

POST SHORTS

Recycling schedule



The residential and recycling pickup schedule for April 19, is plastic, glass and metal. Put items in blue bags, and place them on the curb.

Updated CAC PIN reset information

The APG DOIM will be providing CAC PIN Reset Operations at APG 8:30 to 11:30 a.m., Tuesday, Wednesday and Thursday each week through June 1 at the Stark Recreation, building E-4140, located at the corner of Wise and Austin roads; and at the Aberdeen Recreation Center, building 3326 on Erie Street.

For more information and to have the CAC reset on non-scheduled days, contact Irving Sherrod, 410-278-3193 or Edna Lobodzinski, 410-278-4012.

MCSC accepts requests for welfare donations

The APG Military & Civilian Spouses Club is accepting requests for welfare donations. Any organization that would like to request funds should send a request explaining how the funds will be used and how they will impact or benefit the APG community to the MCSC Welfare Chairperson, 2806-A McCloskey Road, APG, MD 21005.

All requests must be post marked by April 15 and arrive before April 19.

Win \$300 for Mother's Day essay contest

Enlisted members who enter the USO of Metropolitan Washington's annual Mother's Day Essay Contest may win a trip for their mother to Washington, D.C. and \$300 cash. To enter, write an essay of 500 words or less entitled "Why My Mother Should be Honored on Mother's Day." (Poems will not be accepted.)

The contest is open to active duty enlisted personnel assigned to the greater Washington/Baltimore area. Essays will be judged on originality, thoughtfulness and content. All entries must be submitted by April 21 to USO of Metropolitan Washington (or USO-Metro), ATTN: Mother's Day Essay Contest, 228 McNair Road, Building 405, Fort Myer, VA 22211.

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Senior Soldier pulls his weight on the ground in Iraq

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Take the Alcohol Awareness Quiz

Buckle up - the best protection in a crash

Story by
RON KRAVITZ
DSHE

A recent traffic accident on Aberdeen Proving Ground resulted in a fatality. Had the driver been wearing a seat belt/shoulder harness, the driver likely would have only sustained minor injuries, according to the accident report.

A contributing factor for the fatality was the driver was not utilizing the restraint system and was ejected from the vehicle. The driver, who was the sole occupant, sustained very severe injuries.

Over the years the Directorate of Safety, Health and Environment personnel have emphasized the benefits of utilizing the seat belt/shoulder harness. The installation has a Click It or Ticket campaign every year.

"There is no excuse in this day and age for anyone not to know that 'SEAT BELTS SAVE LIVES!'" said Provost Marshal Robert Krauer, Directorate of Law Enforcement and Security. "Air bags are a great invention for the automobile too, but by itself is not the greatest protection."



Photo by YVONNE JOHNSON
The APG Garrison Safety Office stresses that drivers buckle their seat belts, like Ellen Baldwin, a DOIM employee with the Mail and Records Management Division, whenever they are driving. Seatbelt use is mandatory on Army installations and throughout the state of Maryland.

In 1996, the campaign started in earnest to get the American public to use their seat belts and buckle children under 12 in the back seat

where they are safest.

Even with all these campaigns like Buckle Up America and Click It or Ticket, according to the

National Highway Traffic Safety Administration the seat belt use rate still remains at about 68 percent.

"For military personnel it is

mandatory to utilize seat belts at all times on or off the installation," Krauer said. "It is also mandatory for all civilian employees as well as anyone driving on a Department of Defense installation for any reason."

The DOD policies have long required occupant restraint use in both government vehicles and in privately owned vehicles operated on military bases.

The armed forces also have a tradition of vigorous enforcement of the policy and promotion of traffic safety to military personnel and their families. Outside the installation, Maryland law requires seat belt/shoulder harness be worn at all times.

"Installation law enforcement personnel cannot be everywhere," Krauer said. "We ourselves are re-sponsible for our own safety and that of our families."

Police officers go through extensive training and can tell even in a minor fender bender if someone had been wearing their seat belt/shoulder harness or not, according to Krauer.

See SAFETY, page 2

Recognizing Sexual Assault Awareness, Child Abuse Prevention Month

ACS

Nationally, the month of April is recognized as Sexual Assault Awareness Month and Child Abuse Prevention Month, and the APG community is joining the nation in commemorating the month by creating awareness and providing the community with information on available resources.

"Child abuse is a societal problem with devastating effects that can last a lifetime," said Aida Rivera, family advocacy program manager. "Children deserve to live a life free from harm and the threat of harm. A child who is

abused physically, emotionally or sexually, or who is neglected, is scarred for life. Normal growth and development is interrupted, to include the development of positive self regard and self esteem."

Sexual assault is another societal problem and one that the Army has taken a very aggressive, proactive stance to counteract.

"The Army's policy on sexual assault is that it will not be tolerated," said Celestine Beckett, ACS officer and installation sexual assault response coordinator. "New initiatives are now

in place Army wide, to include here at APG, to provide Soldiers who are victims of sexual assault with reporting options and with the advocacy assistance needed to help them navigate the system and access much needed support, and to hold offenders accountable."

The Department of Defense theme for this year's SAAM is "Sexual Assault Prevention Begins with You."

The slogan, said Beckett, serves to remind us that we all have a vital role in the prevention of sexual assault.

Prevention Month and Sexual

Assault Awareness Month was launched at this year's Spring Fest, April 8.

Activities included a guest appearance by Spiderman, who conducted a special presentation and was available for photos with children participating in the event, and information tables.

Everyone is encouraged to learn more about child abuse and sexual assault prevention by contacting the ACS Family Advocacy Program at 410-278-7478, and by watching for more APG News articles in April.

APG Tax Center closes

Story by
ERIC FEUSTEL
OSJA

This year's Installation Tax Assistance Program, directed by the Office of the Staff Judge Advocate, Client Services Division, will conclude on April 13. The Tax Center will not prepare income tax returns after April 12.

After April 13, the staff of the Client Services Division will continue to answer simple tax questions and provide tax assistance to service members returning from combat zones and contingency operations. Returning service members should direct income tax concerns to the Legal Assistance Office by calling 410-278-1583 or by visiting building 310, wing 2.

At the conclusion of each tax season, many taxpayers have questions about topics such as filing deadlines, extensions, amending previous tax returns and withholdings from wages.

Filing deadline

The normal deadline for filing federal income tax returns is midnight April 15. Since April 15 falls on a Saturday this year, taxpayers in most of the country will have until Monday, April 17, to file and pay any taxes due.

Taxpayers in the District of Columbia, Maine, Maryland, Massachusetts, New Hampshire,

New York, and Vermont have until April 18 to file returns and pay any taxes due. Taxpayers served by the Andover, Massachusetts IRS processing center will receive an additional day to file and pay because April 17 falls on a Massachusetts state holiday.

All taxpayers who are required to file state income tax returns should consult the appropriate state representative to determine filing deadlines.

The April 17 or 18 deadline applies to 2005 federal individual income tax returns, whether filed electronically or by paper; requests for an automatic six-month tax-filing extension, whether submitted electronically or on Form 4868; tax year 2005 balance due payments, whether made electronically (direct debit or credit card) or by check; individual estimated tax payments for the first quarter of 2006, whether made electronically or by check; and individual refund claims for tax year 2002 where the regular three-year statute of limitations is expiring.

