |
| John Gage | Joyce Steinger |
| Renee Gaffney | Alison Tichenor |
| Eleonor Gordon | Linda Tignor |
| Susan Gorhan | Charles Young (kidney and pancreas transplant) |
| Beatrice Heilpern | Gary Tudor - (heart valve replacement) |
| Melanie A. Hoffman (parasinusitis, fibromyalgia condition) | Jerry Williams |
| Richard Hoffman | Gerard Yursis |
| Janice Johnson (diabetic | |

Army announces Combat Action Badge



Army News Service

A Combat Action Badge will soon be available to all Soldiers who engage the enemy in battle.

Although the Close Combat Badge was once considered an option, Army leadership created the CAB instead to recognize all Soldiers who are in combat. They said the decision was based on input from leaders and Soldiers in the field.

"Warfare is still a human endeavor," said Gen. Peter J. Schoomaker, Army chief of staff. "Our intent is to recognize Soldiers who demonstrate and live the Warrior Ethos."

The CAB may be awarded to any Soldier, branch and military occupational specialty immaterial, performing assigned duties in an area where hostile fire pay or imminent danger pay is authorized, who is personally present and actively engaging or being engaged by the enemy, and performing satisfactorily in accordance with the prescribed rules of engagement.

Commanders at the rank of major general will have award authority the CAB.

The CAB is distinct from other combat badges, officials said. The Combat Infantryman's Badge, or CIB, and Combat

Medical Badge will remain unchanged, they said.

The Army will release an administrative message outlining exact rules and regulations for the CAB in the near future, officials said.

Although the final design of the CAB has not yet been released, officials said the award should be available this summer through unit supply and for purchase in military clothing sales stores.

For more information on the CAB, see the soon-to-be-operational CAB Web site, www.army.mil/symbols/combatbadges.

Courtesy photo
The new Combat Action Badge will be available in clothing sales stores later this summer.

New law to affect SGLI payments and premiums

Donna Miles

American Forces Press Service

Defense and Veterans Affairs officials are ironing out details of programs that will expand benefits provided through Service members' Group Life Insurance.

The \$82 billion supplemental legislation signed into law by President Bush May 11 increases maximum SGLI coverage to \$400,000 and provides payouts of up to \$100,000 for service members with traumatic injuries, explained Stephen Wurtz, the VA's deputy assistant director for insurance.

The increased SGLI coverage will take effect Sept. 1, and the so-called "traumatic SGLI" benefit, Dec. 1.

Wurtz said the legislation directs that both benefits will be retroactive to Oct. 7, 2001.

Traumatic SGLI benefits will be retroactive for troops who have lost limbs, eyesight or speech or received other traumatic injuries as a direct result of injuries received during Operation Iraqi Freedom or Operation Enduring Freedom. The benefit does not apply to service members suffering from disease.

The retroactive coverage increase is payable as a result of deaths in either operation, or under other conditions prescribed by the secretary of defense, Wurtz said.

Service members enrolled in the SGLI program will notice an increase

in their premiums when the increases take effect. The traumatic SGLI benefit will be rolled into the basic SGLI program and will likely cost about \$1 a month, Wurtz said.

Troops opting for maximum SGLI coverage – \$400,000 vs. the current \$250,000 – will see their monthly premiums increase from \$16.25 to \$26, Wurtz said. This is based on the rate of 6.5 cents per \$1,000 of insurance coverage.

SGLI coverage is currently available in \$10,000 increments, but as of Sept. 1, the increments will increase to \$50,000.

Because the rates have not changed, service members who retain \$250,000 or less coverage will see no

increase in their premiums, Wurtz said, except for the \$1 "traumatic SGLI" premium.

While these expanded benefits will be provided retroactively, affected service members won't be charged retroactive payments, he said. DoD will absorb that cost.

In a new twist introduced through the supplemental legislation, troops with dependents must get their spouse's approval to purchase less than the full amount of SGLI coverage. In the case of members who are not married, notice will be provided to the designated beneficiary when the member purchases less than the maximum coverage.

The new traumatic SGLI benefit is

designed to provide "a quick infusion of cash" for cash-strapped families of troops recuperating from traumatic injuries received in the line of duty, Wurtz said.

Compensation will range from \$25,000 to \$100,000, and is designed to help families of severely wounded troops leave their homes and jobs to be with their loved one during recovery. "These families incur a lot of expenses, and this is designed to help them financially," Wurtz said.

