

POST SHORTS

Recycling schedule



The residential and recycling pickup schedule for Feb. 1, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

RAB meeting scheduled Jan. 26

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Jan. 26, at the Edgewood Senior Center on Gateway Dive. The topic will be an update on the Carroll Island and Graces Quarters Study Areas.

Board meetings are open to the public; all APG employees and citizens are invited.

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

Warrant Officer recruiters to visit

The Warrant Officer Recruiting Team from Headquarters, U.S. Army Recruiting Command, Fort Knox, Ky., are scheduled to visit APG to give briefings on qualifications and application procedures to applicants interested in becoming U.S. Army Warrant Officers 9:30 a.m. and 1:30 p.m., Jan. 27, at the Soldier Support Center, building 4305, room 243A.

For more information, call Master Sgt. Elijah Mobley, installation career counselor, 410-652-6483.

Christmas tree pickup

The Directorate of Installation Operations Conservation Branch will be picking up Christmas trees in the housing areas today and tomorrow. Residents are asked to place their trees on the curbside for pickup.

For more information, call Bob Weaver, 410-278-5005 or Ken Berry, 410-278-4085.

National Prayer Luncheon

The annual National Prayer Luncheon will be held 11:30 a.m. to 1 p.m., Feb. 9, at Top of the Bay. Guest speaker will be Maj. Gen. Vincent E. Boles, chief of Ordnance and Commanding General, U.S. Army Ordnance Center and Schools. Tickets cost \$10 each and are available from unit command sergeants major. Menu includes baked chicken, beef a la bur-

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Feature: Little pilot has big ambitions

APG names Police Officer of the Year

Story by

REBECCA CHISHOLM
APG News

A two-year member of the APG Police Force was named Officer of the Year in a ceremony Jan. 19 at the APG Emergency Services Building.

Officer Eric Ouimette received a certificate and Commander's Coin from Garrison Commander Col. John T. Wright; a two day time off award and a directorate coin from Robert Krauer, director of Law Enforcement and Security, and a plaque from Maj. Joseph J. Darabasz chief, Police Services, which was a gift from all of the supervisors of the Police Department.

As an exemplary police officer, Wright said, Ouimette's work reflects on the entire department's professionalism and excellence.

Thanking him for a job well done, Krauer, who knew Ouimette before he was an officer here, called Ouimette a kind of "go-to" officer, someone who could always be counted on in a pinch.

"Policing is not only a job, it's a way of life," said Darabasz, who also echoed



Officer Eric Ouimette, right, is presented a plaque naming him Police Officer of the Year by Garrison Commander Col. John T. Wright in a ceremony at the Emergency Services building Jan. 19.

Krauer's words. "Every supervisor has someone that he considers to be the 'go-to' guy. When there comes a time that

you have to call the best to get a job done, Officer Ouimette is one of those guys.

"It is in my opinion that we

have the best law enforcement agency in the Department of Defense," he added.

As a DoD Police Officer on

post, Ouimette has seen his share of interesting cases. A participant in the pursuit of a

See POLICE, page 10

MRICD begins 2006 with new commander

Story by

CINDY A. KRONMAN
MRICD

The U.S. Army Medical Research Institute of Chemical Defense began 2006 by saying farewell to Col. Gennady E. Platoff and welcoming Col. Brian J. Lukey.

The change of command ceremony, presided over by Brig. Gen. Eric Schoomaker, commander of the U.S. Army Medical Research and Materiel Command, took place Jan. 5 at the Maryland Army National Guard Armory on Aberdeen Proving Ground.

The traditional ceremony included the 389th Army Band (AMC's Own), and among the many distinguished guests were five former MRICD commanders now retired: Brig. Gen. Michael Dunn, Col. Ernest Takafuji, Col. Gary Hurst, Col. James Little, and Col. James Romano, currently the deputy commander of MRMC.

In his remarks, Schoomaker addressed the importance of MRICD's mission to develop effective medical countermeasures to chemical warfare agents. The development of effective countermeasures, he said, is the best deterrent for the use of such weapons, rendering them "ineffective,

cumbersome and self-destructive."

"Colonel 'Genn' Platoff has been one of the most stalwart combatants in this long struggle against chemical weapons," Schoomaker said. "His long and distinguished career...is one tailored to command this laboratory, which he has done magnificently for the past two and a half years.

"Genn's command of 'ICD' is the crowning achievement of a professional life devoted to the efforts I have described. He is a national treasure and we—as fellow Soldiers and as citizens of the country—are extremely fortunate to have had him in our ranks and among our leaders," Schoomaker said. "Genn, thank you and your wife, Ann, and family for their years of service to this command and the Army."

Platoff, who retires Jan. 31 after 30 years of service, assumed command of MRICD in August 2003, and prior to that he served as the institute's deputy commander.

After the ceremony, Schoomaker presented Platoff with an interim Meritorious Service Medal; Platoff's wife, Ann, received the Commander's Award for Public Service.

See MRICD, page 3



Photo by STEPHANIE FROBERG Incoming U.S. Army Medical Research Institute of Chemical Defense Commander Col. Brian Lukey, left, accepts the unit flag from Brig. Gen. Eric Schoomaker, commander of the U.S. Army Medical Research and Materiel Command Jan. 5.

APG contract employees indicted for making false statements to the Army

U.S. Attorney's Office, District of Maryland and GAPG Public Affairs Office

A federal grand jury has indicted Robert Lee Shewell, age 59, Joppatowne, and Joseph Edward Ambrozewicz Jr., age 50, Bel Air, for conspiring to falsely describe to the Army a Jan. 14, 2001, spill of untreated, influent ground water at a ground water treatment facility at an Aberdeen Proving Ground Superfund site as a spill of treated, effluent water.

Old O-Field Groundwater Treatment Facility is a Superfund site of approximately 4.5 acres located at APG in which the Army years ago disposed of chemical warfare agents, munitions, contaminated equipment and other hazardous waste.

Ground water at the site is contaminated by the hazardous waste. Because of the proximity of the site to the Gunpowder River and the Chesapeake Bay, contaminated water would leach from the site into the Bay. In the mid-1990s the Army built the ground water treatment facility. Contaminated ground water is pumped from extraction wells to the treatment facility where it is treated. Clean water is stored and later

discharged into the Gunpowder River.

According to the five-count indictment, Shewell and Ambrozewicz, who were the plant superintendent and plant engineer, respectively, at the Old O-Field Groundwater Treatment Facility, arrived at the facility on Jan. 14, 2001, in response to a security guard finding water pouring over the edge of a containment pit at the facility and flowing down the road and into the marsh adjoining the Gunpowder River. At the time of the spill, the defendants were employed by Maryland Environmental Service which contracted with the Army to operate the facility. The indictment alleges that when Ambrozewicz and Shewell learned on Jan. 14 that the spill was of influent, untreated water, they conspired to cover up that fact and instead, informed the Army that the spill was of effluent, treated water.

The indictment alleges that the men: made false entries in a daily journal which the Army required the facility to maintain; replaced an unbroken valve on a tank storing treated water so they could claim that the valve had been broken and was the source of the leak and falsified records to alter the

levels of stored effluent water.

The defendants face a maximum sentence on each count of the indictment of five years imprisonment, and/or a \$250,000 criminal fine. The defendants will be scheduled for an initial appearance and arraignment.

An indictment is not a finding of guilt. An individual charged by indictment is presumed innocent unless and until proven guilty at some later criminal proceedings.

Tim McNamara, APG Garrison Director of Safety, Health and Environment, said that based on the amount of influent purportedly spilled there was no apparent long term environmental insult.

"According to information available it appears that Army representatives did the right thing when they learned of the allegations and have cooperated throughout the investigation," he said.

