

POST SHORTS

Recycling schedule



The recycling pickup for Wednesday, Sept. 21, is plastic, glass and metal. Put items in blue bags and place them on the curb.

APG holds Community Awareness Day

Aberdeen Proving Ground's first Community Awareness Day will take place Oct. 15 at the Fire Station and surrounding grounds, bringing the Fire Department, Police Department, Army Substance Abuse Program office, Morale, Welfare and Recreation, Army Community Service, Child and Youth Services and other APG organizations together to offer information and activities promoting kitchen safety.

The event will feature a live kitchen fire, trench rescue operation, door prizes, K-9 demonstrations, Spongebob Squarepants, family sporting games, Feris (the Ironbirds Mascot), a free showing of the movie, "March of the Penguins," at 3 p.m., and many more exciting events, surprises and prizes.

Any organization interested in having a display or booth at the event, as well as anyone interested in volunteering may call Fire Prevention Inspector Doug Farrington, 410-306-0523.

New operating hours at PX

The new hours for the Aberdeen PX will be 9 a.m. to 8 p.m., Monday through Saturday and 10 a.m. to 6 p.m., Sunday.

ASA meeting Sept. 21

Dr. James Filliben, National Institute of Standards and Technology, will speak on "The World Trade Center Collapse: The Critical Role of Statistics in the Diagnosis of a Failure of an Engineering Marvel" Sept. 21 at Top of the Bay.

He will discuss some of the statistical and engineering challenges that arose during the study of the WTC disaster.

The lunchtime meet-
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OC&S commemorates Sept. 11

Rebecca J. Chisholm
APG News

Members of the U.S. Army Ordnance Center and Schools participated in a Remembrance Ceremony Sept. 9 to honor the 94 members of the Ordnance Corps who have lost their lives since Sept. 11, 2001.

Narrated by Dave Burdick, Garrison adjutant, the ceremony was hosted by Col. Frank R. Merritt, commander of the 61st Ordnance Brigade, and attended by a number of special guests, including Aberdeen Mayor Doug Wilson; Board of Education Superintendent Jacqueline Haas; Garrison Commander Col. John T. Wright, Cheryl Boles representing Maj. Gen. Vincent Boles, chief of Ordnance; and from Congressman Wayne Gilchrist's office, Kathy Abey.

"This ceremony honors all Soldiers, who, on a daily basis, contribute their selfless service to the United States Army and our nation, including those who have made the ultimate sacrifice," Burdick said.

"Aberdeen Proving Ground is the headquarters of the Ordnance Corps, the Army's home of Ordnance and the focal front of Army maintenance, munitions and explosive ordnance disposal doctrine and training," he said. "The Soldiers in today's ceremony represent the spirit of those Ordnance Soldiers who served the Ordnance Corps, providing service to the line, on the line, on time."

Merritt spoke of his memories of Sept. 11, 2001.

"At 0846, global war on terrorism was brought to our shores," he said. "We had two questions. 'Why?' and 'How?'"

Merritt described the evening of Sept. 11, 2001, remembering how quiet and dark the night sky was--for the first time since aviation began in the United States, there were no

planes flying over the Baltimore Washington International Airport flight path.

"9/11 is an event that is indelibly burned into your mind," he said. "People remember where they were that day."

After Merritt's words, 94 Soldiers, standing in two formations on the field, marched up to a memorial, consisting of a pair of boots and an M16 rifle standing on end with a helmet atop. The Soldiers placed ID tags, each naming one of the deceased Soldiers, on the weapons grip of the rifle, then marched off the field after giving a slow salute.

While the Soldiers placed ID tags, Command Sgt. Maj. Sammy Brinson, commandant, Noncommissioned Officer Academy; Command Sgt. Maj. William Hart, 16th Ordnance Battalion; Sgt. Maj. Michael Strifolino, 61st Ordnance Brigade; and 1st Sgt. Stanley Watts, 16th Ordnance Battalion, read the names of the fallen Soldiers.

Afterwards, a wreath was placed next to the memorial to honor the fallen Soldiers and a 21-gun salute was sounded.

"On Sept. 11th, 2001, extremists attacked our nation and it has changed our lives forever," Burdick said. "We honor today those Ordnance Corps Soldiers who have sacrificed their lives for the freedom of others."

As President John F. Kennedy stated in 1961, "Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe to assure the survival and success of liberty."

(Editor's note: A list of the deceased Ordnance Soldiers will be published on the APG News Web site.)



Photo by YVONNE JOHNSON
Staff Sgt. Shadrick Brown of the 61st Ordnance Brigade places a set of ID tags on a memorial to Ordnance Soldiers killed in the War on Terror during the U.S. Army Ordnance Center and Schools and Ordnance Mechanical Maintenance School's 9-11 Remembrance Ceremony at Ordnance Circle Sept. 9.

APG drill sergeant wins 3rd boxing championship

Story and photos by
Yvonne Johnson
APG News

A drill sergeant with the U.S. Army Ordnance Center and Schools has captured his third consecutive national title in amateur boxing.

Sgt. 1st Class Duane Edwards, Company A, 143rd Ordnance Battalion, took first place in the 165-pound (Masters) Division during the 2005 Ringside World Championships, the world's largest amateur boxing tournament, held at the KCI Expo

Center in Kansas City, Mo., Aug. 2 through 6.

Edwards is the three-time reigning champion of his division, which he also won in 2003 and 2004.

A lifelong boxing enthusiast, his experience included time on All Army boxing teams while stationed in Germany and at Fort Hood, Texas. He also participated in the 1996 and 2000 Olympic Trials and is a former member of the Army's World Class Athlete program.

Edwards trains under coach

Maxell Taylor and trainer Dave Sewell, both Army veterans who own a gym in White Marsh. He attended the event with their team.

He thanked his chain of command for its support.

"It's hard being a drill sergeant, and a father and training for something like this," Edwards said. "I want to thank my cadre and my unit for allowing me the time to train and attend this program."

A native of Mississippi, Edwards said he's loved

See Boxing, page 12



Photo by YVONNE JOHNSON
Sgt. 1st Class Duane Edwards, a drill sergeant with Company A 143rd Ordnance Battalion and a three-time amateur world champion, poses with the Ringside World Championship belts he won in 2003, 2004 and 2005.

20th Support Command (CBRNE) welcomes new leader

Barry Napp
20th SUPCOM (CBRNE)

Col. Kevin R. Wendel will formally assume command of the U.S. Army 20th Support Command (CBRNE) in a ceremony on McBride Parade Field 10 a.m., Sept. 21.

Activated last October at Aberdeen Proving Ground, the organization is a U.S. Army Forces Command major subordinate command and brings together command and control of the Army's most specialized weapons of mass destruction operational assets.

The one-of-a-kind unit provides a single point of contact within the Army for the Department of Defense to call when a coordinated

response to the threat or use of WMD is needed anywhere in the world.

Commissioned as an infantry officer through the ROTC program at Furman University in 1979, Wendel was recently selected for promotion to brigadier general.

He earned a bachelor's degree in business administration, a master's in public administration and a master's in strategic studies.

He is a graduate of the U.S. Army Command and General Staff College and the U.S. Army War College.

His previous assignment was chief of Strategy, and assistant deputy director for Strategy and Policy, J5, The Joint Staff, Pentagon.

Do: Observe and report:

- Unusual or suspicious activity or suspected surveillance.
- Unusual questions or requests for information relating to capabilities, limitations, or operational information.
- Unusual vehicles operating in or around the installation.
 - Unusual phone calls, messages or e-mails.
 - Unusual contacts, on or off post.
- Unusual aerial activity near or around installation.
- Any possible compromise of sensitive information.

Do not:

- Discuss any aspect of military operations or planning.
 - Discuss military capabilities or limitations.
- Discuss force protection measures, capabilities or posture.
- Disclose any information related to unit deployments.