While VA staff members consult with DoD to write regulations that will put the new SGLI benefits into effect, Wurtz said, "lots and lots of details have to be worked out."

See SGLI, page 14

Exercise

From front page

team members used sophisticated detectors to scan for alpha, beta and gamma radiation and dangerous compounds.

"They are all trained in emergency response," Beckman said of the team noting that while members come from different divisions within ATC, all are evaluated annually due to the "nature of their job."

"We'll inspect the site and apprise authorities of the situation once all victims are extricated," Beckman said.

Baltimore County firefighters joined APG firefighters in assessing the physical damage and searching for victims. They included Lt. Scott Ebbert and firefighters Dean Benning and Jack Carroll from the Providence Fire Company who used a search camera to locate victims in the rubble. "The camera can be inserted into the rubble, and scan left and right to see inside areas we can't get to," Ebbert said. "It also has a microphone to pick up breathing."

He added that the volunteer unit specializes in building collapse and trench rescue.

Overseeing the operation was a team from DLES led by Sgt. 1st Class Stephen Kontak, DLES operations NCO and officer Steven McClain, administration officer.

Kontak said the team was using a new mobile command post for the first time.

the potential threat level.

Clad in protective clothing,

members used sophisticated detectors to scan for alpha, beta and gamma radiation and dangerous compounds.

"They are all trained in emergency response," Beckman said of the team noting that while members come from different divisions within ATC, all are evaluated annually due to the "nature of their job."

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Kontak said the team was using a new mobile command post for the first time.

He said that he realized the need for such a unit after a fire in the housing area two years ago.

"It was cold and rainy and we were interviewing witnesses in the back seat of police cars," Kontak said. "That's when we knew we needed something that could serve as a command post and protect people from the weather."

The new command post permits the response team to hold meetings, use computers, keep communication equipment operational and aids teams to more thoroughly plan their entrance into the site.

McClain oversees the entire operation from the command post, and tracks the details of the event while maintaining contact with other police activities.

"This is the first time we've used the command post and it's working out well," McClain said, adding that the unit can operate for days at a time.

"This unit provides interoperability among Garrison and emergency response units," Kontak added, noting that a single site allows for better operational coordination between response units.

"This allows for communication and planning for responders," he said. "Plus, it protects us from the weather."

"I could have had it here in 20 minutes."



Photo by YVONNE JOHNSON
Scout, a golden retriever search dog with Chesapeake Search and Rescue, barks excitedly as he locates a victim under a pile of rubble during the joint exercise for emergency respondents at APG June 9.



Photo by DOUG FARRINGTON, DSHE
From right, firefighters Doug Benning, Jack Carroll and Lt. Scott Ebbert of the Providence Fire Department in Baltimore County, receive search instructions before advancing into the area of a collapsed building with a search camera.



Photo by DOUG FARRINGTON, DSHE
Capt. Doug Schmidt of the APG Police Department checks the condition of a casualty, played by a cadet from the Military Youth Corps Challenge Academy, removed from the collapsed building.

Turkey season ends at APG



Photo by LORI WORKMAN, MWR

Turkey season ended on Aberdeen Proving Ground May 14 when Maj. Ken Despain, right, U.S. Army Medical Research Institute of Chemical Defense, called in and harvested this 20-pound turkey whose beard was 10.5 inches long and spurs were 29mm. The harvest limit for 2005 was 35 turkeys. Coworker and hunting partner Horace Lumpkin, left, poses with Despain.

Concert

From front page

For more information contact Presser at 410-278-5395 or Maj. Douglas Douerksen, 61st Ordnance Brigade chaplain, at 410-278-2995.

ApologetiX

The name ApologetiX comes from the word "apologetics," which means "the defense of the Christian faith." It is based on the Greek word for defense, apologia.

"When we picked the name back in 1992, it was because Christian apologetics was really important to us," said ApologetiX lead singer J. Jackson.

Along with co-founder Karl Messner, on lead guitar, Jackson decided to add the 'X' to give the name a more modern look. Keith Haynie,

Messner's brother-in-law, on bass guitar, and Bill Rieger, on drums, round out the quartet. All are born-again Christians.

Jackson said that while the band's songs are not taken seriously by some, their intent is "very sincere."

"My experience shows that whether you take a parody seriously or not, the words still affect you," Jackson said. "Those parody words keep coming back to you when you hear the original song."

And when those words are based on the living Word of God they can be life-changing."

Messner said the band is routinely questioned about the legality of putting their words to other's music.