"It is important to remember," he added, "that regardless of the outcome of this incident, it is our policy and practice to be truthful about incidents such as spills and report them as soon and as thoroughly as possible. We all need to consider ourselves as environmental stewards."

Tax Center marks start of 2006 season

Story by

YVONNE JOHNSON
APG News

The Office of the Staff Judge Advocate, Client Services Division marked the start of the Installation Tax Assistance Program with a ribbon cutting ceremony in building 310 Jan. 19.

The Tax Center, located on the second floor, wing 9, opened for business Jan. 23.

Col. John T. Wright, APG Garrison and deputy installation commander led the ceremony along with Lt. Col. Brian Brady, SJA, Garrison Command Sgt. Maj. Elvis Irby, Sandi Williams and Eric Feustel, supervising attorneys, client services division.

Fuestel said that clients can expect even more in the way of service this year.

"We now have a full-time staff to provide for more continuity of service and dedicated hours," Fuestel said.

He said that the center's

focus has shifted to walk-in service and that as long as clients have the necessary papers in their possession, they should be able to complete their transactions in one visit.

"We want them to leave knowing if they owe or are owed," he said, adding, that the greatest advantage to the center is that there is no charge which means it saves Soldiers money.

"If they don't come here they go to professionals who can charge them for their service and for their refunds," he said.

Sgt. 1st Class Sandra Burnett, Staff Sgt. Jeffrey Barnes and Marine Staff Sgt. Rodney Roybal are three of 10 active-duty volunteers who man the center. Their training under supervisor Sandi Williams prepared them for the job, much of which they learned through computerized courses.

"The training wasn't too difficult," Burnett said. "The

system makes it easy once you have all the information. The system works."

Barnes added that he volunteered to help Soldiers.

"It's important that we give our young Soldiers a chance to get their taxes done at no expense," he said. "It means they get to keep their money and it helps those who may not have a means to pay."

Roybal, who said he would be handling mostly members of the U.S. Army Ordnance Center and Schools' Marine Corps Detachment, said that volunteers benefit as well.

"I've learned a lot of information about changes in certain laws that will be a help to me personally," he said.

The Tax Center provides free tax assistance and electronic filing to active duty service members, military retirees, and their family members. Mobilized National Guard or reservists are also eligible for services. The center is open thru April 15.

Veterans' voices

Aberdeen VFW hosts district youth competitions



Alex M. Hutcheson, far right, answers questions from judges, from left, Lucille Covelli, Lorraine Satterfield and Cynthia Watson, during the Buddy Poppy and Loyalty Day Competitions at Veterans of Foreign Wars Post 10028 in Aberdeen Jan. 14. Fellow contestants seated in the center include, from left, Jeffrey R. Trimmer, Benjamin F. Pierce, Kyle Cloonan, Daniel A. Happick, Shelly L. Pezzella and Andrew S. Blais.

Story and photo by
YVONNE JOHNSON
APG News

The candidates faced the members of the board one by one, each showing signs of nervousness, but handling it well, their minds focused on poise and precision.

The scene resembled a military promotion board and it probably felt like one to the 14 youths who represented local Veterans of Foreign Wars organizations in the District 5 Buddy Poppy and Loyalty Day competition held at Post 10028 in Aberdeen Jan. 14.

The annual competitions, held at VFWs across the

nation, coincide with the Buddy Poppy distribution campaign that benefits hospitalized and disabled veterans and their families.

Thousands of youths vie for top honors in the competitions at district, regional and state levels for prizes that include savings bonds and monetary prizes.

Suzette Shields, vice commander of VFW Post 10028, was the District 5 chairperson for both competitions.

With the help of co-chairs Fran Perini and Linda Robinson, Ladies Auxiliary chairpersons for VFW Posts 10028 and 6054, respectively,

Shields was tasked with gathering candidates and judges, establishing rules and board proceedings, and coordinating with sister organizations, local schools, teachers and parents.

"This is about the community and our youth," Shields said as she thanked parents and teachers for their support. "These contestants truly demonstrated their level of patriotism today."

"You have taken the time to come out and compete today and I'm very proud of every one of you," Robinson told the candidates. "Please continue to support the VFWs."

The competition consisted

of each contestant standing before three judges and answering questions related to the history of the Buddy Poppy or of the American flag. They were graded on accuracy, poise, personality and appearance.

In addition, Loyalty Day candidates were required to face the flag and recite the Pledge of Allegiance while Buddy Poppy candidates had to recite the poem "In Flanders Fields," the poem that inspired the Buddy Poppy movement that was written by Canadian Army Col. John McCrae in 1915.

The judges included Lorraine Satterfield, past national president, Catholic War Veterans Auxiliary; Lucille Covelli, retired director of Inventory Control, SAKS 5th Ave.; current and former Aberdeen Proving Ground employees Lynette Glover, administrative assistant, U.S. Army Research Laboratory; Cynthia Watson, office manager, Joint Program Manager Bio-Detection; and Agnes Minor, retired Army civilian, U.S. Army Test and Evaluation Command.

Watson said that although this was her first time serving as a judge, her daughter had participated in and won previous competitions.

"I think competing does a lot for kids, especially those who are shy," Watson said. "And it helps inspire others

toward self improvement.

"All of them did a great job," she added. "It was one of the tightest competitions I've seen."

"I've never done this before and it was quite a rewarding experience," Minor said. "It was great to see young people challenging themselves and to be a part of that process."

"I thought it was a great opportunity for young people,"

Glover agreed. "I would have loved to have seen more compete."

The winners of the District 5 2006 Buddy Poppy competition included 1st place, Alexander K. Kammerer, VFW Post 11377, Churchville; 2nd Place, Shannon R. Rafferty, VFW Post 10028, Aberdeen; and 3rd place, Kimberly Lilienthal, VFW Post 8126, Havre de Grace.

The 2006 Loyalty Day competition winners for District 5 included 1st place, Andrew S. Blais, VFW Post 6054, Perryman; 2nd place, Shelly L. Pezzella VFW Post 10146, Dublin; and 3rd place, Daniel A. Happick, VFW Post 11377, Churchville.

Terry Robinson, 5th District commander of VFW Post 6054, and state Loyalty Day chairman, thanked Post 10028 Commander Luis Fernandez and the parents and teachers who supported the competition, notably Southampton Middle School 8th grade English teacher Howard Passe,

who provided 10 of the 14 candidates.

"Howard Passe has been supporting this program for five years," Robinson said. "We're grateful to him and other teachers like him who see the importance of what we try to accomplish."

Passe said he got involved with VFW youth programs during a Patriots Pen essay contest two years ago and that one of his students was competing in the finals that day in California, Md.

"I enjoy working with programs that put so much emphasis on promoting values," Passe said.

The remaining Buddy Poppy and Loyalty Day contestants included Rachel C. Cooper, VFW Post 5337, Abingdon; Erin M. Buchanan, VFW Post 6054, Perryman; Nichole E. McClaskey, VFW Post 8672, Jarrettsville and Alexis N. Steere, VFW Post 10146, Dublin; Kyle Cloonan, VFW Post 5337, Abingdon; Alex. S. Hutcheson, VFW Post 8125, Havre de Grace; Benjamin F. Pierce, VFW Post 8672, Jarrettsville; and Jeffrey R. Trimmer, VFW Post 10028, Aberdeen.

The statewide competition that will include 17 Maryland districts will be held 1 p.m., Feb. 25, at VFW Post 10028, Robinson said.

