

POST SHORTS

Recycling schedule



The residential and recycling pickup schedule for Aug. 2, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

Use both lanes

Drivers are urged to use both lanes as they approach the gates to APG's Aberdeen Area.

At the barricades, motorists should alternate the right of way — allowing every other car to move into the primary entrance lane, like a zipper.

This more efficient movement of traffic will speed up the process.

The provost marshal warns drivers who pull out in front of other vehicles, block traffic lanes or exhibit other aggressive tendencies, that they are driving on a federal installation and are subject to citations through the federal court system.

RAB holds meeting tonight

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., July 27, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Westwood Study Area. Board meetings are open to the public; all APG employees and citizens are invited.

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

Vacation Bible School

The APG Post Chapel Ecumenical Vacation Bible School will be held 6 to 8:45 p.m., Aug. 7 through 11 for preschoolers ages 4 and 5 and children completing kindergarten through grade 7.

This year's theme, "Fiesta," welcomes children's enthusiasm with lively mariachi bands, colorful folkloric costumes, spicy chili peppers and warm friends.

Registration forms are available at the Main Post Chapel.

Volunteers are needed to assist in planning and training meetings.

For more information or to register, call Gerri Merkel, 410-278-2516, or e-mail her at gerri.merkel@apg.army.mil, call Clarence Weaver, 443-567-8934, or Bernadette See **SHORTS**, page 4

Army Community Service celebrates 41st birthday

Story and photo by **HEATHER TASSMER**
APG News

Army Soldiers and their families, retirees, civilians and many organizations gathered at Maryland Boulevard Park July 20 to celebrate Army Community Service's 41st birthday.

"We hold the picnic every year to support Soldiers and their families," said Diana Hayes, Army Community Service Parents and Children Together/Outreach coordinator. "It's a way for the families to mingle and visit with each other as well as obtain information about ACS programs and services."

About 500 people attended the event, ACS Director Celestine Beckett said.

Beckett and APG Garrison and deputy installation commander Col. John T. Wright led the annual cake cutting ceremony.

"ACS is a great organization and holds a great event for the Army Soldiers and their families each year," Wright said.

The birthday celebration offered many activities for children from Nothin' Up My Sleeve, an entertainment company based in Churchville, Md., such as face painting, balloon animals, hair painting, body tattoos and a caricaturist. "The kids love the activities,"



Perry McCune, 9, left, Timmy Neyens, 9, Reannah Rymarz, 8, and Katie Allison, 8, watch Col. John T. Wright, Garrison and deputy installation commander, cut the ceremonial cake celebrating 41 years for Army Community Service July 20.

the co-owner of Nothin' Up My Sleeve Laura Teate said. "The parents aren't as crazy about it. They see what their kids look like when they come home and ask 'what did you do?'"

"This is the first year we've had the hair painting and it's a hit," Teate said.

"I think [the celebration] is nice," 10-year-old Ajina King said. "I like that we get to run around and get to have our faces painted."

Ten-year-old Rebecca Glantz said "[The picnic] is awesome. I like the face painting, tattoos and food."

Attendees had a variety of food to choose from such as hamburgers, hot dogs, baked beans, watermelon and cake. Arcelio Alleyne, ACS program manager of the financial readiness program, along with those from the Marine Detachment Pvt. Jorge Iracheta, small arm repairs, Pvt. Benjamin

Newton, light armor vehicle mechanic, Pvt. Andrew Mullins and Pfc. Tracy Jones, both of electro optical ordnance repair helped cook hamburgers and hot dogs.

Army Substance Abuse Program prevention coordinator Cindy Scott conducted an activity where children had to walk through cones while wearing Drunk Driving Goggles to learn about alcohol's effect on coordination.

She also handed out small, wooden planes that contained the message "Drugs Don't Fly With Me" to encourage children to stay away from drugs.

"It looks funky and cool," said 8-year-old William Tipton while waiting in line to try the goggles.

This was the first celebration Ada Acevedo-Penafiel, president of the Noncommissioned Officer Family Readiness Program, has attended. She and her family moved here two months ago from Hawaii.

"I love it. I think it's lovely that [Army Community Service] has something like this for families to enjoy," Acevedo-Penafiel said. "Some places you have to spend \$60 for tickets so that the kids have fun."

Jennifer Aloisi, another attendee of the picnic said, "We have fun when we come to the picnic every year. We have five kids and they have a lot of fun with the face painting and balloons."

The celebration was sponsored by United Services Automobile Association and Office Eagle.

"Army Community Service thanks the United Services Automobile Association and Office Eagle for their generous contributions which helped to make the birthday celebration a success," Beckett said.

Internal Revenue Service offers summer tax tips

IRS

Some typical summertime activities may entitle tax payers to money-saving tax breaks.

Being aware of tax issues may uncover potential tax deductions and credits, and help avoid potential tax problems.

Getting married?

It may not be high on the list of wedding planning activities, but there are a few, simple steps that can help keep tax issues from interrupting newly-wedded bliss. There are some practical things to attend to when the honeymoon's over.

- Report any name change to the Social Security Administration, so that name and social security number will match when filing the next tax return.

- Report any address change to the U.S. Postal Service — they'll forward the mail and let IRS know. Tax payers may also notify the IRS directly by filing Form 8822, Change of Address.

- Report any name and address changes to employer to ensure receipt of paychecks and Form W-2 during tax season.

- Check withholding status using the automated "IRS Withholding Calculator" available on the "Individuals" page at www.irs.gov Web site.