Report any suspicious activity immediately to the APG Police:
Aberdeen, 410-306-2222, 4-2222
Edgewood, 410-436-2222, 5-2222

Off post in Maryland, 1-800-492-TIPS (8477) or call 911.

Your call may save lives.

Note - Do not take this card with you when on travel outside of the United States.

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Deployment News

New device counters terrorism, keeps troops alive

Cheryl Boujnida
Army News Service

The Army has developed a new device to thwart terrorist activities while saving service members' lives.

The Improvised Explosive Devices Countermeasure Equipment, otherwise known as ICE, was developed by a team of engineers, scientists and Soldiers at White Sands Missile Range in New Mexico to defeat IEDs, the most prominent threat to deployed service members in Iraq.

The ICE device, which is roughly the size of a bread box, uses commercial and military technology to defeat IEDs, said Maj. Raymond D. Pickering, who helped lead the ICE design team at White Sands during its development. Thousands of ICE systems are being utilized by all of the military services, and thousands of more are on order according to Pickering.

He said that the design process involved thinking like a terrorist and acting like one too — fast.

"In the old days, we fought wars by buying a tank and then the enemy would buy a tank and try to defeat ours — that whole process took years," Pickering said. "Nowadays, terrorists use mortar and artillery shells as weapons," he said, explaining that they com-

bine those with commercial items to quickly design new hybrid systems.

Due to the combined efforts of engineers, scientists and Soldiers working at the U.S. Army Research Laboratory at White Sands Missile Range and New Mexico State University's Physical Science Laboratory, ICE was conceptualized and fielded in less than six months.

"Normally, it takes years to develop a prototype, test, manufacture and field it. The desire to get a product in the hands of our fighting forces immediately and prevent further casualties overcame the lengthy process," Pickering said.

Shane Cunico, the lead ICE engineer at White Sands, said that everyday there's a delay in the process means a service member may not come home.

"Approximately three service members are killed by an IED everyday," he said. "We had to get the product into their hands as fast as we could because even one day means something."

Cunico said the military's old acquisition process is costly in terms of time and money (millions of dollars) and that a terrorist can wipe out all of the work done by engineers by switching to a new weapon.

"Countering terrorism is

like a big chess game where you make one move and they make another — it's crucial that we stay one or two moves ahead of them," he said.

For their engineering efforts, Cunico, Pickering and Sam Mares, lead engineer at New Mexico State University, recently received one of the Army's Greatest Inventions Award for 2004, an annual competition to recognize excellence in achievement.

Richard Flores, White Sands manager for Survivability/Lethality Analysis Directorate and Army Research Laboratory, said the award and the impact of the device in terms of lives saved would not be possible without their sacrifice.

"They truly exemplified the Army spirit of working as a team," Flores said.

Cunico stressed ICE is an important development because it is an adaptable piece of equipment. "It's not a static device — we can add to its capabilities. If the process is too time consuming, the military ends up with a big paperweight that costs a lot of money and can't be adapted to the changing pace of terrorists," Cunico said.

There are other IED countermeasure systems on the market that all serve a value, but ICE is different, he said.

"It's unique in the fact that it's a government design; it has programmability, can be fielded at a rapid pace and has an unlimited capacity in terms of manufacturing," Cunico said. "Engineers can design almost anything, but it's important to get the product to the Soldier to see how it's tactically used because it affects design feasibility."

Cunico and Pickering both agree that Soldier input is crucial to engineering a useful product. "We have received a lot of positive feedback from the field and since then we have developed 5,000 remote

See ICE, page 11



IED Countermeasure Equipment

U.S. Army Research Laboratory

The IED Countermeasure Equipment is a radio-controlled IED countermeasure designed by ARL Soldiers, Survivability Lethality Analysis Directorate and Physical Science Lab New Mexico State University engineers to defeat certain remote controlled IEDs.

The SLAD/PSL team designed and built the system in less than four months by leveraging existing corporate knowledge and capability.

The ICE design is government-owned and is completely composed of commercial off the shelf technology. The Department of the Army IED Task Force identified ICE as a preventative solution to IED casualties and vetted the system through its confirmation process.



Courtesy of U.S. Army
Staff Sgt. Michael Keener inspects the installation of an ICE unit in a U.S. Marine Corps High Mobility Multi Purpose Wheeled Vehicle.

Maryland National Guard continues deployment to Gulf Coast

Medics, security forces and chaplains latest additions to Maryland's contribution

Maj. Charles Kohler
Md. National Guard

Governor Robert L. Ehrlich Jr. authorized the further deployment of Maryland National Guardsmen to assist Louisiana with its Hurricane Katrina relief effort Sept. 3.

This latest group including six medics and seven security forces personnel from the Maryland Air National Guard, and two chaplains and two chaplains assistants from the Maryland Army National Guard, will assist with medical and security as well as much needed religious support.

"Maryland, and in particular the Maryland National Guard, will continue to do what it can to help ease the burdens of the citizens of the Gulf Coast," Ehrlich said. "The state of Maryland will continue to assure a steady flow of people and resources as requested, and we will not let up until this entire recovery is complete."

This latest request, like all previous ones, falls under the provision of the Emergency Management Assistance Compact, an agreement between 49 states and two territories

to provide resources to each other when disasters strike. It too was coordinated through the Maryland Emergency Management Agency, a branch of the Maryland Military Department.

This deployment, which includes two separate flights of Maryland Air National Guard C-130J's, brings the total number of deployed Maryland Army and Air National Guardsmen in the affected region to nearly 200.

This deployment also brings to seven the total number of flights flown in support of the relief effort by the Maryland Air National Guard's 135th Airlift Group and its C-130J's. The 135th Airlift Group and associated units of the Maryland Air National Guard's 175th Wing are fully expecting to be tasked with additional flights throughout the next several days, at a minimum rate of two flights per day.

The two Maryland Air National Guard C-130J's along with their cargo of Maryland Army and Air National Guardsmen and equipment departed Sept. 3 for Louisiana from Warfield Air National Guard Base at the Martin State Airport in Middle River.

GAO assesses impact of DOD debt collection on WIA Soldiers

GAO

In follow up to a February 2005 hearing on injured Soldier pay problems, Congress asked the U.S. Government Accountability Office to perform additional audits of pay problems impacting Soldiers who were wounded in action.

One of those audits is focusing on the extent to which injured Army National Guard and Reserve Soldiers who have separated from the service have unpaid Department of Defense debts which are being referred to credit bureaus and collection agencies.

GAO is particularly interested in learning about debts that resulted from pay problems and whether these debts are accurate.

The GAO would like to hear from any separated Army National Guard or Reserve Soldier who sustained injuries in Operation Noble Eagle, Operation Enduring Freedom, or Operation Iraqi Freedom and had a DOD debt which was referred to a private collection agency and/or impacted their credit report. Soldiers should contact Gayle Fischer at fischer@gao.gov, Richard Newbold at newboldr@gao.gov, call the GAO's toll-free number 1-877-355-8289, e-mail GAO at specproj@gao.gov or contact GAO through its Fraud Hotline at 800-424-5454 or 202-512-7470 or send an e-mail to fraudnet@gao.gov through the Fraud Hotline, 1-800-424-5454 or 202-512-7470 or send an e-mail to fraudnet@gao.gov.

Hurricane Katrina stories wanted by APG News

The APG News is looking for 'good news' stories about members of the Aberdeen Proving Ground community aiding or assisting victims of Hurricane Katrina for its Sept. 22 issue. Anyone with APG ties who has family members in the affected region or knows of someone who does is asked to contact the APG News editor, Debi Horne at 410-278-1150/1149/1148 or e-mail editor@apg.army.mil.