"In Flanders Fields"

by Col. John McCrae

*In Flanders Fields the poppies blow,
Between the crosses, row on row,
That mark our place; and in the sky,
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the dead.
Short days ago,
We lived, felt dawn, saw sunset glow,
Loved and were loved and now we lie,
In Flanders Fields.*

*Take up our quarrel with the foe
To you, from failing hands, we throw,
The torch, be yours to hold it high.
If ye break faith with us, who die,
We shall not sleep, though poppies grow,
In Flanders Fields.*

Buddy Poppy history

www.vfw.org

Selling replicas of the original Flanders poppy originated in some of the allied countries immediately after the Armistice.

The VFW conducted its first poppy distribution before Memorial Day in 1922 becoming the first veterans' organization to organize a nationwide distribution. The poppy soon was adopted as the official memorial flower of the Veterans of Foreign Wars of the United States.

It was during the 1923 encampment that the VFW decided that VFW Buddy Poppies be assembled by disabled and needy veterans who would be paid for their work to provide them with some form of financial assistance.

The plan was formally adopted during the VFW's 1923 encampment.

The next year, disabled veterans at the Buddy Poppy factory in Pittsburgh, assembled VFW Buddy Poppies. The designation "Buddy Poppy" was adopted at that time.

In February 1924, the VFW registered the name "Buddy Poppy" with the U.S. Patent Office.

A certificate was issued on May 20, 1924, granting the VFW all trademark rights in the name of Buddy under the classification of artificial flowers.

The VFW has made that trademark a guarantee that all poppies bearing that name and the VFW label are genuine products of the work of disabled and needy veterans.

No other organization, firm or individual can legally use the name "Buddy" Poppy.

Loyalty Day and flag education

www.vfw.org

Loyalty Day originally began as "Americanization Day" in 1921 as a counter to the Communists' May 1 celebration of the Russian Revolution.

On May 1, 1930, 10,000 VFW members staged a rally at New York's Union Square to promote patriotism. Through a resolution adopted in 1949, May 1 evolved into Loyalty Day.

Observances began in 1950 on April 28 and climaxed May 1 when more than five million people across the nation held rallies. In New York City, more than 100,000 people rallied for America.

In 1958 Congress enacted Public Law 529 proclaiming Loyalty Day a permanent fixture on the nation's calendar.

On June 14, 1777, the Marine Committee of the Continental Congress adopted a resolution that gave birth to the national flag. The resolution reads:

"Resolved that the flag of the United States be made of 13 stripes, alternate red and white, that the union be 13 stars, white in a blue field, representing a new constellation."

Flags and flag education are important elements of the VFW's Citizenship Education program. In fact, flags are the most commonly requested items from the VFW's Emblem and Supply Department, which sells more than 250,000 flags each year.

Completed forms must be received at DFAS by Jan. 31, 2006. The change in payment will be effective on the first business day of February. Due to DFAS' 30-day processing timeframe, some retirees may receive their first payment on the first business day of March, and a retroactive adjustment for the payment which would have been paid on the first business day of February. Instructions are included with the form. For more information, visit <http://www.dod.mil/dfas/>.

(Editor's note: For more information, visit <http://www.dod.mil/dfas/>.)

APG News

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VETERAN SHORTS

New online military records request

The National Personnel Records Center is working to make it easier for veterans with computers and Internet access to get copies of documents from their military files. Military veterans and the next of kin of deceased former military members may now use a new online military personnel records system to request documents, including Discharge Documents DD 214.

Because the requester will be asked to supply all information essential for NPRC to process the request, delays that normally occur will be minimized.

The new Web-based application was designed to provide better service on these requests by eliminating the records center's mailroom processing time.

Former military personnel and their dependents can get more information at <http://www.archives.gov/veterans/military-service-records/get-service-records.html>.

VA extends home

loan limit to over \$400K

America's veterans and their families now have a greater chance to make their dreams of home ownership a reality, thanks to an increase in the Department of Veterans Affairs home loan guaranty limit. Effective Jan. 1, 2006, changes in the loan guaranty limits will mean veterans are able to get no-down payment loans up to \$417,000. The previous ceiling was \$359,650.

For more information, visit <http://www.military.com/valoan>.

CRDP/CRSC Open Season

DFAS is reminding military retirees that it is now "Open Season" for Concurrent Retirement Disability Pay/Combat Related Special Compensation.

The annual CRDP/CRSC Open Season lets eligible retirees choose which payment they would prefer to receive (federal law states that retirees can receive CRDP or CRSC; not both).

DFAS began mailing the CRDP/CRSC Open Season

election forms to eligible retirees in late December. Retirees only need to return the form if they want to change from CRDP to CRSC, or vice versa. If a retiree prefers to keep things the way they are, he or she does nothing. To help retirees make a more informed decision, the form will include a comparison of the amounts to which they would be entitled under CRDP and CRSC as well as information about the collection actions and taxes to which each type of payment is subject.

Completed forms must be received at DFAS by Jan. 31, 2006. The change in payment will be effective on the first business day of February. Due to DFAS' 30-day processing timeframe, some retirees may receive their first payment on the first business day of March, and a retroactive adjustment for the payment which would have been paid on the first business day of February. Instructions are included with the form. For more information, visit <http://www.dod.mil/dfas/>.

(Editor's note: For more information, visit <http://www.dod.mil/dfas/>.)

MRICD

From front page

"I do not intend to tell you that I am responsible for the success of this outstanding laboratory," Platoff told the audience. "I will only say that along with these previous commanders, ICD has continued to flourish, produced products for our warfighters, continued to have a robust publication record and been successful in developing prophylactic and therapeutic countermeasures against CWAs. However, the success of ICD is the direct result of the people that work here. You have made the difference."

Platoff offered Lukey his congratulations.

"Good luck to you, Col. Lukey," Platoff said, adding, "you have a number 1 team."

Acknowledging the new commander, Schoomaker called Lukey "the perfect replacement for Gen Platoff."

"A pharmacologist and toxicologist, he has worked and trained at every level of Army Medicine, the DoD, VA and Congress on issues related to toxicology and drugs," Schoomaker said. "I am proud to officiate at his assumption of command."

Lukey summed up the moment in one word, "wow."

"I am honored, humbled, and grateful," Lukey said. "MRICD was my first assignment. I intended to do one tour for my country and then start my scientific career, but I was so impressed with the quality of scientists here, with the importance of the MRICD mission, that I obviously made the military my career."

"There is no other unit I would rather command," he added.

Lukey assumes command after serving as the research area director for Military Operational Medicine, MRMC, Fort Detrick, Md., since 2003. During his tour as the RAD, Lukey served on several panels, to include the White House Advisory Board for perchlorate toxicology research, Congressional Special Interest for manganese health research, Department of Defense panel on tungsten toxicity, Congressional Special Interest for Neurotoxin Exposure Treatment Research Program and DoD-Veteran Affairs-National Institutes of Health panel of Post-Traumatic Stress Syndrome.

Lukey is no stranger to the MRICD. His first tour at the institute, as a researcher, was in 1985; he served as chief of the Applied Pharmacology Branch in 1989, and chief of the Drug Assessment

Division, 1999 to 2003.

Other former assignments have included chief, Certification Division, Wiesbaden Forensic Toxicology Drug Testing Laboratory, Germany (1990-1992); officer in charge, Wiesbaden Forensic Toxicology Drug Testing Laboratory (1992); chief, Laboratory Quality Management Division, U.S. Army Center for Health Promotion and Preventive Medicine, Aberdeen Proving Ground, (1992-1995); and commander, Tripler Forensic Toxicology Drug Testing Laboratory, Tripler Army Medical Center, Hawaii (1995-1999).

Lukey has authored and co-authored more than 30 publications and is co-developer of a patent.

He is an honor graduate of the Army Medical Department Officer Advanced Course.