"Believe us, if we didn't believe what we were doing was legal, ethical and moral, we wouldn't do it," Messner said. He cites the 1994 case

involving 2 Live Crew's parody of "Oh Pretty Woman" by Roy Orbison, in which the U.S. Supreme Court ruled that parodies can be a "fair use" of an original song, requiring no permission or royalties.

"One of the main points the Supreme Court made was that when a parodist significantly changes the words and meaning of an original song to spoof it, the parody becomes a new work - even if it uses the music of the original," he said.

"To do a parody of a song, you need to use at least some of the music of the original to 'conjure up' the original. You can't have a parody without having elements of the original in that parody."

For more information on the music of ApologetiX, visit Web site, www.apologetix.com.

APG teen wins eCYBERMISSION competition

Yvonne Johnson

APG News

Busy and outgoing are just some of the terms used to describe the daughter of an Aberdeen Proving Ground officer, who continues to make a name for herself as one of the regions top scholars.

Katherine Hill, the daughter of Lt. Col. Benjamin Hill of the U.S. Army Center for Health Promotion and Preventive Medicine, recently was awarded first place in the annual eCYBERMISSION competition, 9th grade level, for the Northeast Region along with classmates Tim Krajewki and Ray Grewe and advisor Tim Perry.

The winners were awarded \$2,000 savings bonds for their achievement and will advance to national competition.

In addition, Hill won first place in the annual Voice of Democracy and Buddy Poppy competitions hosted by Veterans of Foreign Wars Post 5337 Ladies Auxiliary.

Allison Wright, the daughter of APG Garrison and deputy installation commander, Col. John T. Wright, also received a certificate of appreciation for her submission to the Patriot's Pen Essay Contest during the award ceremony at the VFW post May 1.

Hill's submission included a video titled, "Remembrance: The Key to Celebrating Our Veterans Service," which was shown during the ceremony and receive a standing ovation from the crowd.

Linda Heikkilla, ladies auxiliary president, and Linda MacArthur, treasurer, agreed that

Hill was a good pick to represent the post in the Buddy Poppy statewide competition.

"She's very enthusiastic and a great mentor for youth programs," MacArthur said.

Heikkilla said that the contest consists of successfully answering a series of questions and reciting the poem, "Flanders Field," before a panel of judges.

"One representative from each post advances to the state competition," she said, noting that Hill won first place at the local and district levels and finished fifth in the state.

Lori Hill, Katherine Hill's mother and the post's youth program coordinator, said that along with her daughter the area's youths continue to amaze her.

"They are all so inspired and directed compared to me at their age," Hill said. "They really enjoy the youth programs."

Along with plans of joining the ladies auxiliary, Katherine Hill is a member of the speech and debate team, Spanish club, and a writer on the school newspaper at John Carroll High School. Also, she and her brother Yaury of St. Joan of Arc School are frequent contributors to the U.S. Army Ordnance Center and School's essay competitions for ethnic observances.

Hill said she is easily inspired to honor the military with her father as her role model.

"He taught me to value the sacrifices of those who serve our country," Hill said. "I just love writing and I want people to know how I feel about our country and our service members."

She added that the eCYBERMISSION project was especially challenging and credited her

classmates for their willingness to work together.

The team researched the use of auditory feedback devices, known as AFDs currently used in public schools for those with hearing or speech problems.

"Our goal was to investigate devices like the Reading Phone and Whisper Phone since there was no supporting research, to see if they were effective and worth the money and time invested," Hill said.

The competition required group members to report each step of their research in a detailed report, addressing their objectives, research methods, and findings, along with an explanation of who would benefit from their efforts.

eCYBERMISSION is a Web-based science, math and technology competition for 6th, 7th, 8th and 9th grade teams. Teams propose a solution to a real problem in their communities and compete for regional and national awards.