APG News

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

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, IMNE-APG-PA, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@apg.army.mil.

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

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APG Soldier aiding Katrina survivors

Yvonne Johnson
APG News

An Aberdeen Proving Ground Soldier will soon be sheltering four relatives left homeless by Hurricane Katrina. Sgt. Javelle Spann of the U.S. Army Center for Health Promotion and Preventive

Medicine will be welcoming her sister Denise Green, Uncle Cliff Green and nieces Keisha Clark and Monique Smith from Louisiana.

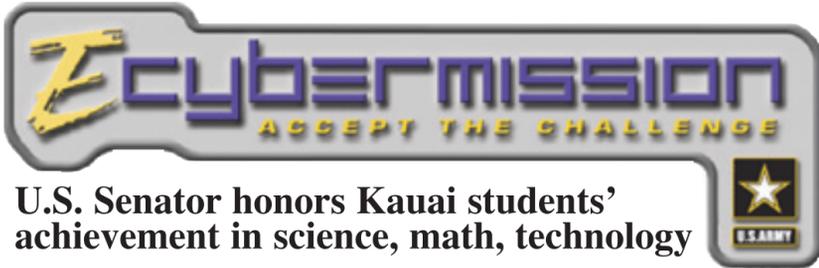
To help shoulder the burden on this Soldier, clothing donations are requested. Their current needs are as follows:

- | | | |
|----------------------|-----------------------|--------------------|
| Female age 15 | Pants size 22 to 24 | Male age 56 |
| Blouse size 18 or 1X | Shoes size 8 1/2 | Shirt size 2X |
| Pants size 18 | T-shirt size 2X or 3X | (17 1/2 collar) |
| Shoes size 9 1/2 | Female age 45 | Shoes size 12 |
| T-shirt size XL | Blouse size 18 to 20 | T-shirt size 2XL |
| Female age 28 | Pants size 16 top 18 | Belt size 42 to 44 |
| Blouse size 22 to 24 | Shoes size 10 | Pants size 42 |
| | T-shirt size 2X | |

For more information or to make a donation, contact Master Sgt. Lennox Wildman, 410-436-1042.



Photo by SPC SHERREE CASPER
A West Virginia Guard member offers encouragement to Hurricane Katrina survivor Henri A. Alciatore Jr. The man also received food and water.



U.S. Senator honors Kauai students' achievement in science, math, technology

Story and photo by Thomas Moyer
RDECOM

U.S. Senator Daniel Inouye honored six middle school students' achievements in a national science, math and technology competition at an awards presentation on the island of Kauai Aug. 12.

Representatives from the U.S. Army-sponsored eCYBERMISSION competition presented two student teams from Chiefess Kamakahahei Middle School with awards and savings bonds to recognize these accomplishments.

eCYBERMISSION, a Web-based science, math and technology competition, allows students in grades six through nine to compete for regional and national awards, while working to solve problems in their community.

"We are extremely proud of the great representation of students from Hawaii who competed in eCYBERMISSION this year," said Kelly Stratchko, eCYBERMISSION program manager. "The winning projects were quite impressive and continue to have an impact in communities across the nation. The U.S. Army is committed to continuing to inspire future leaders in these fields."

"Flame Ignitions Ruin Everything (F.I.R.E.)," from Chiefess Kamakahahei Middle School in Lihue, Hawaii, were recognized as National Finalists in the competition.

The team, comprised of eighth graders, Kelan R. Adachi, Daniel Victor, and Kelsey Gaetjens, and Team Advisor Leah Aiwohi, developed a Web site to educate the community on fire prevention and preparedness at home.

Each member of the team received a \$3,500 EE savings bond, in addition to a \$3,000 EE savings bond each received for selection as a regional winner.

In addition to F.I.R.E., four other teams from Hawaii were honored with awards from eCYBERMISSION this week: "Hurricanes_HI," also from Kamakahahei Middle School; "Road 2 Fame" and "ice cream" from Moanalua High School; "The Dumpsters" from Wheeler Middle School; and the "warriors" from Pearl Harbor Kai Elementary School.

Registration for the 2005-2006 eCYBERMISSION competition opened Sept. 1, and runs through Dec. 12. The eCYBERMISSION competition is open to all students in grades six through nine across the United States and to students enrolled in Department of Defense Education Activity schools throughout the world.

For more information on RDECOM educational outreach programs, go to www.rdecom.army.mil and click on Educational Outreach Programs.



Tyler Navarro, center, eCybermission Hurricanes HI eighth grade team member, presents a lei to U.S. Senator Daniel K. Inouye, left, at the Hurricanes' savings bonds presentation while Mayor of Kauai Bryan Baptiste looks on.

Chapel women kick off yearly Bible study

Rebecca J. Chisholm
APG News

Protestant Women of the Chapel met Sept. 1 to begin studying the inner workings of the Bible.

Offering five different study options, PWOC meets Thursday mornings at 9:30 a.m. The group also holds two other sessions, Monday nights at 7 p.m. and the Women of Grace group that meets on the first Friday of the month at 7 p.m. and the second Saturday of the month at 9 a.m.

Thursday study options include "Wives of the Warriors" by Rhonda Sturgill, "Calm my Anxious Heart" by Linda Dillow and "Answers..." with Ken Ham. Monday night's women will participate in "Power Up! With Power Principles from Proverbs" by Dr. David Jeremiah. Women of Grace will read "Restore My Heart" by Denise Glenn.

The opening gathering of PWOC drew around 25 women, with six newcomers. After an icebreaking activity, the group discussed PWOC and viewed a slide presentation on the history and goals of the organization.

Pamela Poore, PWOC president, has been a PWOC member for five years.

"It's a wonderful, wonderful time," Poore

told the group. "This ministry has just given me so much."

New members introduced themselves, telling the group how they came to be in Aberdeen, where they used to live, how many children they had and what and where their husbands worked.

"My husband leaves Monday for his third deployment [in Iraq]," said new member Kim Justus.

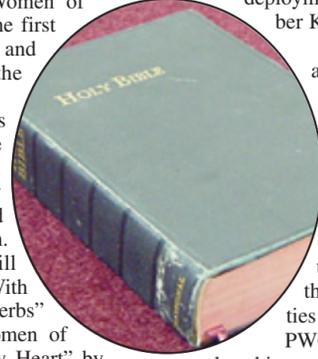
Marian Frankenhauser, spiritual advisor, called Titus II for the group, commiserated with Justus, stating that her husband was also in Iraq.

After a skit depicting PWOC throughout the ages, the women discussed the 50th anniversary of the organization, some of the big events on the schedule, and the opportunities for new members.

PWOC meets at 9:15 a.m. for fellowship, moving to praise and worship at 9:30 and Bible study from 10:15 to 11:30 a.m. The group is open to all women, as well as home school students.

"A lot of people think you have to be Protestant or a member of the chapel, but that's not the case," said Frankenhauser. "You just have to be a woman."

Any time schools are late or closed, PWOC is cancelled.



Transition Workshop Job Fair brings job offers to APG

Adjutant's Office

The first Transition Workshop Job Fair was conducted Aug. 26 with 85 current and former transitioning veterans in attendance.

"A successful future upon leaving military service is what the Transition Assistance Program strives to provide," said Janet Dettwiler, Adjutant's Office. "The Maryland Division of Workforce Development in conjunction with the Aberdeen Proving Ground Garrison Adjutant Office was successful in a new aspect of this program.

"The support and participation of SAIC, SYTEK, TRI-S, Vinnell, Camber, AERO TEK,

Sverdrup, APG NAF, FBI, EAI, Northrop Grumman, Science and Technology, and Auto Zone added to the success of this job fair," she said.

Many employers stated that the Soldier Processing Room of building 4305 was an excellent facility for hosting a job fair.