His awards and decorations include the Medical Service Corps Award of Excellence, Meritorious Service Medal with 3 OLC, Army Commendation Medal with 5 OLC, and the Army Achievement Medal with 5 OLC.

Lukey is a member of the Order of Military Medical Merit and wears the Expert Field Medical Badge, Airborne Badge, Air Assault Badge, and German Troop Duty Proficiency Badge (Gold). He was also awarded the Baltimore Federal Executive Board's award for Outstanding Supervisor.

Lukey and his wife, Marita, have been married for 24 years and reside in Middletown, Md. They have three children: Brianna, Tyler and Camille.

Lukey is joined by a new deputy commander, Col. Timothy Adams, who reported to the MRICD in early December.

Adams first entered military service after high school in 1974 and became a Special Forces medic. Separating from the service in 1977, he earned a bachelor's degree in biochemistry from Purdue University and then a doctor-

ate in veterinary medicine, 1986, from Purdue Veterinary School.

Adams re-entered the service, taking a direct commission in the U.S. Army Veterinary Corps.

Adams also holds a master's in public health from Harvard University and a doctorate in toxicology from Duke University.

As a Veterinary Corps officer, Adams' assignments have included the 7th Special Forces Group, Fort Bragg, N.C.; the 100th Medical Detachment, Muenchweiler, Germany; the 483rd Medical Detachment, Daharan, Saudi Arabia; the Student Detachment, Fort Sam Houston, Texas; the 1st Special Warfare Training Group, Fort Bragg, N.C.; Command and General Staff College, Fort Leavenworth, Kan.; the Northern Europe Veterinary Detachment, North Germany Division; and the U.S. Army Medical Research Institute of Chemical Defense, where he served as chief of the Applied Pharmacology Branch.

Adams took command of the 72nd Medical Detachment (Veterinary Service) in September 2002 and led the detachment to South West Asia, in support of Operation Iraqi Freedom, in March 2003. In August of 2004 he was assigned to the U.S. Army Medical Research Institute of Infectious Diseases, Fort Detrick, where he became chief of the Integrated Toxicology Division.

Most recently, Adams participated in hurricane relief efforts in Mississippi and Louisiana as the Joint Task Force Katrina staff veterinarian.

Adams' awards and decorations include the Bronze Star Medal (1-OLC), the Meritorious Service Medal (2-OLC), the Army Commendation Medal, the Army Achievement Medal, the Meritorious Unit Citation, the National Defense Service Medal (two bronze service stars), the Southwest Asia Service Medal (three bronze

service stars), the Humanitarian Service Medal, the Kuwait Liberation Medal (Kingdom of Saudi Arabia), and the Kuwait Liberation Medal (Government of Kuwait).

His skill badges/tabs include the Expert Field Medical Badge, the Special Forces Tab, the Parachutist Badge, the Scuba Divers Badge, Honduran Jump Wings, and the German Troop Duty Proficiency Badge. He is a member of the Order of Military Medical Merit and holds the Surgeon General "A" Proficiency Designator for Veterinary Comparative Medicine.

Adams and his wife, Sandy, have two sons, John and Jacob, and a daughter, Jacqueline.



Photo by STEPHANIE FROBERG
U.S. Army Medical Research Institute of Chemical Defense's Col. Brian Lukey, left, and Col. Tim Adams get to work as the new commander and deputy commander, respectively, of the nation's premier medical chemical defense laboratory.

POST SHORTS

gundy, tossed green salad, rolls, tea and coffee.

For more information, call Chaplain Fred MacLean, 410-3-4333.

Anthony's Pizza temporarily closed

Anthony's Pizza in the AAFES Main Store will be closed through Feb. 10.

Annual FWP training conference

To celebrate Women's History Month, the APG Equal Employment Opportunity Office invites all APG civilian and active duty military employees to attend the free annual Training Conference 8 a.m. to 4 p.m., Feb. 28, in the Edgewood Conference Center, building E-4810. Registration starts at 7 a.m.

The conference includes morning and afternoon sessions including a health fair and self-defense class from 11:45 a.m. to 12:45 p.m., at the Edgewood Community Club building E-4650. Bring a bag lunch.

To register for classes visit <http://130.114.20.112/APG/EO/FWP/FWPregistration.cfm>. The cutoff date for registration is Feb. 17. Register early. Training must be approved by a supervisor prior to submission.

For more information, call Diane Siler, 410-436-2681 or Sheryl Coleman, 410-278-5964.

Black History Month Specialty Meal Feb. 21

The Black History Month Specialty Meal will be held in the Aberdeen Area dining facilities, buildings 4503 and 4219 and the Edgewood Area dining facility, building E-4225, 5:30 to 7 p.m., Feb. 21, for military personnel, family members, Department of

Defense civilians, retirees and guests.

The standard meal rate of \$3.55 applies to any officer, enlisted member, and family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$3.05 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

The Black History Month Specialty Meal menu includes: okra and shrimp gumbo, barbecued spareribs, fried chicken, southern fried catfish, baked chicken, barbecued beef brisket, ham hocks, steamed rice, baked macaroni and cheese, red beans and rice, collard greens, black eyed peas, green beans, corn bread, assorted salad bar, potato salad, cole slaw, assorted desserts, assorted breads, soft serve yogurt with assorted toppings, assorted condiments and assorted beverages.

Note: Menu is subject to change without prior notification.

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

Scholarships for military spouses

The National Military Family Association is now 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/>.

Eligible officers encouraged to join PSYOPS

The Special Operations Recruiting Battalion (Provisional), Fort Bragg, N.C., is accepting applications for Civil Affairs and Psychological Operations officers candidates.

The PSYOPS Recruiting Battalion is searching for commissioned officers in year groups 1997 through 2003 to apply for Detachment Commands in Civil Affairs (38A) or Psychological Operations (37A). Both male and female officers from any career branch are encouraged to apply.

An Army Special Operations Forces Board (ARSOF) will convene in April 2006 to select the best candidates.

For more information, visit the Civil Affairs and Psychological Operations Recruiting Web site, www.bragg.army.mil/CAP-SYOP/.

Opportunity to earn money

The U.S. Army Research Laboratory is conducting several studies on hearing. Paid listeners need to be U.S. citizens between the ages of 18 and 28 with normal hearing.

Study time ranges from 2 to 4 hours. Each listener will be paid \$15 to \$20 per hour. Qualified listeners can participate in one or more studies.

Interested volunteers should contact Martha Dennison, 410-278-5918 or e-mail mjdenniss@arl.army.mil.

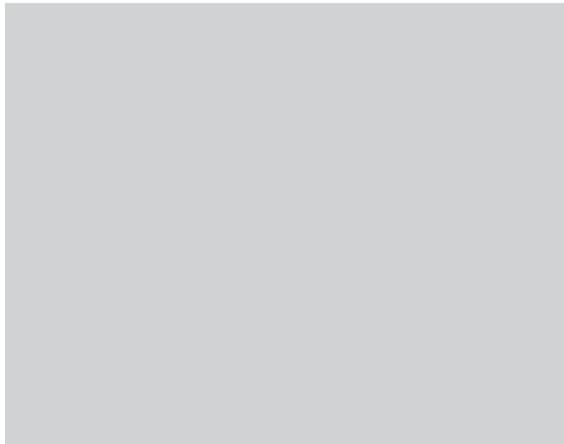


Chapel services

Catholic	noon
Main Post Chapel,	Protestant
8:45 a.m.	Main Post Chapel,
South Post, 10:45 a.m.	10:15 a.m.
Gospel	South Post, 9:15 a.m.
Main Post Chapel,	

PWOC holds Valentine's Banquet

The Protestant Women of the Chapel invites couples and individuals in the APG community to attend a Valentine's dinner at the Clarion Hotel (formerly the Four Points Sheraton) in Aberdeen 6 to 10 p.m., Feb. 11. The evening will include a guest speaker, buffet dinner and dancing. Childcare will be available. RSVP by Feb. 1 to Amy Shipley, 410-272-2804.