United States citizens or residents, whose home and main place of business or post of duty is outside the United States and Puerto Rico on the due date of their return receive an automatic extension until June 15 to file and pay any tax due. This extension also applies to service

See TAXES, page 10

Special concert ticket sale Friday 3 Doors Down to coheadline

Story by
YVONNE JOHNSON
APG News

Two generations of rock unite when Lynyrd Skynyrd and 3 Doors Down team up for the Double Trouble Summer Tour at Aberdeen Proving Ground Shine Sports Field, 7 p.m., Saturday June 24 as part of the Army Concert Tour. A special one-day-only ticket price of \$25 will be available April 14. The regular advanced ticket price of \$30 goes into effect April 15.

For tickets, visit MWR Tickets and Registration in building 3326, call 410-278-4907/4621/4011, TTY: 410-278-4110, FAX 410-278-9083, e-mail mwr_registration@apg.army.mil or use Ticketmaster at 800-551-SEAT or www.ticketmaster.com.

For more information, visit the MWR Web site at www.apgmwr.com.



Photo courtesy of WWW.PATRIOTGUARD.ORG/PHOTOS/LISTPICS.ASP
The honor guard for the Patriot Guard Riders out of Kansas leads the funeral procession for Cpl. Peter Wagler Hutchinson earlier this year.

America Supports You: motorcycle group honors fallen, families

Story by
DONNA MILES
American Forces Press Service

A motorcycle group that travels the country attending military funerals is experiencing near-explosive growth.

The Patriot Guard Riders is a group that started as a grassroots effort in the fall of 2005 in response to protestors at military funerals.

The riders attend military funerals to show respect for the fallen and to shield their loved ones from interruptions by protestors.

The group now has 20,000 members in all 50 states, Puerto Rico, Guam and Germany, said Kurt Mayer, the leader of the Patriot Guard Riders in an interview with American Forces Press Service.

"Fifteen thousand members have joined the group during the past seven weeks alone," Mayer said.

"It's amazing the response we've gotten," he added. "It shows that all this has hit a raw, patriotic nerve, and we're attracting a cross-section of America--everyone from CEOs to coal miners and aerospace engineers to corner-garage mechanics."

The members, who range in age

from 14 to 82, form a loose perimeter around funeral services and create a "corridor of honor," hoisting flags along the funeral procession route, Mayer explained.

"It's a very impressive sight to see 100 flags on either side," he said. "There's a wash of overwhelming emotion."

The Patriot Guard Riders started attending funerals and forming a line of flags and motorcycles to block people attending military funerals from having to see protestors who began appearing at military funerals. But as the group has grown and more families request the honor cordon, the riders now attend all funerals of fallen service members when asked, Mayer said.

Mayer emphasized that the group attends funerals only at the family's request.

"We recognize that this is a very private affair, and we ensure that the family wants us to be there and that we're not intruding on their feelings," he said.

The goal, he said, is to show respect for fallen service members and "to show a grieving family and a sometimes shocked community that

See SUPPORT, page 10

Deployment News

Deployed Soldiers use technology to 'visit' families

Story and photos by
YVONNE JOHNSON
APG News

Petronella smiled broadly as her daughter Evelyn and her husband Roger laughed together for the first time in months. It was Evelyn's second birthday and Roger got to watch his daughter blow out her candles despite being stationed thousands of miles away in Iraq during a video teleconference at the Higher Education and Technology Center in Aberdeen March 27.

Roger, a member of the Maryland Army National Guard's 224th Aviation Battalion, greeted his family from Al Asad Air Base in the Anbar province, near the Syrian border during the session which was sponsored by the Freedom Calls Foundation.

The HEAT Center agreed to host the gathering after being contacted by Freedom Calls personnel.

"They called and said we were the only facility within 50 miles with the technology to do this," said Terri Morris, HEAT public outreach officer. "We donated the facility and they arranged everything else."

"Just having her father here will mean the world to her," Petronella said as friends and well-wishers arrived to join in the occasion.



Friends and family gather around a screen to chat with Roger, left, and Paul, two Soldiers stationed in Iraq during a video teleconference set up by the Freedom Calls Foundation at the Higher Education and Technology Center in Aberdeen March 27.

In addition to the party, Roger got to hear his daughter Sophia, 9, play the clarinet for the first time and he praised his son Glenn, 13, for "filling my shoes while I'm gone."

"Thank you for being the man of the house," Roger said through tear-filled eyes. "I'm proud of you. If you need anything at all, just send me an e-mail, okay?"

"I don't mind doing extra

stuff to help mom," Glenn said after conversing with his father. "I feel like I'm my sister's protector. I won't let anything happen to them like he wouldn't let anything happen to us."

Also in attendance with Roger was fellow Soldier, Paul, who's wife Sandra and daughter Danielle, 12, traveled from Cecil County for the chance to see him.

"This was really nice," Sandra said, after their lengthy chat. "Talking on the phone or e-mail is nice but something like this gives you a real boost and makes it easier to go on."

"And I know she'll remember these moments with her dad," she said of Danielle.

Sgt. 1st Class Jen Perry, military representative for the unit's Family Support Group, said that the event was the first for the unit but that she hoped there would be many more.

"We were really excited when we heard about it," Perry said. "Words can't express what something like this means to families and even more importantly to our Soldiers on the ground."

Before signing off, Roger thanked Perry and the family support group and assured all that although they were missing their families, they were well and very upbeat about their missions.

"Keep in mind that being a Soldier is beyond everything else," he said. "Taking care of Soldiers feels great."



From left, Sophia, 9, her mother Petronella and her sister Evelyn, 2, enjoy a laugh during the video teleconference with their father and husband Roger, a Maryland Army National Guard Soldier stationed in Iraq.



Photo courtesy of U.S. ARMY Sgt. Amanda Watkins, right, a flight medic assigned to the 1159th Medical Company, escorts stretcher bearers with a wounded Iraqi soldier to a waiting Black Hawk helicopter for evacuation.

Freedom Salute ceremony honors 29th Aviation Brigade

MDARNG

Forty six Soldiers of the 29th Aviation Brigade were honored at a Freedom Salute ceremony after achieving more than 4,600 flying hours in a hostile combat environment supporting Operation Iraqi Freedom Aug. 29.

The Freedom Salute Ceremony was designed to publicly acknowledge Army National Guard Soldiers and those who supported them during the President's call to duty for Operation Iraqi Freedom.

The majority of the Soldiers served with the 1159th Medical Company (Air Ambulance).

Chief Warrant Officer Milton Walker from Bel Air, and Sgt. Jerome Shai from Gambrills, Md., were recognized during the ceremony for their heroic actions and received the Air Medal with "V" Device for valor. The two Soldiers were assigned to an air medivac team with the 1159th. After receiving direct enemy fire causing damage to their aircraft, they continued their mission without concern for their personal safety, to rescue two pilots from a downed OH-58D Kiowa Warrior in the city of Tal Afar.

The Air Medal is awarded to any person who, while serving in any capacity in or with the armed forces of the United States, shall have distinguished himself by meritorious achievement while participating in aerial flight. Awards may be made to recognize single acts of merit or heroism or for meritorious service.

"Saving lives is what this unit did in Iraq," said Maj. Gen. Bruce F. Tuxill, the adjutant general for Maryland. "You treated and transported 3,985 patients throughout 2,385 missions."

During their deployment Sgt. Robert McColligan a Flight Medic from Baltimore was awarded the Bronze Star for his actions in the vicinity of Samarra, Iraq. While under direct enemy fire, he continued to treat wounded patients during second and third improvised explosive device attacks.