Many resumes and job applications were received, resulting in some on-the-spot interviews and employment tests.

Oliver Nelan, representing Vinnell, noted "his company received more applications during the three hours here than they did at a recent eight-hour job fair in South Carolina."

Several veterans indicated "a measure of success was having the right employers available who were able to use their knowledge, skills and abilities."

Many veterans stated that having the job fair "on post and close to many of their current worksites" made it much easier to attend.

Also, the smaller size and venue allowed clients to spend more time communicating with perspective employers.

"This was a win-win event," Dettwiler said.

For more information, contact Darrell Young, Workforce Development, 410-306-2354.

MOVIES

ADMISSION: ADULTS \$3.50, CHILDREN \$1.75
Building 3245 Aberdeen Boulevard

To verify listing, call 410-272-9008, or visit
www.aafes.com and click on "Movie Listing."

THE GREAT RAID Seann William Scott, Jessica Simpson
 Friday, Sept. 16, 7 p.m.
 Saturday, Sept. 17, 9 p.m.
 Starring: Benjamin Bratt, James Franco, Robert Mammon
 During World War II, an elite military squad (led by Benjamin Bratt) is sent to rescue 500 Americans from a Japanese POW camp in the Philippines. (Rated R)

THE DUKES OF HAZARD (FREE ADMISSION)
 Saturday, Sept. 17, 7 p.m.
 Starring: Johnny Knoxville, Jesse (Willie Nelson) in order to save the family farm from Hazzard County's Commissioner Boss Hogg (Burt Reynolds). Keeping the Dukes ahead of the authorities, including Sheriff Roscoe P. Coltrane, is their bright orange '69 Dodge Charger, the General Lee. (Rated PG-13)

FRIDAY SEPTEMBER 16 "RAINBOW OF HOPE"

Father Martin's ASHLEY, a private drug and alcohol addiction treatment center, will hold an open house, 2 to 4 p.m. for "Rainbow of Hope," a program for children of addicted parents. The program uses art, games, puppets and other fun activities to teach children about the disease of addiction and gives them tools to cope. It also helps children learn that what has happened is not their fault and that they are not alone.

Father Martin's ASHLEY is located on Tydings Lane in Havre de Grace.

For more information, call 1-800-799-HOPE or visit Web site, www.fathermartinsashley.org.

SATURDAY SEPTEMBER 17 FAMILY FLY TYING

The Anita C. Leight Estuary Center is sponsoring a program called Family Fly Tying for ages 9 to adult, 9 a.m. to noon. Class begins with an overview of aquatic insects that fish eat. Then learn how to identify them and determine water quality. Fly tying kits will be provided by the Department of Natural Resources to practice basic skills to create artificial flies to take home. No experience is necessary. Cost is \$5.

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

BASKET BINGO

Basket Bingo to benefit VFW Post 8185 Men's Auxiliary will be held at VFW Post 8185, Route 222, Port Deposit. Doors open at 6 p.m., Bingo starts at 7 p.m. Tickets cost \$10 per person for all paper cards. Food, beverages, baked goods, door prizes and raffles will be available. No smoking is allowed.

For more information or to purchase tickets, call Anne Gibson, 410-378-3338, or VFW Post 8185, 410-642-9297.

'WALK FOR A CURE'

The Polycystic Kidney Foundation will hold a "Walk for a Cure," 9 a.m., at Mariner Point State park

Community Notes

located at 1090 Kearney Drive, Joppa. The walk is one-mile long. Sponsors for this event are needed. There is no cure for this disease. For more information about PKD, visit www.pkdcure.org.

For more information on the walk or how to sponsor this event, e-mail RRNR85@yahoo.com.

SUNDAY SEPTEMBER 18 'BROADWAY-STYLE' MUSICAL

An elaborate "Broadway-style" musical in its final year of touring America is coming to Edgewood Assembly of God, 803 Edgewood Road, 6:30 p.m. Lights Up Ministries, which performed a previous production at the Lamb's Theater in Times Square, is coming with the musical "Sunday In Manhattan," the true story of Billy Sunday, a prominent figure in American history who impacted the nation in extraordinary ways. Sunday is one of the fastest men ever to play professional baseball, but leaving the National League, he cut his baseball career short and became one of America's most dramatic revivalists.

Donations will be accepted but admission is free.

For more information, call

410-676-4455, Monday through Friday, 9 a.m. to 3 p.m.

SATURDAY & SUNDAY SEPTEMBER 17 & 18 YOUTH BASEBALL INVITATIONAL TOURNAMENT AT RIPKEN BASEBALL COMPLEX

APG Federal Credit Union will host an invitational baseball tournament for 12 youth baseball teams from local recreation councils at the Ripken Baseball complex in Aberdeen. The two-day event is free and open for public viewing and cheering.

For details, visit APGFCU.com.

MONDAY SEPTEMBER 19 GUNPOWDER TOASTMASTERS MEETING

Gunpowder Toastmasters Club 2562 will meet on at the Gunpowder Club at Aberdeen Proving Ground in Edgewood 11:40 a.m. to 12:40 p.m.

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

For more information or directions, call Len Kolodny, 410-734-6573.

TUESDAY SEPTEMBER 20 HISPANIC SPECIALTY MEAL

The Hispanic Specialty Meal will be held in the Aberdeen Area dining facilities, buildings 4503 and 4219 and the Edgewood Area dining facility, building E-4225, for dinner, 5:30 p.m. to 7 p.m. The standard meal rate of \$3.50 applies to any officer, enlisted member, and family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$3 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

Menu includes: Carribean chicken, beef and bean chimichangas, quesadillas, enchiladas, beef tacos (soft and hard shell), Puerto Rican style roast pork (cerdo al horno), spanish rice, steamed rice, refried beans, mexican corn, greens with bacon, Mexican style cornbread, and more. Note: Menu is subject to change without prior notification.

For more information, call Edward Parylo or Ernest Green, 410-306-1393/1398.



Channel 21 features Pentagon channel programming

These programs are subject to change each week and will be updated accordingly.

Army Newswatch, 5:30 p.m.
 Battleground, 7 p.m.
 Recon, 8 p.m.

Monday

Focus on the Force, 5:30 a.m.
 American Veteran, 9:30 a.m. and 9:30 p.m.
 Army Newswatch, 11 a.m.
 FJ Iraq/AF Prime Time, 1 p.m.
 State Department Briefing, 3 p.m.
 Around the Services, 5:30 p.m.

Sunday

Army Newswatch, 5:30 a.m. and 4:30 p.m.
 FJ Iraq/AF Prime Time, 10:30 a.m.
 Stallion Report, 11 a.m.
 American Veteran, 1 p.m.
 Navy/Marine Corp News, 3 p.m.
 Around the Service, 7:30 p.m.
 Battleground, 9:30 p.m.

Tuesday

Around the Services, 8 a.m. and 8 p.m.
 Stallion Report, 10:30 a.m.
 Focus on the Force, 1 p.m.
 State Department Briefing, 3 p.m.
 FJ Iraq/AF Prime Time, 4 p.m.
 Army Newswatch, 7 p.m.
 Navy/Marine Corps News, 9 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

Wednesday

Around the Services, 8 a.m.
 Army Newswatch, 9:30 a.m. and 9:30 p.m.
 American Veteran, 1 p.m.
 Focus on the Force, 2 p.m.
 State Department Briefing, 3 p.m.
 FJ Iraq/AF Prime Time, 4 p.m.
 Stallion Report, 5 p.m.
 Around the Services, 8 p.m.

RECON – A monthly information television program providing an in-depth look at a variety of topics, highlighting the accomplishments of U.S. Military men and women.