Community Notes

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 CHRONICLES OF NARNIA: THE LION, THE WITCH AND THE WARDROBE

Friday, Jan. 27, 7 p.m.

Starring: Liam Neeson, Georgie Henley, Skandar Keynes, William Moseley, Anna Popplewell

The Pevensie children of London – Lucy, Edmund, Susan and Peter – are sent to a professor's country home for protection during World War II. There they find a magic wardrobe which leads to a mystical land called Narnia. Narnia is inhabited by all sorts of talking beasts, including the lion Aslan, the lion God of Narnia (Neeson) and ruled by an evil witch. To defeat the witch, they must join forces with Aslan and the great battle between good and evil. (Rated PG)

PRIDE AND PREJUDICE (FREE ADMISSION)

Saturday, Jan. 28, 7 p.m.

Starring: Keira Knightley, Matthew MacFayden, Claudine Blakley

This adaptation of the classic 19th-century novel by Jane Austen is the story of the initial misunderstandings and later mutual attraction between the heroine, Elizabeth Bennet (Knightley), and the haughty Mr. Darcy (MacFadyen). (Rated PG-13)

THE FAMILY STONE

Saturday, Jan. 28, 9 p.m.

Starring: Diane Keaton, Sarah Jessica Parker, Dermot Mulroney, Claire Danes

Everett (Mulroney) brings his girlfriend, Meredith (Parker), home to New England to meet his family, the Stones. She's an uptight New Yorker who doesn't blend in well with the easygoing, bohemian Stones. Soon, things are going so badly that Meredith calls her sister (Danes) for support. (Rated PG-13)

'ENERGY MATTERS'

Dish washing

www.socalgas.com

Wash full loads in the dishwasher - this actually uses less water and energy than washing them in the sink.

Choose the "energy saver" feature for the drying cycle, or let the dishes air dry.

Load dishes in their proper locations to ensure maximum cleaning efficiency. See the dishwasher owner's manual for instructions on proper loading.

Check and clean the dishwasher drain as necessary. Solid pieces of food waste can build up over the dishwasher drain and cause the dishwasher to work harder.

SUNDAY

JANUARY 29 WINETASTING WITH THE SSO

The Susquehanna Symphony Orchestra, Harford County's own symphony, is holding a wine tasting and auction at 2 p.m. at the Wetlands Golf Club, 740 Gilbert Road, Aberdeen, with wines provided by Tollgate Liquors. Snow date is 2 p.m., Feb. 12.

Meet the orchestra, sip delicious and interesting wines, and bid on items such as a week at the Outer Banks or dinner with the Maestro.

Music will be provided by small ensembles from the orchestra.

Tickets are \$25, available at the door; designated driver tickets are \$18.

Additionally, the SSO is looking for new members for its string section, especially violins and basses (violas and cellos can come as well).

The SSO is presently preparing for its March 12 concert (music of Mozart, Schumann, Rimsky-Korsakov, and Berlioz), and rehearses Tuesday evenings, 7 to 9:15 p.m. at C. Milton Wright High School.

The SSO is an all-volunteer member orchestra made up of 80 musicians from all walks of life.

FRIDAY

FEBRUARY 3 HARPER PERFORMS LIVE AT VFW POST 8185

Native Australian, singer/songwriter and harmonica performer Harper will entertain, 8:30 p.m., at the VFW Post 8185, Port Deposit. Harper is known for his huge soulful vocals, unique harmonica perform-

ances and his innovative original compositions. More recently he has included the intensely spiritual didgeridoo (Australian indigenous instrument) into his live performances.

Doors open at 6:30 p.m. Advance tickets cost \$20, or \$25 at the door. Cost includes food and beverages. There will be a cash bar.

For more information or to purchase tickets, call 410-642-9297, or Rick Hall, 1-717-548-2365.

SATURDAY FEBRUARY 4 SOUL FOOD DINNER

The women of St. James A.M.E. Church, 617 Green Street, are preparing a Soul Food Dinner 11 a.m. until sold out. The menu includes fish, chicken, ham, pig's feet, spare ribs, collard greens, green beans, potato salad, baked macaroni, candied sweet potatoes, corn, cornbread, rolls, desserts and soft drinks and costs \$12 per person.

The proceeds will benefit the annual women's day program on March 26. To place orders call 410-939-2267.

SATURDAY FEBRUARY 11 BASKET BINGO

Basket Bingo to benefit the Pilottown Rod and Gun Club 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.

For more information or to purchase tickets, call Anne Gibson, 410-378-3338 or Pat Job, 410-658-5628.



Morale, Welfare & Recreation

Activities

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.

Tour the highlights of Harlem, N.Y.

A cultural and historical trip to Harlem is scheduled for Feb. 4, for ages 5 and over. Learn about Harlem and its start as a rural Dutch community, the transformation into a summer retreat for New York's most prominent families and how it became a mecca for African American writers and artists at the turn of the century. See famous sights and landmarks and enjoy a delicious soul food lunch at "Sylvia's," the queen of soul food. There will be time for shopping in the city.

Cost is \$90 per person and includes roundtrip transportation, tour and lunch. The bus will depart 7:50 a.m. from Vitali's/Best Western (intersection of Rt. 40 and I 95) and return approximately 8:30 p.m. Register by Jan. 27. The trip is open to all DoD card holders.

See the Washington Wizards play the Atlanta Hawks

Catch some NBA action with the Washington Wizards vs. Atlanta Hawks, 7 p.m., Feb. 4, at the MCI Center, Washington, D.C. Tickets cost \$36 for lower level and \$13 for upper level. All DoD ID card holders are eligible to purchase tickets. Order tickets now; the last day to purchase tickets is Jan. 27.

For more information or to

purchase tickets, contact MWR Registration, Tickets, & Leisure Travel, building 3326, at 410-278-4907/4011 or mwr_registration@apg.army.mil.

Basic plumbing class

This course will teach participants how to make plumbing repairs at their home or business including how to repair pipes and stop leaks, what steps to take in emergency situations, and when to look for warning or danger signs and why. The proper way to care for and maintain existing fixtures and other plumbing apparatuses will also be covered. Cost is \$25. Register by Jan. 30.

Classes will be held 6 to 7 p.m., Wednesdays, Feb. 1 through 22, in the Aberdeen Recreation Center, building 3326.

Fencing

En garde! Beginner classes will be taught 6 to 7 p.m., Tuesdays, Feb. 7 through 28, at the Aberdeen Recreation Center, building 3326.

Beginner fencing teaches the basic maneuvers employed on offense and defense, how to initiate or avoid an attack by an opponent and how to practice to improve skills and timing.

Intermediate fencing runs 6 to 7 p.m., Thursdays, Feb. 2 through 23 at the Aberdeen Recreation Center. Intermediate fencing will fine tune movement and execution for match conditions. Practice and develop strategies and techniques, which will help make a fencer a successful tournament contender.

Open to all DoD card holders. Register by Jan. 31. Cost is

\$35. All equipment will be provided.

For more information, call Charles Heinsohn at 410-278-3868 or visit mwr_registration@us.army.mil.

Learn the basic skills of volleyball

"Inside the Lines," a Volleyball Skills Clinic will be held Thursdays, 6 to 7 p.m., from Feb. 2 through 23, at Russell Gymnasium, building 3330. Cost is \$20 per person. Participants will learn basic hitting techniques and how to employ defensive and offensive strategies of ball control such as serving, returning, blocking, setting, and spiking. Better practice techniques will also be covered.