The host of the Freedom Salute ceremony was Col. Fritz Kirklighter, commander of the 29th Aviation Brigade. The keynote speaker was Secretary George W. Owings, Maryland Department of Veterans Affairs.

Army Deployment Excellence Award nominations open

Story by
HENRY JOHNSON
Deployment Process Modernization Office

The Army's 2007 Deployment Excellence Award competition is now open for active, reserve or National Guard units and installations.

To participate in the DEA program a unit is required to have executed or supported a training or contingency deployment during the competition year which began Dec. 1, 2005 and ends Nov. 30, 2006.

All units and installations are encouraged to plan now to compete in this elite competition.

What's the prize? Two representatives in each winning and runner up unit in each category will receive an all expense paid four-day trip to Washington to accept the unit's award. Trip includes travel, per diem, lodging, ground transportation, time for shopping, tours of the Washington area and a photo with the Army's Chief of Staff.

Significant dates

- Competition year – Dec. 1 thru Nov. 30 - Submit packets through command channels
 - Jan. 31, 2007 – Major commands' nomination packets are due to the DEA evaluation board.
 - Feb. 5–16, 2007 - DEA board screens major commands' unit packets to select semifinalists.
 - March 1–25, 2007 - DEA teams visits selected semifinalists and conducts on-site observation of deployment practices.
 - April 9, 2007 - Army G-4 selects and announces winners via HQDA message
 - May 17, 2007 – DEA awards presented at the Chief of Staff Army Combined Log-istics Excellence Award Ceremony/Banquet.
- DEA guidance and evaluation criteria can be found on the Deployment Process Modernization Office Web site <http://www.deploy.eustis.army.mil>, click on DEA.
- For more information, call 757-878-1833 or e-mail Henry.H.Johnson@us.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.

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

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Safety

From front page

There are indicators that they can spot like a red mark on the driver's forehead and a star crack on the windshield or maybe a cracked or deformed steering wheel. Remember, a short half-mile trip to the supermarket could end in tragedy. It only takes one distracted driver a second to hit another vehicle."

The NHTSA reports that there are three types of safety belt users. The non-users who account for about 5 to 10 percent of the population, and many of these drivers do not see the benefits of seat belt use; the part-time users who wear their seat belts only when they feel they are in a hazardous driving situation and have a tendency to not wear their seat belt when taking short trips or driving under mild traffic conditions; the part-time user does believe in the benefits of seat belts and through education could be full-time users; the full-time user is buckled in every time they drive or ride as a passen-

ger and are more likely to have all the passengers that ride with them buckled in too.

The seat belt/shoulder harness prevents injury by preventing ejection from the vehicle in a crash; it spreads the force of a crash over a wide area of the body, protecting the neck and spinal cord, and lets the body slowly "ride down" the force of the crash.

The air bag's purpose is to stop an object's momentum evenly in a short period of time without an abrupt halt to the motion. When a car crashes, the force required to stop an object is very great because the car's momentum has changed instantly while the passenger's has not. The goal of any supplemental system is to help stop the passenger from going forward while doing as little damage to them as possible.

"An air bag alone will not keep you from being thrown around inside or being ejected from the vehicle," Krauer said. "Air bags only deploy in a frontal collision (unless you have side bags), so it's the seat belt/shoulder harness that prevents injury the majority of the time."

"Remember air bags, used

in tandem with seat belts, save lives, so buckle up and drive carefully," he said.

Army Regulation 385-55 excerpt

"(1) Soldiers will use a restraint system while driving or riding in a privately owned vehicle that is equipped with a restraint system required by Department of Transportation or other equivalent transportation authority. Restraint systems will be worn at all times, both on and off federal installations. Removal of such restraint systems from POVs does not excuse the Soldier from the requirement to use the restraint system.

(2) All civilian personnel, including visitors, will use a restraint system while driving or riding in a privately owned or government owned vehicle with manufacturer-installed restraint systems. The restraint systems will be used on federal military installations at all times and off federal military installations when the vehicle is used for official business. Individuals will not ride in seats from which manufacturer-installed occupant restraints have been removed or rendered inoperative."

Smoke testing scheduled for sanitary sewer system in Aberdeen Area

DIO

The City of Aberdeen Public Works Department will conduct leak tests of the sanitary sewer system beginning April 18.

The testing will be performed by ARRO Engineering, the city's contractor, and will be located primarily behind the security area down range.

The leak tests are completed by forcing low-pressure non-toxic smoke into the sanitary sewer pipes. The place where the smoke leaves the sanitary sewer system and is visible is a place where storm and other surface waters can enter the sanitary sewers.

"This leak testing is part of our continuing effort to provide a safe, economical, efficient, and environmentally sound sanitary sewer system throughout the Aberdeen Area of Aberdeen Proving Ground," said Dennis Overbay, Directorate of Installation Operations. "While most residents will never see or smell the smoke, the City of Aberdeen wants you to have as much information as possible about the testing."

A special non-toxic smoke will be used in the leak tests. The smoke is manufactured for this purpose and, therefore, leaves no residuals or stains, is harmless and has no effect on plants and animals. The smoke may have a distinctive, but not unpleasant odor.

Leak testing smoke may enter buildings if:

- Vents connected to the building's sewer pipe are inadequate, defective or improperly installed.
- Traps under sinks, tubs, basins, showers and other drains are dry, defective, improperly installed or missing.
- Pipe, connections and seals of the wastewater drain system in, under and around the building are damaged, defective, have plugs missing or are improperly installed.

If a trace of the smoke enters a building or there is smoke in the buildings during the smoke testing process, report it immediately to the DIO help desk, 410-306-1400.

For more information, call Overbay, 410-652-0862 or Buzz Soltis, 410-652-8154.

Law Day Proclamation signed



Photo by YVONNE JOHNSON

Maj. Gen. Roger A. Nadeau, center, commander of APG and the U.S. Army Research, Development and Engineering Command, signs the 2006 Law Day Proclamation in the Staff Judge Advocate conference room April 6. Looking on from left are Capt. James Cathell, administrative law attorney, Marie Antoinette Joiner, attorney, Client Services Division, and Col. Brady, SJA. The annual Law Day Luncheon will be held at Top of the Bay April 24.

Chapel Services

Holy Season schedule

<p>Aberdeen Area</p> <p>Protestant services Regular worship is Sunday, 10:15 a.m. Sunrise service, 7 a.m. Fanshaw Field, hosted by Ordnance Center and Schools 61st Ordnance Brigade; all invited</p> <p>Latter Day Saints Regular worship is Sunday, 1 p.m.</p> <p>Gospel Regular worship is Sunday, noon</p> <p>Catholic services Regular mass is Sunday, 8:45 a.m. April 14, 11:45 a.m. to 1 p.m., Good Friday silent prayer time April 14, 7 p.m., Solemn Good Friday service</p>	<p>April 15, 8 p.m., Holy Saturday Vigil mass April 16, 8:45 a.m., Easter Sunday mass</p> <p>Edgewood Area</p> <p>Protestant services Regular worship is Sunday, 9:15 a.m. April 9, 9:15 a.m., Palm Sunday service</p> <p>Catholic services Regular mass is Sunday, 10:45 a.m. April 14, 11:45 a.m. to 1 p.m., Good Friday silent prayer time April 16, 10:45 a.m., Easter Sunday mass</p> <p>Latter Day Saints Regular worship is Sunday, 10:30 a.m., in the Edgewood Conference Center, building E-4810.</p>
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POST SHORTS

On Sunday, May 14, the winner and his or her mother will be recognized at the annual USO-Metro Mother's Day celebration. Round trip limousine transportation from the airport, and two nights hotel accommodations will be provided.