VFW Post 5337 2004-2005 Youth Programs Award Winners

Voice of Democracy: Katherine Hill, John Carroll High School

Loyalty Day Contest: Yaury Hill, St Joan of Arc

Buddy Poppy Contest: Katherine Hill, John Carroll High School

Patriot's Pen Essay Contest:

1st Place: William Cappuccio, St Joan of Arc

2nd Place: Timothy Lozinak, St Joan of Arc

3rd Place: Allison Lozinak, St Joan of Arc

Participants

Elizabeth Banger, Chesapeake Christian School

Shannon Belzner, Chesapeake Christian School

Sierra Cook, Chesapeake Christian School

Bryan Dawson, St Joan of Arc

Allivia Hevesy, Chesapeake Christian School

Yaury Hill, St Joan of Arc

Jenna Kuessner, St Joan of Arc

Olivia Lookingbill, Chesapeake Christian School

Kaitlin MacClay, St Joan of Arc

Christopher Marras, Chesapeake Christian School

Dana McConaughy, Chesapeake Christian School

Anna Pirog, Chesapeake Christian School

Madison Rae, St Joan of Arc

Kati Reed, Chesapeake Christian School

Paul Ruiz, Chesapeake Christian School

Natalie Shaw, St Joan of Arc

Alex Shriner, Chesapeake Christian School

Oksana Smith, Chesapeake Christian School

Melissa Smith, St Joan of Arc

Hannah Streett, St Joan of Arc

Chris Swisko, St Joan of Arc

McKenzie Templeton, Chesapeake Christian School

Nichola Wojtysiak, St Joan of Arc

Allison Wright, St Joan of Arc

For more information on eCYBERMISSION, visit www.ecybermission.com.

CHPPM health physicist receives 2004 Lovell Award



David Paul Alberth

CHPPM

A health physicist assigned to the U.S. Army Center for Health Promotion and Preventive Medicine's Directorate of Occupational Health Sciences Health Physics Program received the Lovell Award for 2004 in a recent ceremony at the RDECOM Conference Center auditorium.

The award was presented to David Paul Alberth by Michael E. Kilpatrick, M.D., deputy director for Deployment Health Support in

the Office of the Deputy Assistant Secretary of Defense Health Affairs' Force Health Protection and Readiness office.

The Joseph Lovell Award is presented each spring to a CHPPM staff member who has demonstrated exceptional initiative and creativity, innovative abilities, professional excellence, and enhancement of CHPPM's professional stature.

Alberth is the 26th Lovell Award recipient.

Alberth, a civil servant

since 1992, has been a CHPPM technical consultant on depleted uranium health issues since 1992 and more recently has been the CHPPM Task Sponsor Representative for the CHPPM/Battelle Memorial Institute Capstone Depleted Uranium Human Health Risk Assessment Project (2003 - 2005).

He has also been the Army representative and member on the Multi-Agency Radiation Survey and Site Investigation Manual Working Group from 1994 to the present.

He continues to work as an environmental radiation health risk assessor for Army Base Realignment and Closure and for U.S. Nuclear Regulatory Commission license decommissioning projects.

His other key projects and assignments have included the Radiation Protection Officer (NRC Broad-Scope Licenses) at Walter Reed Army Medical Center and the Uniformed Services University of the Health Sciences; the commander of Army Office of The Surgeon General Radiological

Advisory Medical Teams; a member of the Armed Forces Radiobiology Research Institute Reactor Safety Committee; the medical physicist for Defense Personnel Support Center computed tomography acquisition team; the medical physicist for the Army Medical Department's first MRI scanner; the medical physicist for the AMEDD Teleradiology Project; a member of the WRAMC Radiation Drug Committee; and the physics instructor for the WRAMC Diagnostic Radiology and Nuclear Medicine Residency Programs.

Alberth's current specialties include depleted uranium exposure and health risk assessments, other radionuclide health risk assessments, and environmental radiation surveys using MARSSIM methodology. He also does Army OTSG retrospective human radiation exposure assessments for VA compensation and OTSG health hazard assessments of new Army radioactive commodities. Additionally, he works on interpretation of human radionuclide bioassays and radiation dosimetry procedures and calculations.

Alberth is a CHPPM Master Consultant and is a member of the national Health Physics Society, the American Association of Physicists in Medicine and the American Conference of Governmental Industrial Hygienists.

Ronald Joseph Swatski, Directorate of Laboratory Sciences, was also nominated for the award.

SGLI

From page 13

Among outstanding issues is the fact that the expanded SGLI coverage is part of the supplemental legislation package that funds operations only through Sept. 30. That's 30 days after the new SGLI limit takes effect and two months before the traumatic SGLI benefit begins.

Wurtz said VA is confident Congress will resolve this issue before there's any lapse in coverage.

VA will continue to oversee and control the SGLI program.

Rifle

From page 2

the M107 in the future by adding a suppressor to greatly reduce flash, noise and blast signatures.

PM Soldier Weapons manages crew-served and individual weapons for the Army. It is one of three centers of excellence reporting to the Program Executive Office Soldier located at Fort Belvoir, Va.