Register by Jan. 31.

APG Youth of the Year Program accepts nominations

Child and Youth Services in cooperation with Boys and Girls Clubs of America seeks applicants for the APG 2005-2006 "Youth of the Year" Program.

Students eligible for nomination include current high school freshmen, sophomores, juniors and seniors from 14 through 18 years of age as of Jan. 31; students who maintain at least a "C" average or above; are active in school activities and their community; and are members of the youth center. Youths won't want to miss this exciting and rewarding, once in a lifetime opportunity.

The official nomination period runs from August to March.

Timeline

- Official nomination form is due Wednesday, Feb. 1.
- A panel of adults, representing various organizations

at APG, is convened for the purpose of interviewing each teen applicant and selecting a winner and runner-up from each youth center.

• "Youth Of The Year" Awards Ceremony will be held in February, to announce the winners and runner-ups.

• Aberdeen Youth Services' "Youth of The Year" winner will compete in the Boys and Girls Clubs of America state of Maryland "Youth of the Year" competition in Annapolis, Md. at the State Legislative Breakfast in March. Aberdeen Youth Services' "Youth of The Year" packet and application are available at the front desk at the Aberdeen Youth Center, building 2522.

For more information or assistance, call Angela Gittings, Aberdeen Youth Center, at 410-278-4995.

Disney on Ice – the Princess Classics

Tickets for three Disney on Ice performances are available-- Feb. 8, \$13.50 each (regularly \$18) and Feb. 9 and 12, \$17.25 each (regularly \$25). Experience the magic, romance, fun, and adventure with Cinderella, Jasmine,

Ariel, Belle, Snow White, Sleeping Beauty and Mulan in this royal skating extravaganza. Show times vary daily. Pre-order tickets now before they go on sale to the general public. The last day to purchase tickets is Feb. 2. All DoD ID card holders are eligible for this and all MWR services.

Learn to salsa

Salsa Dancing lessons will be held 7:30 to 8:30 p.m., from Feb. 6 through 27, Mondays at the Aberdeen Recreation Center Ballroom, building 3326. Salsa is the blend of essentially Cuban and Puerto Rican dance music. Learn the fast paced Latin dances which are popular today. These high-energy movements are perfect for the styles in use at most of the clubs frequented in the surrounding area. Cost is \$40 per person. Register by Feb. 3. Open to all DoD card holders.

NASCAR tickets for Budweiser Shootout

NASCAR tickets for the first 2006 NEXTEL Cup event, Feb. 11, are now available. Tickets for the Budweiser Shootout at the

Daytona International Speedway, Daytona, Fla., cost \$33 each. Save \$17 off General Admission to the Shootout and the 43rd running of the ARCA RE/MAX 200. Drivers who have earned a Budweiser Shootout starting spot and past champions include Tony Stewart, Jeff Gordon, Dale Earnhardt Jr., Jimmie Johnson, Dale Jarrett, Joe Nemechek, Kasey Kahne and more.

Open to all DoD card holders. Register by Feb. 3.

Ballroom dancing

Just call it 'dancing with the amateurs.' Ballroom Dancing will be taught Feb. 6 through 27, 7 to 8:30 p.m., in the Aberdeen Recreation Center, building 3326. Instructional classes are designed to enable the student to become proficient in ballroom dancing and will consist of hands-on instruction with an emphasis on current and popular dances.

Beginner and intermediate students will learn and master the basic steps and sequences required for performing the dance routines involved in the program. The cost is \$60 per person, or \$100 per couple.

Register by Feb. 3.

Laugh 4 Ever comedy show coming to APG

Story by

YVONNE JOHNSON
APG News

Get ready for an evening of fun as Morale, Welfare and Recreation brings the Laugh 4 Ever Comedy Show to the Post Theater for two shows Feb. 4.

The show features stand up comics Joe Recca, Matt Kazam and Doug Karpf.

The first show at 7 p.m. is for active duty personnel only.

Tickets cost \$10 and doors open at 6 p.m.

The second show for the general public starts at 9 p.m. The show costs \$15 and doors open at 8:30 p.m.

"This show has something for everyone," said Earlene Allen, MWR senior programmer. "These guys have been around a while, on TV, in movies and in comedy clubs, plus Douf Karpf is an up and coming comic and very funny."

Joe Recca

A veteran performer since 1987, Recca came up with the likes of Dave Chappelle.

"Dave Chapelle and I would sit in the back of the club waiting to do our five minutes," Recca said.

His TV credits include BET Coming to the Stage, BET Comic View, HBO Def Comedy Jam, Showtime at the Apollo, Apollo Comedy Hour and Uptown Comedy Club.

In January 2005, Recca was named the next "Super Star Funny" when he won BET's comedy competition "Coming to the Stage."

Matt Kazam

A native New Yorker, Kazam resides in the Washington D.C. area where he is best known for teaching at the Improv Comedy School and giving lectures on public speaking.

As a stand up comic, his TV appearances include FOX's "Big Red Couch," Comedy Central's "Stand-Up, Stand-Up," VH-1's "Fools For Love," TLC's "Two For Vegas" and The Discovery Channel's "Lux List."

Kazam has opened for such notable comedians as Chris Rock, Pauly Shore, Robin Williams, DL Hughley and Drew Carey.

SCHOOL LIAISON

NASA Space Camp applications being accepted

Applications are being accepted for the 2006 Bernard Curtis Brown II Memorial Space Camp scholarship. Children of an active duty military parent enrolled in grades six through nine are eligible to apply. The scholarship is funded by the military Child Education Coalition.

Full tuition includes meals, lodging, program materials and transportation from the student's home base to nearest Space Camp.

The deadline for completed applications is April 1, 2006.

For more information or to apply for the scholarship, call Ivan Mehoskey, 410-278-2857, or visit the Web site <http://www.militarychild.org/SpaceCamp.asp>.

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.

Relive some of the television sitcoms of the 1960s, 70s and 80s. The library has the first seasons of the following titles on DVD.

Alf

All in the Family

Bewitched

The Cosby Show

The Flintstones

Good Times

The Jeffersons

The Mary Tyler Moore Show

Mork and Mindy

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.

**Cold outside?
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work out with MWR**

Winter Fitness Classes

**\$48 Unlimited Classes
Begins Jan. 9 - March 30**

We also offer Personal Training
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Fitness Assessments

**Power Step
AB LAB (free for active duty)
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Step
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Contact us for more information.
mercedes.ashby@us.army.mil

Aberdeen Area Fitness Center
Bldg 320
410-278-9725

APG Athletic Center
Bldg 3300

Hoyle Gym & Fitness Center
Bldg E4210
410-436-7134



Your health is KUSAHC's goal



Staying in touch when a family member has been deployed



<http://www.lejeune.usmc.mil/2dfssg/FamilyReadiness/Images/mail.JPG>

<http://www.armyonesource>

When a family member has been deployed, communication can become difficult. But the military has worked hard to set up communication channels such as e-mail and mail systems to make sure that service members and their families can stay in touch. The efforts made to communicate with each other during a deployment can help both cope with the separation.

Communicating through the mail and the Internet

If communicating with a family member through the mail, be sure to have the correct address so that letters and packages will get there quickly. Learn about any guidelines for military mail, such as how and where to pick up mail, what can and cannot be sent, and how long it may take for a letter or package to reach a family member. The same advice holds for e-mail, too: Be sure to have the exact address, and find out about any rules for sending messages or attachments.

Try to write to the family member as often as possible, but don't be disappointed or worried if quick responses don't come back. There may be times when the family member is in places where mail cannot go or he or she may be too busy to respond right away.