The winner will be notified on April 24. For more information, call 703-696-2552.

Scholarships for military spouses

The National Military Family Association is accepting applications for the

NMFA's Joanne Holbrook Patton Military Spouse Scholarships.

Eligible applicants include any uniformed service spouse – active duty, retired, National Guard, or survivor – studying toward professional certification or attending post-secondary or graduate school.

Applications will only be accepted online and must be submitted by midnight, April 15. Online applications are available at www.nmfa.org/scholarships2006.

For more information, visit <http://www.nmfa.org/>.

Hours of operation change at Badge/ID Offices

Effective April 17, Common Access Card services will be extended at the Aberdeen and Edgewood Badge/ID Offices. Common Access Card services are available by appointment only for civilians and contractors. The Aberdeen and Edgewood Badge/ID Offices will be open on RDO Fridays for CAC services.

To make an appointment for CAC services at the Aberdeen Badge/ID Office, call 306-2380/2381/2383.

To make an appointment for CAC services at the Edgewood Badge/ID Office, call 436-3360/3446/3488/3459.

Other services including personnel clearing, security badges, fingerprinting and vehicle registration will be held 8:30 a.m. to 12:30 p.m. and 1 to 4 p.m., Monday through Thursday and 8:30 a.m. to 12:30 p.m. and 1 to 3 p.m., non RDO Fridays.

The Badge/ID Office will be closed for these services on RDO Fridays, with the exception of CAC services.

Blue Cross visits APG

The APG Advisory Center has made arrangements for a claim representative of the

Service Benefit Plan Blue Cross/Blue Shield to visit Tuesday, May 9.

The representative will be available 9 to 11:30 a.m. in building 305, room 236, and 12:30 to 1:30 p.m. in building E-4811 (Seminar Area of Conference Center) to discuss claim problems and plan coverage. No appointment is necessary.

For more information, call Teri Wright, Civilian Personnel Advisory Center, 410-278-4331.

Boat club holds Safety Expo

The Spesutie Island Boat Club will hold a Safety Expo 9 a.m. to noon, May 20, featuring boat inspections from 9 a.m. to 3 p.m. only, a safety video, a flare display, Coast Guard and APG Fire Department representation and more. Coffee and donuts will be available. All are welcome.

For more information, call Tim Sprucebank, 410-278-5618.

Job openings at Challenge Academy

The following positions are vacant at the Freestate Challenge Academy.

A full-time contract GED classroom instructor is needed for someone with a bachelor's degree or higher. Experience working with students with a diverse background is preferred.

Military Youth Worker positions are open for those looking for a challenging job working with youth between the ages of 16 and 18 years old. The positions are contractual with a starting hourly salary of \$11.91. Resume must show six month's experience working with youth. Full-time and part-time positions are available.

To apply, call 410-306-1839/1845.

New hours for Edgewood Health Clinic

The clinic is closed every Thursday after 1 p.m. for training. For more information, call Sgt. Erin Massey, 410-436-7466.

(Editors Note: More shorts can be seen at www.apgnews.apg.army.mil under Shorts.)

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"

RUNNING SCARED

Friday, April 14, 7 p.m.

recover the gun before it falls into the cops' hands. (Rated R)

Saturday, April 15, 9 p.m.

MADEA'S FAMILY REUNION (FREE ADMISSION)

Starring: Paul Walker, Cameron Bright, Vera Farmiga, Karel Roden

Saturday, April 15, 7 p.m.

Starring: Tyler Perry, Blair Underwood, Lynn Whitfield, Boris Kodjoe

Joey Gazelle (Walker) is a low level mob flunkie whose role is to dispose of "hot" guns from mob killings, which he's been doing by storing them in the drywall of his basement. When the best friend of his 10 year-old son steals one of the guns and kills his abusive stepfather, who happens to be the nephew of a psychotic Russian mob boss... who happens to be in business with Joey's crew on a gasoline scam, Joey has to

Picking up where Diary of a Mad Black Woman left off, this Tyler Perry 'dramedy' follows Madea as she is ordered by the court to take legal custody of Nikki, a rebellious runaway. Meanwhile, her nieces Lisa and Vanessa, are suffering relationship trouble, and through it all she has to organize her family reunion. (Rated PG-13)

Community Notes

FRIDAY

April 14

GOOD FRIDAY SERVICE

Edgewood Assembly of God located at 803 Edgewood Road invites the community to attend Good Friday service 7 p.m. with music and remembering Jesus' loving sacrifice through communion. Admission is free and all are welcome. For more information, call 410-676-4455, 9 a.m. to 3 p.m., Monday through Friday.

EASTER CANTATA

The Edgewood Baptist Church Choir will perform "Believe," a Musical for Easter, 7 p.m., at Edgewood Baptist Church, located on 422 Edgewood Road, Edgewood. The concert is free. For more information, call 410-676-5838.

SATURDAY

APRIL 15

AQUATIC INSECTS: BIOMONITORS OF GLOBAL WARMING?

Join APG entomologists for an educational journey into the little known life of aquatic insects. Learn to identify insect orders and investigate their form and function. The program is free for ages 12 through adult. It is from 9 a.m. to noon. Reservations are required. For information, directions or to make a reservation, call 410-612-1688 or 410-879-2000, extension 1688.

EASTER EGG HUNT

Edgewood Assembly of God located at 803 Edgewood Road invites the community to attend an Easter egg hunt 10 a.m. to 1 p.m. For more information, call 410-676-4455, 9 a.m. to 3 p.m., Monday through Friday.

ALL TIED UP

Have fun with cordage as we try some basic knot tying. Scouts may find this useful. The program is free for ages 8 through adult. It is from 3 to 4 p.m. Reservations are required. For information, directions to the Anita C. Leight Estuary Center or to make a reservation, call 410-612-1688 or 410-879-2000, extension 1688.

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. Tickets cost \$10 per per-

son for all paper cards. Food, beverage and baked goods 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.

SUNDAY

April 16

EASTER SUNRISE SERVICE

The Edgewood Baptist Church, located on 422 Edgewood Road, Edgewood, will hold Easter Morning Sunrise service 6:30 a.m. A continental breakfast will be served following the service. For more information, call 410-676-5838.

HOLY EUCHARIST SERVICES

The Church of the Holy Trinity located at 2929 Level Road, Churchville, will hold Holy Eucharist services at 8 a.m. and 10 a.m. Nursery services will be available. Sunday School will meet in the Parish House next door at 9:45 a.m. Children can join the service in time for Holy Communion. Everyone is invited to join the church in the Parish Hall after the 10 a.m. service for fellowship and refreshments. There will be an Easter egg hunt for the children.

EASTER SERVICES

Edgewood Assembly of God located at 803 Edgewood Road invites the community to worship during one of its Easter celebration services 8 a.m. and 10:30 a.m. with Sunday School at 9:30 a.m. No evening service. For more information, call 410-676-4455, 9 a.m. to 3 p.m., Monday through Friday.

MONDAY

APRIL 17

SPECIAL MEETING OF GUNPOWDER TOASTMASTERS

Gunpowder Toastmasters Club 2562 will hold a special meeting honoring long time

member Theo Berenthien on the groups' regular meeting date, 11 a.m. to 1 p.m. The meeting, which is open to anyone interested in Toastmasters, will be held in building E-3330/E-3331 at the Edgewood Area of Aberdeen Proving Ground. The club offers an opportunity for anyone to improve communications, leadership and to learn how to speak in public. A pot luck lunch will be available. For more information and directions, call Len Kolodny, 410-734-6574.