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

Thursday

Around the Services, 8 a.m. and 8 p.m.
 Army Newswatch, 9 a.m. and 9 p.m.
 Navy/Marine Corps News, 11 a.m.
 Focus on the Force, 1 p.m.
 State Department Briefing, 3 p.m.
 American Veteran, 5 p.m.

Navy Marine Corp News – A weekly look at the men and women of today's sea service.

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

Friday

Around the Services, 5:30 a.m. and 8 p.m.
 FJ Iraq/AF Prime Time, 9 a.m.
 Recon, 12:30 p.m.
 State Department Briefing, 3 p.m.
 FJ Iraq/AF Prime Time, 4 p.m.

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

Saturday

Around the Services, 5:30 a.m.
 FJ Iraq/AF Prime Time, 7:30 a.m. and 9:30 p.m.
 Engineer Update, 1:30 p.m.
 Opportunity Showcase, 3 p.m.

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

Focus on the Force – A weekly program highlighting missions, operations and people of the U.S. military.

POST SHORTS

ing is open to the public and hosted by the American Statistical Association's Chesapeake Chapter. For more information call Dave Webb, 410-278-7014.

Commissary holds case lot sale

The Aberdeen Proving Ground commissary case lot sale is Sept. 29, 30 and Oct. 1.

APG Credit Union collecting donations

The Aberdeen Proving Ground Federal Credit Union is collecting donations for Hurricane Katrina Relief at all of its branches and at the Home Loan Center in Bel Air.

Collection jars are available for cash or check donations to the Salvation Army and American Red Cross.

For more information or branch locations, visit Web site www.APGFCU.com or call 410-272-4000.

FEGLI Open Season effective date

Federal Employees Group Life Insurance Open Season was held from Sept. 1 through 30, 2004, with an effective date on or after Sept. 1, 2005.

All changes became effective Sept. 4, 2005. Deductions will show on the Leave and Earnings Statement received Sept. 29.

If the deductions do not show on the LES, contact the Army Benefits Center – Civilian, 1-877-276-9287.

As a reminder, any coverage an employee wishes to carry into retirement must be carried for five continuous years prior to retirement.

For more information, contact a servicing Human Resource Assistant, Civilian Personnel Advisory Center.

"Crop Till You Drop" Scrapbooking Crop

Seasoned scrapbookers or anyone who wants to try scrapbooking should attend the Scrapbooking Crop, 9 a.m. to 5 p.m., Oct. 15 at Top of the Bay. Cost to attend is \$22 per person and includes lunch and door prizes. Everyone will receive a goodie bag. Vendors will have items for sale for any scrapbooking needs and optional classes also will be offered. A massage therapist will be available for an optional massage for a stress-free day with plenty of pampering.

USO-Metro photo contest

USO-Metro is holding a photo contest to select the cover art for the 2006 USO Guide to Washington and Baltimore. The contest is open to all military ID card holders. There is no limit to the number of pictures to be entered. Artwork should have a military theme.

The winning shot will be featured on the cover of the 2006 USO Guide to Washington and Baltimore, with credit given to the photographer. A cash prize of \$300 will be awarded to the winner. The deadline for submissions is Oct. 15. Send all pictures to USO-Metro Photography Contest, Attn: Erica Chapman, 228 McNair Road, Building 405, Ft. Myer, VA 22211.

For more information, 703-696-5655.

Routes 22 and 755 gates closed

Aberdeen Proving Ground's Harford Gate (Maryland Route 22) continues to be closed for renovations. It will remain closed for several weeks.

The Aberdeen Gate (APG Road/Aberdeen Boulevard) is open for inbound traffic only from 4 to 8:30 a.m.

It opens for both inbound and outbound traffic from 8:30 a.m. to 10 p.m., Monday through Friday, excluding federal holidays.

Access at this gate is restricted to government ID holders only.

Trucks and visitors must use the Maryland Gate

(Maryland Route 715).

The Wise Road Gate (Route 755) is closed until construction is completed. To support traffic flow, the Magnolia Gate has been opened.

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

Visitors should continue to use the Route 24 Gate, which is operational 24 hours per day, 7 days per week.

Visitors will not be permitted to enter through the Magnolia Gate unless accompanied by a government ID holder. Delays may be expected at various times.

BRAC Web site helps civilian workers

Department of Defense civilian employee assistance officials are prepared to help employees affected by BRAC continue their Department of Defense careers, find jobs with other federal agencies or pursue other available options. Defense officials have updated the BRAC Transition Web site, www.cpmosd.mil/bractransition/, to provide the latest information on DoD and other federal transition assistance programs, and answers to BRAC-related questions.

Retirement briefings

The Army Benefits Center-Civilian will present retirement briefings Sept. 20 at the Post Theater, building 3245. The first briefing, 8 a.m. to noon, is for employees covered under the Civil Service Retirement System, and the second briefing, 1 to 4 p.m., is for employees covered under the Federal Employees Retirement System.

The speaker will give a general overview on retire-

ment to include topics such as military deposit, deposits and redeposits, survivor annuity, etc. For more information, call Teri Wright, 410-278-4331.

Earn money in research studies

The U.S. Army Research Laboratory is conducting a study on hearing. Participants need to be ages 18 to 30 with normal hearing. The time commitment is 3 to 4 hours, and each participant will be paid \$15 per hour. Employees of

ARL and their relatives are not eligible.

Volunteers should contact Justin Mac-Donald, 410-278-5925, e-mail jmacdonald@arl.army.mil or Paula Henry, 410-278-5848, e-mail phenry@arl.army.mil.

Edgewood Chapel offers children's program

The 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.

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

| | |
|--|--|
| Marian Bellis (fracture of left tibia) | William B. McLean (kidney failure) |
| Dianna Blevins | Sandra Miller |
| Leroy Carter | Mary Pettiway |
| Barbara Cascio | Donna Puckett |
| Steven Clarke | Tess Ramos (total hip replacement) |
| Barbara Crossley | Boyd Richards |
| Carl Davis | Cheryl L. Roark |
| Shelia Davison (benign paroxysmal positional vertigo) | James Royston |
| Geraldine Eaton | Leigh Sanders |
| Renee Gaffney | Barbara Seker |
| Susan Gorhan | Steven Sheely |
| Melanie A. Hoffman (parasinusitis, fibromyalgia condition) | Linda Shoaf |
| Richard Hoffman | Alison Tichenor |
| Patricia Lynch | Linda Tignor |
| Wayne Kaiser | Charles Young (kidney and pancreas transplant) |
| Beverly King (caring for husband) | Gary Tudor (heart valve replacement) |
| Danny Kopp (lung cancer) | Jerry Williams |
| | Gerard Yursis |



Morale, Welfare & Recreation

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.

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.

Phonics tutoring

For children new to reading or those struggling to learn to read twice weekly phonics lessons will be held at the Edgewood Youth Center, building E-1902, 4:30 to 5:30 p.m., Tuesdays and Thursdays. Lessons will be at the Aberdeen Youth Center, build-

ing 2522, 4:30 to 5:30 p.m., Mondays and Wednesdays.

Students will receive phonics lessons with an experienced speech-language pathologist.

There will be multi-sensory instructions with activities that allow children to look, listen, touch, move and speak. Children can manipulate sounds and letters in fun activities that combine visual, auditory, tactile and oral learning.

Registration will be held through Sept. 29.

Cost is \$45 per student, for age six and older, from October 2005 through May 2006.

For more information or to register, call Sandy Fallon, 410-297-6629 or e-mail esfallon@comcast.net.

'Support Our Troops' ornament pre-sale

A "Support Our Troops" limited edition ornament, reproduced from original artwork, can be pre-ordered for \$14. This unique collectible features a "Support Our Troops" U.S. flag ribbon, and official logos of the Departments of Defense, Army, Navy, Air Force, and

the Marine Corps.

The ornament is etched in solid brass, finished in 24-karat gold, and screen-printed with three colors.