Here are some things to think about when writing to a family member:

- Be honest. Don't hide things or pretend to feel fine when it's not true. The family member may be able to tell that there's something not being said and worry.
- Let the family member know how much the responses are appreciated. Tell him how much it means to the family when a letter or e-mail is received.
- Answer any questions he or she asked in an earlier message. If any questions are ignored, the family member may spend time wondering and worrying why a response wasn't received.
- Be clear in the writing and leave

no doubt about exactly what is being written. Remember that you won't be there in person to explain what is meant when the family member reads the letter.

- Keep some addressed and stamped envelopes on hand, ready to mail. This may make it easier to write a quick note. Pass out addressed and stamped envelopes or postcards to friends and family members to encourage them to write.
- Don't try to read between the lines of letters or notes received. Try not to make assumptions or judgments based on just a single sentence or the overall tone of a letter. If there are questions or something is not understood, ask in the next letter or phone call rather than wasting time wondering and worrying.
- Consider numbering letters being sent and received so that they can easily be kept in order.
- If sending a package, try to remember that the family member may not have a lot of space. Send small, funny presents, like souvenirs

or a favorite section of the Sunday paper, or personal items, such as soap or toothpaste. If sending food items, take care with packaging. Always check to make sure that any package complies with regulations.

• Be creative. Letters and e-mails are wonderful, but there are lots of ways to make them even better. Send a message in the form of a tape recording or a video. Send children's artwork, school papers, or even a photocopy of their handprints. Send clippings from the local paper or tape recordings of a family gathering, a child reading, singing, or playing music, or even just the sounds of the home.

• Use the Internet for more than e-mail. Set up a Web page with pictures and news -- or find a service that hosts Web pages -- or "talk" with the family member in chatrooms. Send digital pictures or use a scanner to send newspaper clippings, artwork, or a child's report card or school papers.

• Send photos. Pictures of loved ones can be very comforting when a family is separated. Send photos of pets, neighbors, a child's sporting event, a recital, or another occasion. Send photos of the home and other places that are special. Some families document a normal day in photos and send them as a kind of "picture story."

Tips for communicating with e-mail

E-mail is convenient, fast and inexpensive, which makes it a great way to communicate during a deployment. But because e-mail is instantaneous, it's also possible to click the "send" button and send something that should be recalled. If dashing off an e-mail full of emotion, wait before sending it. Come back a

few hours later or the next day and review what is written before sending it.

Ways children can communicate with a deployed family member

It's important for children to feel like they are keeping in touch with a deployed parent or family member instead of hearing news or greetings secondhand. Encourage a child to send artwork or write letters, and make sure that the family member who has been deployed sends e-mail or letters addressed and mailed directly to the child. This may help a child understand that her family member is thinking about and missing her. Here are some other ways to help children keep a sense of connection with a deployed family member:

• Let children find a way to communicate that works for them. Some children may like to use a tape recorder to exchange spoken messages, while others may like to write letters or send e-mail. Others, especially younger children, like to communicate with pictures. Help the child explore all of the different ways to communicate. Encourage the deployed family member to follow the child's cues -- by responding with a recorded message, for example, or by drawing a picture of where he sleeps or a typical meal.

• Give the child his own stack of pre-addressed and stamped envelopes and paper to make it easy to write on the spur of the moment.

• Help children think of things that their family member may like to know about. Sometimes children have trouble starting a letter or knowing what to say. Help children understand that their deployed family member is interested in anything that's going on in their life.

Ask the dietitian: healthy fast food

Story by

CAPT. JENNIFER L. RODRIGUEZ

Raymond W. Bliss Army Health Clinic

Obesity affects more than 300 million people worldwide and is directly responsible for many major health problems such as diabetes, heart disease, high blood pressure and even some forms of cancer. Results from the 1999-2002 National Health and Nutrition Examination Survey indicate that 65 percent of Americans are overweight or obese. Yet people still find a need to eat more and more food.

Restaurants are notorious for increasing portions and the calories, and the fat consumed is above and beyond what a body needs.

The modern convenience of the drive-thru has definitely contributed to the problem. Fast foods can be high in calories and loaded with fat.

But that doesn't mean never eat at a fast-food restaurant again.

Tips for staying healthy, eating right

Pick a restaurant that has some variety. If the restaurant only serves fried fish, find another restaurant. More menu choices mean more healthy choices.

Choose grilled items instead of fried. Breaded fish and chicken are submerged in artery-clogging fats and loaded with calories.

Reach for that grilled-chicken sandwich and avoid the mayonnaise and cheese.

Keep portions small. The value meal of today may or may not save money, but it will definitely not save calories. Share a meal with someone or take half of it home.

Pile those veggies on the sandwich. More veggies mean more fiber and less calories and fat.

A salad is generally considered a healthy alternative to burgers and fries, but if the salad has fried chicken breast, cheese, and high-fat dressing, the purpose has been defeated. Eat veggie salads with grilled chicken and a light dressing or try a squeeze of lemon. Who says french fries go with every meal? Get more bang for the buck and choose a side salad instead.

Fast food shouldn't be a daily ritual, but making an effort to choose healthier foods when eating out will make a big difference in the quest for a healthy lifestyle.

(Editor's note: Reprinted from the Fort Huachuca Scout.)



<http://www.healingwithnutrition.com/graphic/fastfood.gif>

Seven warning signs of cancer

Story by

MILAGROS BORRERO-RUIZ

KUSAHC

The American Cancer Society has identified seven symptoms that could be a sign of cancer:

- A change in bowel or bladder habits.
- A sore that does not heal.
- Unusual bleeding or discharge from any place.
- A lump in the breast or other parts of the body.
- Chronic indigestion or difficulty in swallowing.
- Obvious changes in a wart or mole.
- Persistent coughing or hoarseness.

If any of these warning signs are experienced, it is best to see a physician. By getting certain screening tests and exams regularly, many cancers can be treated early preventing their spread.

The frequency of tests will depend on age, health history, and risk factors, such as family history and lifestyle.

The most common screening exams are: Monthly self breast exams, yearly mammograms starting at age 40.

Colonoscopy yearly after age 50.

Annual pap smears starting at age 21 or sooner if having vaginal intercourse.

Prostate exam for men starting at age 50. Includes a blood test and a digital rectal exam to assess the size of the prostate.

For more information, call the American Cancer Society at 1-800-ACS-2345 or visit their Web site, www.cancer.org.

Eating healthy, exercising and getting early cancer screenings are the best ingredients for creating a healthy life.

(Editor's note: Author is a Registered Nurse and MA Public Health Nurse.)

KUSAHC to begin AHLTA training soon

KUSAHC

Kirk U.S. Army Health Clinic health care providers are moving one step closer to using the next generation of electronic medical record systems to document outpatient treatment, the Armed Forces Health Longitudinal Technology Application.

AHLTA is a state-of-the-art clinic information system that generates and maintains a comprehensive, lifelong, computer-based patient record for each military health system beneficiary.

As KUSAHC converts its data to electronic format, it will upload the information to the clinical data repository,

making the information accessible anywhere in the world. Old information will remain in patient's medical record but the goal is to attain computerized paperless medical records.

"As we train our staff on the nuances of this new system, beneficiaries may find fewer but lengthier appointments," said Lt. Col. William Rice, commander, KUSAHC. "KUSAHC asks your patience while we train and implement this new program which will improve us as a Military Treatment Facility and in military medicine."

"It is an exciting transition. Updates will follow as we near implementation," he said.

KUSAHC Shots

Flu shots now available for DA civilians

Influenza vaccination is now available for Department of the Army civilians. Civilians can get immunized at the Aberdeen Occupational Health Clinic, 1:30 to 3 p.m., Monday through Friday.