WEDNESDAY

APRIL 19

CCASA AND SOLE HOLD JOINT MEETING

The Chesapeake Chapter of the American Statistical Association and the International Society of Logistics will hold a joint meeting, 11:30 a.m., at the Maryland Ballroom, Battelle Eastern Science and Technology Center, 1204 Technology Drive at the Heat Park, Aberdeen. The guest speaker will be Brian Hall from the U.S. Army Materiel Systems Analysis Activity who will present a new reliability growth model that projects the reliability improvement of a complex system receiving corrective actions to surface failure modes found during test. Attendees may bring their own brown-bag lunch or for a nominal cost, have a pizza lunch. For more information, call Geoff Sauerborn, 410-278-9076.

SATURDAY

APRIL 22

SEVENTH ANNUAL SUSQUEHANNA RIVERSWEEP

The Lower Susquehanna Heritage Greenway will sponsor its 7th Riversweep, Annual Earth Day Shoreline Clean-up, rain or shine, 10 a.m. to 1 p.m. during low tide. Volunteers will meet in any one of three locations: the Community Park in Perryville, Marina Park in

Port Deposit and Tydings Park Gazebo in Havre de Grace. Participants are urged to wear old clothes and bring gloves. Riversweep draws individuals, families and youth groups together for a day of hard work and fun. Free lunch and T-shirts will be provided to participants who register in advance. For more information or to register, call 410-457-2482, or visit www.hitourtrails.com.

(Editors Note: More calendar events can be seen at www.apgnews.apg.army.mil under Cmty. Notes.)



Morale, Welfare & Recreation

Activities

For more information on Army Community Service activities, call 410-278-7474 or visit building 2754.

Parent Information Exchange

This program is for Exceptional Family Members and is held 6 to 7 p.m. the second Tuesday every month. This support group is designed to assist military families who have family members with special needs. Improving a member's ability to cope and discuss community resources is the goal. Free child care is available, but call in advance if needed.

Play Mornings

This weekly play group for parents and children under 6-years-old meets 9:30 to 11 a.m., Monday and Wednesday. Have fun and meet other parents while children socially interact with each other. This is an ongoing program and play groups are held in the APG Chapel, room 5.

For information on any

SKIESUnlimited program or if interested in teaching classes, contact Sarah Behl, 410-278-4589. To register for classes, contact Central Registration, building 2752, 410-278-7571/7479.

One-on-one math tutoring

A variety of math tutoring sessions will be given each Tuesday through the end of the school year--everything from 6th grade math to pre-calculus. Sessions are scheduled on a monthly basis. Sign up for a four-week session with a certified teacher who has more than 22 years of experience. Space is limited.

Driver's education

Driver's education classes are being taught on both Aberdeen and Edgewood for students 15 through 18 years of age. Class includes 30 hours of classroom instruction and six hours in-car instructions. Student must have a learners permit. Parents, guardians or mentors must attend the first

class with the student.

For information on these or any other classes, contact Charles Heinsohn, 410-278-3868. To sign up for the class, visit MWR Registration in building 3326, call 410-278-4011/4907, e-mail at mwr_registration@apg.army.mil or visit Web site, www.apgmwr.com.

Powder puff class

Find out how to change the oil, rotate tires, check fluids and more at this hands-on vehicle maintenance class at the Auto Craft Shop, building 2379, 5 p.m., April 20. Participants must be 16 years old or older. For more information, call Ed Dela Cruz, 410-278-5178.

Horseshoeing

The art of shoeing a horse will be taught 6 p.m., April 20, at the APG Riding Stables. All the fundamentals of trimming, shoeing, molding, foot care and more will be covered. Learn one of the skills required of a genuine blacksmith from a professional in the trade.

'Spring Blast' racquetball tournament

There will be a Round Robin Singles Racquetball Competition 6 p.m., April 27, at the Aberdeen Athletic Center. Trophies will be presented to the top three competitors in each division based on win/loss percentage. Participants may enter only one event.

Carpentry for the novice

Receive hands-on instruction in the art of carpentry from a licensed carpenter and contractor 6 p.m., Thursdays, beginning May 4 at Woodshop Arts and Craft in Edgewood. Classes will teach the skills necessary to become proficient in wood working procedures.

For information on these or any other division of sports and fitness, contact Ralph Cuomo, 410-278-2812.

All-Army Sports

Soldier-athletes can now apply to participate in All-Army Sports via the Internet. Any qualified participant with Internet access and an Army Knowledge Online account can apply for the program by visiting <https://armysports.cfsc.army.mil>. The Web site provides detailed information about the program, competition calendar, selection criteria and points of contact in the

Business Operations Division reservations can be made by calling 410-278-

SCHOOL LIAISON

Registering for Pre-k/k

Roye-Williams Elementary School will hold its annual pre-kindergarten/kindergarten registration for the 2006 to 2007 school year, 9 a.m. to 2 p.m., May 5.

Parents are reminded that Roye-Williams has a full-day kindergarten.

Kindergarten registration packets may be picked up at the school and returned on registration day for children who will be five years of age as of Sept. 1, 2006.

Pre-k registration packets may be picked up after 9 a.m. on May 5 for children who will be four years of age as of Sept. 1, 2006.

When application forms are received, they will be checked for completeness and stamped with the date/time they were received. Parents who register their child for pre-kindergarten prior to June 10 will be notified prior to June 30 of their child's acceptance or non-acceptance into the program.

Parents are requested to bring their child's birth certificate or verification of birth, Social Security card and all immunization records.

The school also requires proof of residency, which can be in the form of a rental lease or utility bill (dated within the last two months prior to registration), which contains the parents' name and address.

Parents must also bring a copy of their 2004 Federal Income Tax Return.

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 are a few of the new titles available at the APG MWR Library:

The Great Transformation: the beginning of our religious traditions, by Karen Armstrong
Mommy Wars: stay-at-home and career moms face off on their choices, their lives, their families, edited by Leslie Steiner

The Automatic Millionaire Homeowner: a powerful plan to finish rich in Real Estate, by David Bach

Till Death Do Us Part: love, marriage, and the mind of the killer spouse, by Robi Ludwig

While They're at War: the true story of American families on the homefront, by Kristin Henderson

American Theocracy: the peril and politics of radical religion, oil, and borrowed money in the 21st Century, by Kevin Phillips

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.

ARMY CONCERT TOUR
 FEATURING
LYNYRD SKYNYRD
3 DOORS DOWN
 And special guest
June 24, 2006
7 p.m.
Aberdeen Proving Ground - Shine Sports Field

3062 /2552/5195, Monday through Friday, 8 a.m. to 4:30 p.m.

Easter Brunch

Enjoy an Easter Brunch at Top of the Bay on April 16. There will be a breakfast and a lunch buffet including many favorites. Reserve by April 13.

Golf

For more information on this or any other event at the Golf Course, contact Ruggles Golf Course, building 5600, 410-278-4794.

Opening day tournament

Ruggles Golf Course opening day tournament will be held April 29 with a 9 a.m. shotgun start due to the rainout on April 8.

Patrons may enter as a team or individually to the Captain's Choice Format. The entry fee ranges from \$20 to \$48 and includes greens fee, cart and range balls prior to event, food, beverage and prizes.