A portion of the proceeds benefit the Fisher House, a national not-for-profit organization that provides temporary lodging for members of the armed forces, veterans, and their families during a medical crisis.

For more information, call MWR Registration, Tickets, and Leisure Travel Center at 410-278-4907/4011 or e-mail mwr_registration@usag.apg.army.mil.

See Washington Wizards battle Seattle Sonics

Community Recreation Division offers tickets to the Washington Wizards-Seattle Sonics game, 7 p.m., Nov. 11, at the MCI Center, Washington, D.C.

A limited number of tickets are available - \$33 for lower level (normally starting at \$125), and \$11 for upper level (normally costs \$45). Pre-order tickets now. Register by Nov. 4.

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

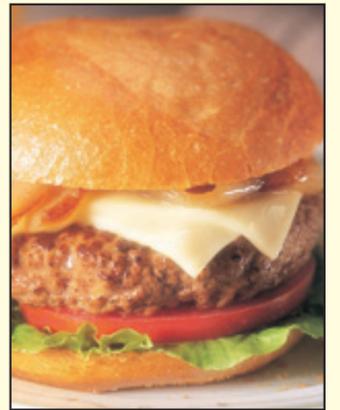
Building 2342
Special #1: Cheese steak sub, chips, soda for \$6.15
Special 2: Chicken tenders, french fries, soda for \$5.25

Special #3: Cold cheese sandwich (white bread only), mayonnaise, lettuce and tomato, chips, soda for \$2.60

The snack bar has a variety of items to choose from including hot meals, burgers, subs, sandwiches, baskets and pizza.

For more information or to place an order, call 410-278-4041.

Orders must be placed before 10:30 a.m.



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:

Hurricane Katrina destroyed much of the physical landscape of New Orleans, but the city, with its special flavor and its unique view of life, lives on in literature and films.

In her 2002 novel, **Secondhand Smoke**, **Patty Friedman** wrote "except for the slow, insidious termites, water is New Orleans' only natural enemy, though when the globe warms another 10 degrees in the next 50 years, as I expect it will, New Orleans will have to be placed under a sky-blue mirrored-glass dome or it will turn into a fishy-smelling puddle."

One of the most entertaining novels of the 20th Century, **The Confederacy of Dunces**, by **John Kennedy Toole**, finds the unlikely "protagonist" Ignatius Reilly not only at war with the last three centuries, but with all aspects of authority as he travels through the French Quarter and the surrounding area, leaving mayhem in his wake.

Anne Rice's Vampire Chronicles provides the reader with the flavor of the Crescent City. Other novels set in New Orleans include **Fern Michael's** romantic **Listen to Your Heart**, **Barbara Hambly's** **Fever Season**, which takes

place in the 1830s, **Stella Cameron's** **French Quarter**, a tale of scandal and revenge and **Karen Palmer's** **All Saints**, which transports the reader back to New Orleans in the 1950s.

The corruption and daily lives of the New Orleans police was brought to the screen in **The Big Easy**, starring Randy Quaid and Ellen Barkin; the underside of life in the city can be seen in **Johnny Handsome**, with Morgan Freeman and Mickey Rourke, and no mention of New Orleans would be complete without reference to **Tennessee Williams' Streetcar Named Desire**, immortalized on the screen by Marlon Brando and Vivien Leigh.

Finally, **Randolph Delehanty's** **Ultimate Guide to New Orleans** takes the reader on a detailed walking tour of the city, describing what was once one of the most vibrant and memorable travel destinations in the nation.

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.

APG BOWLING CENTER

Building 2342
410-278-9902

Prices and hours

Fall/winter hours
(Sept. 12 to May 31)
Sunday, 1 to 6 p.m.
Monday and Tuesday, 11 a.m. to 2 p.m.
Wednesday and Thursday, 11 a.m. to 10 p.m.
Friday, 11 a.m. to 11 p.m.
Saturday, 1 to 11 p.m.

Winter leagues forming

The Saturday Cosmic Doubles League is limited to the first eight teams to sign up any combination of all men, all women or mixed. Bowling starts 2 p.m., Sept. 24, for \$10 per person per week for 12 weeks. The handicap is based on 90 percent of 200. Cash prizes are awarded at the end of league.

The Sunday Happy Doubles League, any combination of all men, all women or mixed, starts 3 p.m., Sept. 25, for \$8 per person per week for 12 weeks. The handicap is based on 90 percent of 200. Cash prizes are awarded at the end of league.

Monday Night Crazy Trio starts 6 p.m., Sept. 26, for any combination of all men, women or mixed. Cost is \$8 per person per week for 12 weeks. The handicap is based on 90 percent of 200. Cash prizes will be awarded at the end of league.

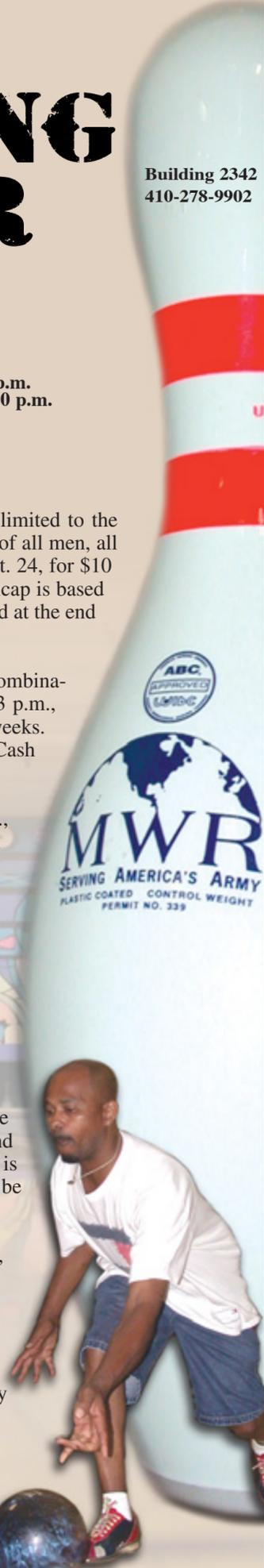
The Monday Football Widows Doubles League starts 6 p.m., Sept. 26 for 12 weeks. Cost is \$8 per person per week. The handicap is based on 90 percent of 200. Cash prizes will be awarded at the end of league.

A Tuesday Rock and Roll Doubles League starts 6 p.m., Sept. 27, is 12 weeks long and costs \$8 per person per week. The handicap is based on 90 percent of 200. Cash prizes will be awarded at the end of league.

Tuesday Intramural, a three-person team, but can carry a roster of five, starts 6:30 p.m., Jan. 17. The cost is \$5 per person per week for 12 weeks.

- Lunch is served daily. Weekly lunch specials are advertised in the *APG News* every week.

- Promotions such as the Spiderman bowling balls and National Heroes Bowling balls have been part of past fun.



SCHOOL LIAISON

Preparing for school

County schools featured on radio

The Harford County Public School System will, again this year, be featured on two area radio shows each week.

"Our Public Schools" is a half-hour interview show which airs noon each Wednesday on WHFC-FM (91.1), featuring newsmakers discussing programs and events in Harford County Public Schools. The show is hosted by Don Morrison and Teri Kranefeld.

Each Thursday morning at 6:15 a.m., Superintendent Jacqueline C. Haas is featured on WAMD-AM (970) in a 15-minute interview show with the station's morning personality Steve Mann.

Each week, Mann and Haas discuss a topic of interest or the latest news involving the school system.

Also, each Thursday evening at 6 p.m., Morrison and Scott Hubbard host the "Harford Sports Hour" on WHFC. The show features athletes, coaches, and others from the Harford County high school teams and Harford Community College, as well as college or professional athletes, who are graduates of county schools, along with others making sports news in the county.