Flu shots are voluntary and administered without charge.

For mission and staffing reasons, this service is not available at the Edgewood Health Clinic.

For more information, call the Flu Vaccine Hotline, 410-306-3588.

Police

From front page

carjacker a few months ago, he has also done his part to break up a number of domestic disturbances, put unruly teens in their place and nab the ever present speeder.

"And we get a lot of drunks at the gate," he said.

But, in all seriousness, the job of a police officer is one of long hours and little thanks. The officers on post man the

gate, check buildings for disturbances, respond to alarms and calls, enforce traffic laws, attend to the ever present problem of deer versus motorist accidents, patrol the housing areas, check the closed gates for problems and spend hours on end driving around the post, looking out for anyone suspicious.

These front line officers are the protection for Soldiers, civilians, families and friends, here on APG.

Crime on post comes and goes in spurts, he said.

"Any time a large number

of Soldiers return home, domestic calls are common, as adjusting to life back here is hard," he said. "And, there is the constant issue of Soldiers going AWOL [absent without leave] for a period once they return to post.

"Youths are a problem during the summer," he said. "There's always one causing trouble."

One task less commonly discussed is that of inspecting outward-bound vehicles. The officers randomly check cars for government materials that are without permits.

Serving as a lead officer, Ouimette has a large number of tasks assigned to him on a daily basis. He manages the other officers on his shift when the supervisors are out of the office and is the team leader of the post SRT team. He also trains new officers when they graduate from the Police Academy.

Throughout his childhood in Canaan, Vt., Ouimette always knew he would be a police officer. He joined the Army in order to get police experience, ending his nine-year tour by spending two

years in Aberdeen in the Military Police.

After his discharge, he found he enjoyed the area, and decided to stay in Harford County with his wife and two daughters.

During his time as a Soldier, Ouimette was deployed six times, all of which helped him become a good police officer, he said.

"Army training and experience helps you grow up," he emphasized

With all of his duties as an officer, Ouimette finds time to

teach at the Police Academy. Outside agencies attend APG's school on a regular basis, from the Pentagon Police to the Aberdeen Police force.

According to Lt. Johnny Boyles, Ouimette's supervisor, Ouimette was selected as officer of the year because of a constant call to duty and his good people skills.

"He goes out of his way to do a good job, and has the respect of those who work with him," Boyles said.

"Everyone knows how good a cop he is. He's well liked and a good person," he added



Little pilot has big ambitions

Story by
Yvonne Johnson
APG News

He loves airplanes so much that he can name nearly every military aircraft that ever graced the skies. He can tell what country they're from, describe their main functions and chat about the era or war in which they served.

He's visited nearly every Air Force Base or Naval Air Station from the east coast to Nevada, and his collection of model aircraft and unit patches from Air Force bases all over the world probably rivals that of the most passionate collectors.

Chase Lucas has wanted to be a U.S. fighter pilot as long as he can remember. And although he has to wait a few more years, the precocious 7-year old says he's not about to change his mind.

It doesn't take much to get Jane Lucas, a secretary with the U.S. Army Research Laboratory, talking about her grandson.

"Chase has an amazing knowledge of our military, including historic and current events," she said. "There's not a military plane that he cannot identify, past or present, foreign or domestic."

His love of flight began at an early age according to Chase's parents, Dan and Debbie.

"At 15-months old he was watching planes land and take off from our backyard near the airport when we lived in New Hampshire," Debbie Lucas said.

By age 4 the family was living near another airport in Gainesville, Fla., where at Chase's urging, he and his mom were regular visitors to the facility.

"He got to meet all the pilots and everyone was used to seeing him there," she said.

He eventually became the poster child for the airport workers' March of Dimes campaign during which he personally solicited \$1,000 in donations and dressed as an airline pilot, greeting participants to the campaigns fund raising walk.

"He had no birth defects except for the fact that he never spoke a word until he was three," she said, adding that visits to speech therapists rectified the situation and, "he's been talking non-stop ever since."

The Lucas family proudly displays the

poster along with photos of all the pilots and aircraft workers he's met since then in their Havre de Grace home.

They include pilots from the U.S. Air Force, Navy and foreign countries, including Germany and Canada, and from a trip to Florida, photos with actor John Travolta,

Golden Knights parachute teams and the Blue Angels flying teams as well as Canada's Snowbirds, and he keeps in touch with several pilots through e-mail.

Debbie home schools her son, who proved to be too advanced for regular schooling.

Council in February 2005 when he was enrolled in public school.

"I really think he taught himself to read," Debbie said, recalling how Chase would spend hours online with his father researching air and flight history.

When asked how long he's loved flying, Chase answers with an enthusiastic, "Since I was born."

And with all he's seen and done, he said he enjoys visits to his grandmother at Aberdeen Proving Ground the most.

"I like the Ordnance Museum and eating with the Soldiers," he said, noting that the family takes him to all the specialty meals hosted by the APG Garrison dining facilities.

His bedroom is a miniature military museum, with aircraft hanging from his ceiling and flags, banners and maps on the walls.

His closet contains his collections of hundreds of plastic Soldiers.

He proudly rattles off the events he's attended such as the retirement of the F-14 Tomcat at Oceana Naval Air Station in Virginia, which the family was invited to attend by the base commander, and a visit to Martin State Airport where he met and befriended Capt. John Lesho of the Maryland Air National Guard's 104th Fighter Squadron who showed him his first A-10 Thunderbolt.

"They call them flying bathtubs," he said, adding, "They were heavily used in the Gulf War."

"Captain Lesho is in South Korea now," he added, "because we have to keep an eye on North Korea."

When asked what he wants to be when he grows up, he didn't hesitate.

"A Navy fighter pilot," he said, as he opened his flight suit to display his Navy T-shirt. "I wanted to fly the F-14 but now it has to be the F-18 because they sent the F-14 to the bone yard."

Because so many of his pilot friends are serving in the War on Terror, Chase also holds opinions on world situations.

"The war on terror is important because they are trying to make Iraq a free country," he said. "That's important because we have to protect freedom."



Photo by YVONNE JOHNSON

Chase Lucas smiles as he reveals a U.S. Navy T-shirt under his flight suit.

who is a certified pilot.

His favorite outfit is a flight suit adorned with patches from the Air Force and Navy squadrons he's visited, including Patuxent Naval Air Station, Andrews Air Force Base, the National Air and Space Museum in Virginia and Nellis Air Force Base in Nevada, among others. A German Tornado pilot patch is one of his favorites.

Chase has met the Air Force Thunderbirds and the Army's

"I just wanted to keep him from being bored," she said. "He has such a passion for learning and I didn't want him to lose that."

That passion includes the ability to name nearly every world capitol as well as all state capitols in the United States, leaders of every foreign country and many of their predecessors.

In fact, Chase was the first kindergartner to be awarded the Student of the Month from the Havre de Grace City



At age 15-months Chase Lucas watches planes land and take off from his back yard in New Hampshire.



Chase Lucas shakes hands with Command Sgt. Maj. Charles J. Lutz after thanking him "for serving our country" during a visit to the Aberdeen Proving Ground dining facility in building 4503 Jan. 17.



Chase Lucas and his new friend USMC fighter pilot Capt. Kevin Mulligan gives a pilot "thumbs-up" after meeting at an air show in Rhode Is and in June 2005.



Air Force Master Sgt. Jozens of the USAF Thunderbirds Air Demonstration Squadron shows Chase Lucas the cockpit of an F-16 during a visit to Nellis Air Force Base, Nev.



Actor and pilot John Travolta poses for a photo with Chase Lucas during a stop at Gainesville Regional Airport in 2003.

Photos courtesy of DEBBIE LUCAS

Illustration by NICK PENTZ