Register by April 26 at Ruggles Pro Shop, building 5600, 410-278-4794.

Exton Opening Day Tournament

Exton's Opening Day Tournament will be held April

22 with an 8 a.m. shotgun start in a Captain's Choice Format.

Cost is \$15 for members and \$30 for all others. Cost includes greens fee, cart, range balls prior to start of event, food and beverage and prizes.

Patrons may enter as a team or individually.

Register through April 21 at the Exton Golf Course Pro Shop, building E-1200 block, 410-436-2213, or Ruggles Golf Course Pro Shop, building 5600 block, 410-278-4794.

Link Up 2 Golf

Link up 2 Golf is back and will be held at Ruggles and Exton Golf courses. The program is designed to welcome new and returning golfers to the game.

At Ruggles Golf Course, five consecutive classes will begin May 2, 5:30 to 7:30 on Tuesdays and May 6, 1 to 3 p.m. on Saturdays. At Exton Golf Course, class begins May 3, 5 to 7:30 p.m. on Wednesdays.

Cost is \$99 for E1 through E5, \$119 for authorized players and \$139 for the public. Fee includes seven hours of instruction time, three hours on-course, free use of rental clubs, range balls and additional range tokens during sessions.

For more information or to sign-up, call Ruggles Golf

Course at 410-278-4794, or Exton Golf Course, 410-436-2213, or call Dave Correll, 410-278-4794.

MWR Registration, Tick-ets and Leisure Travel is located in building 3326. They may be contacted at 410-278-4011/4907, by e-mail at mwr_registration@apg.army.mil or on the Web site, www.apgmwr.com.

Tickets to Baltimore Orioles baseball games

The Baltimore Orioles are back and are ready for a great season. There are a limited number of tickets available for Baltimore vs. Seattle on April 28. The tickets cost \$48 each.

'Three Days of Rain'

April 23 is the last day to order tickets for "Three Days of Rain", starring Julia Roberts. The show is at 2 p.m., May 27 at Bernard Jacobs in New York City. Three Days of Rain centers on Walker, Nan and Pip, childhood friends who all meet in New York to divide the legacy of their late fathers. Tickets range from \$72.75 to \$116.75.

Cape May Victorian era tour

Take a glimpse into the lifestyles of the rich and famous Sunday, April 30 with a tour of the lavishly restored 1879 Physick Estate and three artfully restored Victorian inns. A tour guide will point out highlights of the gingerbread trimmed architecture along the Trolley Tour Historic District. Tour will leave around 7 a.m. Space is limited. Cost is \$88 and includes transportation, tour and lunch.

Shop till you drop

Enjoy the day in New York City May 13. There is no set agenda--spend the day seeing a show, shopping, site seeing or anything else.

The bus will leave at approximately 8:15 a.m. and return around 10 p.m. The cost is \$39 and space is limited. Reserve space early.



Your health is KUSAHC's goal



Commentary: Chocoholics rejoice!

Story by
**2ND LT. KATEY
SCHRUMM**
WRAMC

Chocolate is one of those "forbidden foods," right? It rots your teeth, ruins your dinner, makes your skin break out and of course, causes you to gain that "spare tire" around the middle.

These myths have ruined the name of chocolate, having us believe it is something we should only eat on special occasions or if we're "good." But what if I told you that it would be "good" for you to eat chocolate more often? Interested? Keep reading.

Hello, my name is Kate and I'm a chocoholic. I may be a health conscious runner and nutrition student, but I would gladly eat chocolate for breakfast.

Okay, so maybe Chocoholics Anonymous isn't a real thing, but maybe some of us wish it was. Our cravings have us dreaming of this sweet fix.

I have always loved chocolate, so when recent nutrition research suggested it has some health benefits, I was thrilled.

We all know that aging is a part of life. With aging comes many changes to our bodies and minds. These changes place us at increased risk for a variety of chronic diseases such as heart disease and cancer. Although our family history may contribute to these diseases, lifestyle also plays a big part. The foods you eat, the exercise you do (or don't do), and other behaviors such as smoking and drinking greatly affect your health.

In recent years, scientists found that several foods contain substances called "antioxidants" that help the body fight diseases. Antioxidants are found in fruits, vegetables, tea, wine, nuts and many other foods. They work by stopping the activity of chemical compounds called "free radicals."

Free radicals damage cells and are thought to cause cancer and heart disease. Unfortunately, they are always

in the body because of normal body processes and environmental factors.

Consuming foods high in antioxidants can help prevent some of this damage, avoid chronic diseases and slow aging.

So where does chocolate fit in this picture? Chocolate contains cocoa powder which is packed with flavonols, a type of antioxidant. The higher the cocoa content of the chocolate, the more flavonols it contains and therefore the healthier it is.

However, as with many foods, all chocolate is not created equal. Only dark chocolate has enough antioxidants to be considered beneficial because it contains a higher amount of cocoa.

Milk, white and other types of chocolate, while very tasty, are not your best bet for disease prevention.

What exactly is dark chocolate supposed to do for you? A study done at the University of Cologne, Germany, showed a connection between dark chocolate intake and blood pressure. The researchers found that a group of people who added 100 grams of a dark chocolate bar (containing 500 mg of the polyphenol antioxidants) to their diets showed a decrease in blood pressure while the group that added a 90 gram white chocolate bar without the polyphenols saw no change.

High blood pressure places you at risk for many diseases like heart disease and stroke.

A second study at the University of California showed that dark chocolate may have a role in heart disease prevention. Flavonols in particular were related to more efficient functioning of the cardiovascular system. They are believed to have the same anti-blood clotting effect as aspirin, which decreases the risk of heart attack and stroke.

Is chocolate better than other sources of antioxidants? Yes and no. According to research done by Chang Yong



Lee, cocoa has twice the amount of antioxidants as found in red wine and two to three times of that found in green tea.

Dark chocolate has more antioxidants per serving, however, foods like colorful fruits and vegetables will provide fiber, many other nutrients and less fat, saturated fat and calories than cocoa and foods containing it.

So where is this wonderful food? Everywhere. Companies have caught on quickly and made dark chocolate available in a variety of forms including chips (for baking), candy (bars and bite-sized) and cocoa.

A good choice would be to mix the dark chocolate cocoa powder with skim milk, vanilla flavoring and some type of sweetener and heat it in the microwave. You'll get all the benefits of the antioxidants without the fat, saturated fat and cholesterol of processed dark chocolates and ready

made cocoas.

An important point to remember is to eat everything in moderation. In addition to antioxidants, dark chocolate contains other not-so-healthy things like saturated fat and cholesterol. These can increase your risk for heart disease and obesity. However, eating small amounts of dark chocolate will allow you to get the benefits of the antioxidants without too much of the unhealthy things.

I hope I have somewhat cleared the name of this oh-so-yummy food. Remember, I'm not suggesting chocolate as a meal or to replace any healthy foods in your diet with chocolate, but consider trying a small amount of dark chocolate in place of a different kind of sweet or treat.

(Editor's note: Reprinted with permission from Stripe editor Bernard Little. 2nd Lt. Katey Schrumm is a dietetic intern at Walter Reed Army Medical Center.)

Tick season approaches

KUSAHC/DIO

Ticks are blood sucking insects which can transmit a variety of diseases to humans, especially Lyme's disease. Ticks are active in Maryland from March through November.

Ticks may be picked up by people and pets walking through grassy and wooded areas and will attach themselves to the skin.