For more information, call Morrison, 410-588-5203.

Harford County to hold meetings on school topics

The Board of Education of Harford County and Harford County Public Schools will sponsor a series of Town Meetings in late October at four area schools. Citizens from each of the regions are invited to attend any meeting to provide the board and school leadership with input on topics including visioning and redistricting.

The Town Meetings will include smaller focus groups to encourage the exchange of ideas. Meetings will be held Tuesday, Oct. 25, 7 to 9 p.m. at Bel Air High School for the Bel Air High School and C. Milton Wright High School areas; Wednesday, Oct. 26, 7 to 9 p.m. at Aberdeen High School for the Aberdeen High School and Havre de

Grace High School areas; Wednesday, Oct. 26, 7 to 9 p.m. at Joppatowne High School for the Joppatowne High School and Edgewood High School areas; and Thursday, Oct. 27, 7 to 9 p.m. at North Harford Middle School for the North Harford High School and Fallston High School areas.

For more information, call Don Morrison, 410-588-5203.

County school sports televised

For the 12th season, Harford County High School sports will be televised. In partnership with the Harford Cable Network, the TV sports are carried on Comcast Channel 21 and Clearview Channel 7.

The fall sports season will include 14 events ranging from football, to girl's and boy's soccer, volleyball, field hockey, lacrosse and cheerleading.

For a complete schedule of air dates, log on to the HCPS Web site, www.hcps.org, or the HCN Web site, www.harfordcable.org.

In addition, a half-hour program, "Your Public Schools," presented twice weekly on HCN features programs including in the HCPS' list of offerings as Don Morrison and Teri Kranefeld go into the schools and school offices to help the public meet the employees, students, volunteers, and others who make the programs successful. Consult the same sources listed above for TV listings.

County to meet with APG on school issues

Members of the Harford County Public School leadership will meet with Aberdeen Proving Ground Community councils 6:30 to 8:30 p.m., Sept. 15 at the Edgewood Conference Center, building E-4810, to discuss issues impacting children of military personnel in Harford County's public schools.

For more information, contact Ivan Mehosky, APG Education Liaison, 410-278-2857.

Health & Safety



The comic strip shows a danger of not being careful in keeping important information secret.

Army comic strips feature computer safety tips

Monica Barrera

The Army Office of Information Assurance and Compliance is educating Soldiers about the importance of safe Internet practices in a new campaign utilizing cartoons.

The cartoons will help Soldiers realize the necessity of computer security and responsibility and what precautions they should take by developing a message format that is quick and easy to view and understand, according to Col. Stephen Jurinko, director of OIA&C at Network Enterprise Technology Com-mand, 9th Army Signal Command.

"Soldiers don't look at computers

as something malicious," said Ted Dmuchowski, the project lead for information assurance and compliance. "It helps them do their job... and makes the day easier. The dark side is that people use that freedom to do bad things."

Identity theft is the fastest growing crime nationwide. In 2003, approximately 7 million people were victims of identity theft according to Gartner Research and Harris Interactive.

That equals to more than 13 identity thefts every minute.

The challenge is that Soldiers need to ask themselves, "What do I have to lose?," Dmuchowski said.

"And in the military, there is a lot

to lose, especially when sensitive information is made available to the public."

For example, anyone can monitor a Soldier as they do their job planning convoy operations at a certain place and time, Dmuchowski said.

"If they wanted to do harm, they know where to find them," he said.

The importance of updating and making difficult passwords is also of concern to the IA Office.

One of the cartoons printed in the IA compliance message illustrates the importance of keeping passwords secret.

An awareness tool on www.SecurityStats.com tests the

strength of a password as either weak or strong, after a computer user types in an experimental password.

There are other features also on the site that can educate a computer user.

"In order to practice safe computability, we need to be knowledgeable so we can take the appropriate steps," Dmuchowski said.

The cartoons, which will be posted on the ARNEWS Web site and other Army publications worldwide, will focus on key topics not necessarily related to current events so that they can be used in training materials.

The cartoons will "foster familiarity and regularity of complying with

Army Regulation 25-2; these are key elements in driving the message home," stated the IA compliance message.

"The Army has the widest cross-section of America," Dmuchowski said, who explained that people have varied educational levels and technology perceptions.

The cartoons will serve as a medium for everyone to understand the downside of technology and how to defend themselves in an ever changing, high-speed technological world.

"The focus is to make Soldiers smarter about securing their computer environment," Dmuchowski said.

Examining men's Health issues

Dorothy Lopez

Kimbrough Ambulatory Care Center

Any diagnosis of a serious condition is going to cause even the most optimistic patient to become concerned, but when it affects someone in the male population the concern can be even greater.

Health risks for men are not recognized due to the "macho" image of masculinity and failure to adopt health-promoting behaviors.

Men's socialization as boys provides a framework for understanding why men adopt unhealthy lifestyles. Boys actually use unhealthy behaviors to demonstrate manhood; proving they are "real" men by consuming large quantities of alcohol, and attempting to drink and drive. The top health culprits are smoking, poor nutrition, obesity, stress and lack of exercise.

While health science during the past century frequently used males as subjects, research typically neglects to examine men and the health risks associated with the male gender. The presumption is that to be a man in America has no bearing on

how men work, drink, drive, fight or take risks. Men are brought up to believe that they must be strong and tough, and behave as if they are indestructible. This makes it hard for them to look after their health; in fact it encourages risk-taking behaviors. Having to be "macho" makes it harder to ask for help from a doctor.

Men have some built-in biological problems: the male sex hormone testosterone may raise the level of low density (LDL), the "bad" type of cholesterol that increases the risk of heart disease; and when men put on weight, fat tends to build up around the waist, the worst possible place in terms of developing the furred-up arteries that cause heart problems.

Because men don't have monthly menstrual cycles, they lack a mechanism that regularly and naturally makes them feel aware of and in touch with their bodies. What's more, men's reproductive systems don't require them to maintain any regular contact with health-care providers. They don't need to see a doctor to obtain contraception and of course, they don't get

pregnant.

Despite their high risks, the vast majority of men actually believe that their health is "excellent" or "very good." Men also know significantly less about self-examinations for testicular cancer than women know about self-examinations for breast cancer. Up to 95 percent of male breast cancers are first seen by doctors at a stage where they are firm lumps. Other signs can include localized tenderness, discharge, skin ulceration and nipple retraction or inversion.

Life changes associated with male menopause include: hopes being lost, dreams left unsatisfied, friends getting sick, marriages breaking up, job horizons narrowing, children leaving, physical stamina and strength decreasing, sexual vigor diminishing and hormone production levels dropping. Other symptoms may be nervousness and irritability, a feeling that time is running out, anxiety or fear, feeling fat, gaining weight, and indecisiveness.

(Editor's note: This is a Kimbrough Ambulatory Care Center release.)



Graphic by MARK FISCHER, CHPPM

Hand-washing to better health

Kelsey Pendell

CHPPM

The Center for Disease Control and Prevention estimates that one out of three people do not wash their hands after using the restroom.

Women wash their hands nearly 75 percent of the time while men only wash their hands about 60 percent.

It has also been estimated that proper hand-washing could eliminate half of all cases of food borne illnesses.

Since hands are the part of the body that are most exposed to micro-organisms, it is important to keep them clean. Hands touch so many things, including the body, that they should be washed frequently throughout the day. To minimize food borne illness, frequent hand-washing is necessary and hand-washing practices should be a part of the daily routine. If this process does not become a routine, germs will spread, contaminating food and people.

There is a proper hand-washing technique. It is recommended to wash hands for 20 seconds with hot, soapy water. Scrubbing the fingers, wrists, fingernails, and between the fingers will thoroughly clean the hands.

A good estimate of time is by singing the ABC's, the Happy Birthday Song, or Old McDonald.

Hand-washing may seem too simple to prevent illness but there is science behind this practice. Besides the common cold, hand washing also prevents serious diseases such as hepatitis A, meningitis and infectious diarrhea.

Since the naked eye can't see germs, it is important to wash hands often. Germs hide in the cracks, crevices, and wrinkles that all hands have.

It is very important to wash hands before, during and after preparing food. This prevents cross-contamination between uncooked meats and other foods.

Other times to wash hands include before eating, after using the restroom, after touching animals, when hands are dirty, and most importantly, when someone is sick.

If no water is available, other methods are available. Hand gel sanitizers kill germs because of the alcohol content. Another option is to use disposable wipes. These products are easy to find and inexpensive.

To prevent food borne illnesses, frequent hand-washing is necessary. If this process does not become a routine, germs will spread, contaminating food and people.

Hearing aids now available for active duty family members through TRICARE

TRICARE Management Activity

Beginning Sept. 1, active duty family members (ADFM) who meet specific hearing-loss requirements, will be eligible to receive hearing aids including services and supplies as a TRICARE benefit.

This benefit is extended to ADFMs as part of the National Defense Authorization Act for Fiscal Year 2002. Previously, hearing aids and services were only available to those beneficiaries who were in the Program for Persons with Disabilities.

The FY 2002 NDAA provision allows for coverage of a hearing aid to ADFMs diagnosed with a "profound" hearing loss. With the assistance of service physicians and audiologists from both the Department of the Defense and Veterans Affairs, TRICARE established separate hearing-level thresholds for adults and children.

The criteria for an

adult ADFM to qualify for hearing aids and services are:

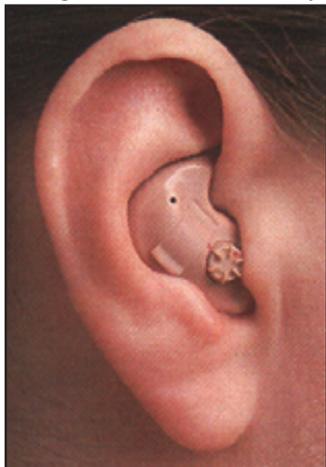
- 40 decibel (dB) hearing loss (HL) or greater in one or both ears when tested at one of the following frequencies; 500, 1,000, 1,500, 2,000, 3,000 or 4,000Hz; or
- 26dB HL or greater in one or both ears at any three or more of those frequencies (mentioned previously); or
- A speech recognition score less than 94 percent.

The criterion for children of active duty service members to qualify for hearing aids and services is: 26dB HL or greater hearing threshold level in one or both ears when tested in one of the following frequency ranges; 500, 1,000, 2,000, 3,000 or 4,000Hz.

Eligible TRICARE beneficiaries will receive all medically necessary and appropriate services and supplies, including hearing examinations administered by authorized providers that are required in connection with this benefit.

Eligible beneficiaries who suspect that they or a family member may have a hearing loss should schedule an appointment with their primary care manager for an initial examination. The PCM will then refer the beneficiary to an audiologist for any necessary tests.

For more information, beneficiaries may visit the TRICARE Web site at www.tricare.osd.mil or call the TRICARE Regional Office (TRO) North, 1-877-874-2273, TRO South, 1-800-444-5445, or TRO West, 1-888-874-9378. Overseas beneficiaries may call 1-888-777-8343.



ICE

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control cables that can be used from the front seat or passenger side of a 'Humvee' [High Mobility Multi Purpose Wheeled Vehicle] to activate the device," Cunico said.

They also stressed that there are a lot of people

involved with ICE who believe in what they're doing.

"There was no ego involved - it required the efforts of many selfless people to get this product out there to save lives," Cunico said. He stated that without John Tirrell, a Joint IED Task Force member, and Marine Corps Maj. Bruce Paterson to kick down the

doors of bureaucracy, ICE would not be where it is today - in the hands of service members who need it. Cunico also credits the strong leadership of Maj. Terrece Harris, Pickering's replacement who continues to lead the ICE program through its most critical stages.

In terms of maintenance,

ICE can be repaired by Soldiers in theater at the unit level. Recalling a Marine who did not want to part with his box, Cunico smiled.

"He brought his box in to be reprogrammed and the shop told him to come back the next day, but he told them he was willing to wait because he was not leaving without it," Cunico

said. "It's heartening to know our efforts really mean something to folks out there."

He said companies such as Canberra Aquila, Delta Engineering Group, Inc. and Raytheon Technical Services are working together to bring service members home to their families safely.

"Naturally there's competi-

tion, but they're coordinating to give us what we need and build a common product for America's service members," Pickering said.

"We shifted our focus from missiles to a new emerging threat... With ICE, this is how we think we can address the agile enemy but the battle will continue."



Photos by YVONNE JOHNSON
Sgt. 1st Class Duane Edwards stays in shape working out with a punching bag in the U.S. Army Ordnance Center and Schools' Combative Course gym in building E-1890.



Photos by YVONNE JOHNSON
Staff Sgt. Nathan Shay, a drill sergeant with Company B 143rd Ordnance Battalion, spars with Edwards during a training session in the Combative Course gym Aug. 31.

Company donates rings to APG's finest

Story and photos by
Yvonne Johnson
APG News

Aberdeen Proving Ground's noncommissioned officers and instructors of the year received an additional award for their achievements last week when Garrison Command Sgt. Maj. Elvis Irby presented them with commemorative rings donated by the American Eagle International Corporation.

The rings consist of each service member's birthstone, branch insignia, unit and initials.

"This is just one more reward for these service members' outstanding accomplishments," Irby said.

The recipients included Sgt. Raul Villalobos-Guerrero, U.S. Army Center for

Health Promotion and Preventive Medicine and APG NCO of the Year; Staff Sgt. Shawn Dunbar, U.S. Army

Ordnance and School Instructor of the Year; and Tech. Sgt. Rudy E. Rohrbaugh, U.S. Air Force Detachment NCO of the Year.

Staff Sgt. William Goodwin, USAF Detachment Instructor of the Year, has moved on to a new duty station. His ring will be presented by the local command, Irby said.



Photos by YVONNE JOHNSON
APG Garrison Command Sgt. Maj. Elvis Irby, left, presents a commemorative ring donated by the American Eagle International Corporation to the NCO of the Year Sgt. Raul Villalobos-Guerrero at Headquarters, U.S. Army Center for Health Promotion and Preventive Medicine, building E-1930 Sept. 9.

Boxing

From front page

boxing as long as he can remember and that his "number one idol" is Muhammad Ali.

"There's a lot of good fighters out there and I look at all of them to learn from their techniques and styles," Edwards said, adding that "today's boxing involves more strategy and it's more modernized."

He said that he may one day go pro but for now his focus is on education.

"The big thing now is obtaining my engineering degree," Edwards said, noting that he is enrolled in online courses with Thomas Edison University of New Jersey.

"Everyone encourages me to look at going pro and I may some day," he added. "But first I want to become a five-time champion."

Edwards also works out with other NCOs in the OC&S Combative Course. Located in building E-1890, the course, which is a Level I basic course in "hand to hand" combat, is led by Sgt. 1st Class John Jones, master trainer and Sgt. 1st Class Brian Sarjeant, assistant NCOIC.

Jones said he trained Edwards for certification as a Level I combative instructor.

"He's a top notch fighter, disciplined and wise," Jones said. "I trained him but I don't spar with him. He's too good for me."

Jones said the course was conceived of by Command Sgt. Maj. Anthony Aubain, OC&S regimental command sergeant major. The 40-hour course trains NCO cadre members for Level I certification.

"It's not hand-to-hand combat," Jones said. "This course teaches four things – how to close distance with the enemy, gain a dominant body position, take him down and finish the fight."