Preventing tick bites

Safety measures that can be taken to lessen the likelihood of getting bit include walking on cleared trails or paths; wearing long sleeves, pants, and a hat when in grassy or wooded areas; tucking pants legs into socks; and wearing insect repellants. Those containing DEET may be applied directly to the skin, while those containing permethrin should only be applied to clothing. Regularly inspect clothing and body for ticks.

Removing a tick safely

If a tick is found on the body, remove it as soon as possible. The longer a tick is attached the greater the chance of disease transmission.

Grasp the tick firmly with tweezers as close to the skin as possible to ensure that the head and mouth parts are removed. Pull back slowly but firmly in the reverse direction that the mouth parts are inserted. Be patient when pulling.

Do not attempt to remove the tick through burning, petroleum jelly, finger nail polish, repellants or pesticides. These materials are ineffective and may cause the tick to spray infected fluid into the bite.

Following removal of the tick, wash the wound with soap and water and apply an antiseptic.

If possible, save the tick in a jar, vial, or small plastic bag for identification.

Examine the wound closely for the next several days and note any changes in appearance. If symptoms such as a red rash appear, consult a physician.

For more information, contact the Environmental Health Section of Kirk U.S. Army Health Clinic, 410-278-1964/1773/1769/1956, or Abduhl Sheikh, entomologist with the Directorate of Installation Operations, 410-27-3303.



Courtesy of

[HTTP://HEM.PASSAGEN.SE/BIRCHS/IMAGES/TICK.HTML](http://HEM.PASSAGEN.SE/BIRCHS/IMAGES/TICK.HTML)

Support

From front page

America still cares."

"The most important thing we can do is let families know that the nation cares," Don Woodrick, the group's Kentucky captain, told reporters following a recent memorial service at Fort Campbell, Ky. "When a total stranger gets on a motorcycle in the middle of winter and drives 300 miles to hold a flag, that makes a powerful statement," Woodrick said.

"Some members of our organization are pro-war and some are completely, completely against the war," Mayer added. "What we have in common is an unwavering respect for the fallen and the sacrifice they have made."

"The group is made up mostly of motorcyclists who have served in the military, but it's not a requirement," he said. "It doesn't matter where you're from or what your income is. You don't even have to ride. The only prerequisite is respect."

Mayer said the group has received "very, very, very positive" responses from the families of individuals whose funerals it has attended.

"Without exception, there's a very heartfelt response," he said.

The organization's Web site has a feature titled "We Get Letters," which contains, among other testimonials, expressions of gratitude from the families of fallen service members.

The family of Marine Lance Cpl. Adam VanAlstine, who was killed in February by an improvised explosive device in Ramadi, Iraq, expressed deep appreciation for the group's participation in his memorial service earlier this month in Superior, Wis.

"What an amazing relief and comfort you provided to our grieving family and friends—not to mention providing the coolest and most honorable way to enter a service that any of us had ever seen," the family wrote following the service. "Your service to us was a real blessing. Please know that your show of love and support was felt by all. We were so proud to have you with us that day. Thank you for your honor and respect of our fallen hero."

The family of Army Pfc. Peter Wagler, killed in January by an improvised explosive device in Baghdad, expressed a similar sentiment. "I have never seen such a display of flags as we encountered when leaving the church," one family member wrote. "I have a video in my head of the 'tunnel of flags,' but really wish I had an actual video of it. Many people have told me how meaningful the flags were to them; many shed tears as they drove through the tunnel."

"As for your protecting us from the demonstrators," he wrote, "I looked for them, but could not see them. I never did see them."

Wagler loved motorcycles and planned to buy one after returning from Iraq, the family member wrote.

"He won't get to do that, but he would have loved the tremendous display you put on. Our



Photo courtesy of WWW.PATRIOTGUARD.ORG/PHOTOS/LISTPICS.ASP
Members of the Patriot Guard Riders out of Kansas form a perimeter line around the funeral of Cpl. Peter Wagler Hutchinson to shield the family members from possible intrusion by anti-war protestors.

family feels inadequate in expressing our thanks, but please know that we deeply appreciate what you did for us."

George Martin, an Aberdeen Proving Ground employee and retired Army sergeant first class, is also a member of the Patriot Guard Riders. Martin uses his vacation hours to participate in local ceremonies, most recently at a funeral in Westminster on March 10, which drew more than 80 riders.

"We attend whether there are planned demonstrations or not," Martin said, "but only at the

request of or with permission from the family."

Martin urges everyone to visit the Patriot Guard Riders Web site and read some of the comments in the forum posted by family members.

"Many are heart wrenching," Martin said. "I can only urge anyone who rides to check out the Web site and join in. You will be hard pressed to find a more worthwhile cause."

For more information about the Patriot Guard Riders or to join the group, visit Web site <http://www.patriotguard.org/>. Membership is free.

Taxes

From front page

members on active duty outside the United States and Puerto Rico.

Service members serving in a combat zone or in a contingency operation (or are hospitalized as a result of an injury received while serving in such an area or operation), have at least 180 days after leaving the zone or operation to file and pay.

Filing an extension

Taxpayers who cannot meet the applicable filing deadline

should file an extension. Returns are considered filed on time if the envelope is properly addressed and post-marked on the last day of the filing season.

An extension of time to file is not an extension of time to pay. Taxpayers will owe interest on any past due tax and may be subject to a late payment penalty if payment is not made on time. Taxpayers who want an automatic 6-month extension should file an IRS Form 4868, Application for Automatic Extension of Time to File U.S. Individual Tax Return.

One deadline that taxpayers cannot extend is the date to

claim a refund for Tax Year 2002 in cases where they have not filed a 2002 tax return. Taxpayer must mail such late returns by the last day of the 2005 tax filing season. Taxpayers who want an extension of time to file state income tax returns should consult the appropriate state representative to determine extension requirements.

Amending a tax return

Taxpayers who receive a corrected Form W-2 with Block 1 "wages" or Block 2 "tax withheld" information changed, or who discover other information that would require a change to a previous-

ly filed tax return, must file an amended tax return on IRS Form 1040X, Amended U.S. Individual Income Tax Return. IRS Form 1040X and instructions, as well as IRS Form 4868 and instructions, are available on the IRS Web site, www.irs.gov, or by calling 1-800-TAX-FORM (1-800-829-3676). Taxpayers should consult their original 2005 tax return before attempting to amend it. Misplaced or lost tax returns can be obtained by calling 1-800-829-1040 or by completing and mailing Form 4506-T, Request for Transcript of Tax Return. Taxpayers can file an amended return within

three years of the original filing date. This includes any filing extensions. To get this three-year grace period, however, taxpayers must have paid all their tax due with the return in question. If they did not pay in full, then they only have two years.

Changing IRS Form W-4

Wage earning taxpayers who receive substantial refunds, or who pay an income tax penalty for failure to withhold the appropriate amount of income tax should consider amending their IRS Form W-4, Employee's Withholding Allowance Certificate.

All employees must com-

plete the W-4, so an employer will know how much income tax to withhold from an employee's wages.

The IRS has developed an application that assists employees trying to complete IRS Form W-4. Using the on-line calculator located on the IRS Web site, www.irs.gov, ensures that employees do not have too much or too little income tax withheld from their paychecks.

Taxpayers with complicated tax situations should not use the IRS Calculator. Instead, they should read IRS Publication 919, How do I adjust my Tax Withholding.

Senior Soldier pulls his weight on the ground in Iraq



ILLUSTRATION BY NICK PENTZ

While deployed to Iraq in June 2005, the mission of Col. William N. Bernhard, M.D., Department of Defense flight surgeon on staff at Kirk U.S. Army Health Clinic, was to perform medical missions at Forward Operations Base Lima west of Baghdad, top, and on the Euphrates River, right; and dental missions at FOB Dogwood with Lt. Col Jeff Lunday, dentist, and Staff Sgt. 'Nick' Nichols, dental technician, left.

Story by
YVONNE JOHNSON
APG News

Surrounded by Soldiers less than half his age, a senior Maryland Army National Guard Soldier continues to serve the nation in uniform at an age when most of his peers are enjoying their retirement.

Col. William N. Bernhard, M.D., may be the oldest Soldier to have served in Iraq after a voluntary recall from retired ranks to join the Army Surgeon General's "90-days-Boots-on-the-Ground" program for physicians. At age 75, he just passed his Flight Duty Medical Exam.

"I may be the oldest flight surgeon still on duty," Bernhard said.

Bernhard is a Department of Defense contract flight surgeon on staff at Kirk U.S. Army Health Clinic. He spends three days a week administering flight physicals at the MDARNG health clinic located in the Edgewood Lauderick Creek training site.

He retired from the MDARNG in 1998 and volunteered to be recalled on March 30, 2005, after learning through the National Guard Bureau that there were not enough physicians to meet the National Guard's commitment to the War on Terror.

On May 9, 2005, his retiree recall was approved and in June he deployed with the 106th Combat Support Battalion, Mississippi Army National Guard with a June to October commitment in Iraq.

"I didn't go in my specialty of anesthesia," Bernhard said, noting that he was assigned as a Brigade Surgeon at Forward Operating Base Kalsu, a Marine Corps base about 35 miles southwest of Baghdad.

"I jumped at the chance to go," he said. "I got to train medics, I got to teach medicine and I got to take care of Soldiers."

Also the brigade surgeon for five other battalion aid stations, Bernhard said he moved around

constantly based on the command's needs.

At Kalsu, he came under the 2nd Marine Expeditionary Force, Multi-National Coalition Iraq. He ran the Triage Trauma center in addition to the battalion aid station which was staffed by medical personnel from the 2/11th Armored Cavalry Regiment from Fort Irwin, Calif. Bernhard volunteered to stay an extra six weeks serving as a field surgeon in the same region.

"I was in good physical shape and I knew I was up to it," he said. "I had to be because you



Photos courtesy of COL. WILLIAM N. BERNHARD, M.D. After volunteering for the Army Surgeon General's 90-days-boots-on-the-ground program, Maryland Army National Guard Col. William N. Bernhard, a flight surgeon on staff with Kirk U.S. Army Health Clinic, is probably the oldest Soldier to have served in Iraq. Bernhard poses outside the 2/22 Armored Cavalry Regiment Battalion Aid Station at FOB Kalsu.

had to wear 40 pounds of body armor in 120 to 140 degree heat."

Bernhard celebrated his 75th birthday Nov. 13, 2005, on the ground in Iraq. The troops threw a huge party for him. He said that he appreciated the gesture but he valued the role he was serving even more.

"The 2/11th ACR had 40 Purple Hearts and 15 killed-in-action during my time there," he

said. "I was able to contribute not only in trauma and sick call but also in aviation medicine."

With extensive backgrounds in shock trauma and as a master flight surgeon Bernhard said he plans to continue to contribute.

"I feel good about what we did and what we accomplished," he said, noting that three out of the six doctors who deployed with him also were recalled out of retired status. "As long as I can contribute I'm going to support where and when I can," he said.

Bernhard returned to the states Dec. 23, 2005. He is set to re-deploy, this time to Afghanistan in June for a minimum 120-day commitment.

In addition to his military accomplishments, Bernhard continues to help Soldiers as a civilian. He currently has two inventions pending clearance by the Food and Drug Administration. One is a Noise Immune Stethoscope, produced in collaboration with the U.S. Army Aeromedical Research Laboratory at Fort Rucker, Ala. The hand-held device will enable physicians to monitor heart and breathing sounds in the presence of helicopter and fixed wing aircraft as well as in ambulances where noise levels can render standard stethoscopes useless.

His other invention is a Brain Acoustic Monitor, a portable triage system used to evaluate suspected traumatic brain injury, currently being tested by Maryland Emergency Medical Services and in the RA Cowley Shock Trauma Center units.

Bernhard's commitment to the military has not gone unnoticed. He has received praise and laudatory comments from the Army's top brass, including Gen. Peter J. Schoomaker, Army Chief of Staff and Maj. Gen. Bruce F. Tuxill, Maryland Adjutant General, MDARNG.



Taking the Alcohol Awareness Quiz

ASAP

The Army Substance Abuse Program continues to provide up to date and important alcohol use and abuse information to ensure that community members have the best information to help them make the best choices. The questionnaire below is another awareness tool.

Do you have alcohol use concerns about a family member or friend?

How can you recognize signs of an alcohol problem in someone you care about?

Check all that apply:

- Guilt about drinking
- Drink to calm nerves, forget worries or boost a sad mood
- Unsuccessful attempts to cut down/stop drinking
- Lie about or hide drinking habits
- Cause harm to oneself or someone else as a result of drinking
- Need to drink increasingly greater amounts in order to achieve desired effect
- Feel irritable, resentful, or unreasonable when not drinking
- Medical, social, family, or financial problems caused by drinking
- Spend a great deal of time getting alcohol, or drinking alcohol
- Drink in risky situations such as before driving or engaging in unwanted/unprotected sex

Interpreting quiz answers

If any of the questions above are checked, consider talking with a health care professional or contacting the Army Substance Abuse Program, Employee Assistance Program Manager, William Sanchious, 410-278-5319 for assistance.

What to do if a friend or family member may have an alcohol problem

- Let the friend or family member know that risky drinking can lead to more severe



alcohol problems including alcohol dependence (alcoholism), as well as injuries and unwanted/unprotected sex.

- Seek out resources in the local community such as AA, Al-Anon, and Alateen, as well as mental health clinics, therapists, clergy, doctors, and social workers who are knowledgeable about alcohol prob-

lems. Don't let pride or fear block efforts to get help.

- Use available resources. Encourage the friend or family member to get help, but remember the only person who can change is the drinker. Don't hesitate to use the resources to help the drinker.

- Don't make excuses for the drinker. Family members often try to protect a loved one from the consequences of his or her drinking by making excuses to others. Making excuses allows loved one to avoid changing for the better.

- Choose a good time to talk with the drinker, such as shortly after an alcohol-related problem has occurred. Choose a time when he or she is sober, when both parties are calm and it can be done privately.

- Be specific. Tell the friend or family member about concerns about his or her drinking and be supportive in getting help. Back up concerns with examples of the ways in which his or her drinking has caused problems for those involved, including the most recent incident.

- Seek out the people and resources that can be supportive. Keep in mind that help is available. There is hope and practical help available.

For information, educational materials, or prevention education training or classes contact Cynthia Scott, prevention coordinator, at the Army Substance Abuse Program, 410-278-3784, Cynthia.Scott@apg.army.mil, or stop by building 2477 and speak with an ASAP staff member.

(Editor's note: Quiz is adapted from Greenfield, S. Educational Lecture for National Alcohol Screening Day. 1999. Updated by Richard Saitz, MD, MPH.)