- Consider whether to file joint or separate tax returns.

- If buying a home, find out which expenses may be deductible and which are not.

Working student?

Not all employees have income tax withheld from their pay. A tax payer is exempt from withholding if:

- Individual can be claimed as a dependent (usually on a parent's return),

- Individual's total 2006 income will not be over \$5,150,

- Individual's unearned income (interest, dividends, etc.) will not exceed \$300, and

- Individual had no income tax owed for 2005.

Tax payers will still have to pay Social Security and Medicare taxes, but skipping unnecessary income tax withholding will put more money in pockets now. Read Form W-4 carefully before filling it out for an employer.

If customers tip, those tips are taxable. Tax payers must keep track of the amounts, including them on the tax return, and — if they total \$20 or more in a month — report them to the employer by the middle of the next month.

IRS Publication 531, Reporting Tip Income, IRS Publication 1872, Tips on Tips (for food or beverage industry workers), and Form W-4, Employee's Withholding Allowance Certificate (with worksheets to figure how many allowances to claim) are sources to check out.

Children at summer day camp?

Many working parents must arrange for care of their younger children under 13 years of age during the school vacation period. A popular solution, with

favorable tax consequences, is a summer day camp program. Unlike overnight camps, the cost of summer day camp may count as an expense towards the Child and Dependent Care Credit. Of course, even if the childcare provider is a sitter at the tax payer's home, there may be some tax benefit if tax payer qualifies for the credit.

IRS Publication 503, Child and Dependent Care Expenses offers more information.

Job-related move?

Moving expenses may be deductible if the move is job-related and the tax payer meets certain tests. If the employer reimburses the tax payer for moving expenses, that amount may be taxable income. Generally, up to \$250,000 of gain (\$500,000 filing jointly) from the sale of a home is not taxable.

New homeowners, need to be aware that mortgage interest, points and real estate taxes may be deductible.

For more details and information, see IRS Publication 523, Selling Your Home, and IRS Publication 521, Moving Expenses.

Need more info?

For more information or to access IRS forms and publications, visit the IRS Web site at www.irs.gov, or contact the staff at the Client Services Division of the Staff Judge Advocate's Office at Aberdeen Proving Ground, building 310, wing 2 or call 410-278-1583.

Also, forms and publications can be ordered by calling toll-free 1-800-TAX-FORM (1-800-829-3676).

APG Gospel Service raises thousands for Anna's House

Story by **HEATHER TASSMER**
APG News

In an effort to help women and children, Aberdeen Proving Ground Chapel's Gospel Service raised more than \$2,000 for Anna's House, a Catholic Charities program, during its monthly Designated Offering June 4.

Anna's House provides permanent and transitional housing for homeless women and their children in Harford County.

"These women may be homeless for several reasons," Anna's House Director Barbara Jones said. "Some have been through abusive situations, while others have been evicted from their homes. Another reason may be they didn't finish high school, never got involved in a work situation, then became pregnant but didn't have the means to become self supporting."

Women who live in Anna's House are usually 35 years old or younger, Jones said.

She was the staff member who opened the check from APG Gospel Services.

"Although we are grateful for any amount, when I opened the check I was astounded," Jones said. "I was thinking 'This is amazing!'"

A Harford County foundation has offered Anna's House a grant if they match it with \$12,500 in contributions, Jones said. The chapel's offering will

be used toward this match and the program's wish list such as laundry detergent, paper towels, toilet paper, juices and children's clothes.

Federal Housing and Urban Development grants, state grants and contributions from organizations and individuals throughout Harford County aid the program. Various churches in Bel Air have donated money to Anna's House.

Deneen Henson, the youth ministry leader, discussed why the chapel conducts offerings. APG Gospel Service collects offerings each month for nonprofit organizations. The parish council votes on which organization the offering will go to. The Anna's House offering was not the largest amount that the Gospel Service has ever received but was close, Henson said.

The largest amount was almost \$2,500 and "the offering was to take care of needy Soldiers with families for Thanksgiving," according to Chaplain Fred MacLean.

The Gospel Service also holds offerings for Soldiers every quarter of the year.

"A lot of our members believe in tithes and offerings, which is giving back 10 percent of what the Lord gives us," Henson said. "This allows us to give donations to these nonprofit organizations and other outreach programs."

This belief comes from Genesis 14:20.

See **CHARITY**, page 12

OMMS drill sergeant inspired by TRADOC competition

Story by **YVONNE JOHNSON**
APG News

Winning the U.S. Army Ordnance Mechanical Maintenance School Drill Sergeant of the Year competition is not an easy task. It is a year-long process that requires appearing before monthly and quarterly boards, studying test materials nightly, and sharpening already-sharp tactical and technical skills, all while fulfilling the daily tasks of molding tomorrow's Soldiers.

And when it is over, when the testing and selection process is completed and the Drill Sergeant of the Year stands tall and proud, there still is no time to rest for looming on the horizon is an even greater challenge - the U.S. Army Training and Doctrine Command Drill Sergeant of the Year competition.

Sgt. 1st Class Kris P. Toman, a Company A, 16th Ordnance Battalion drill sergeant, represented the U.S. Army Ordnance Center and Schools during the four-day TRADOC competition that was held at Fort Monroe, Va., in June.

Toman finished in the top five out of 18 candidates.

He called the competition the "most intense" he'd ever experienced and although he would have liked to have won, he said that just the expe-

rience of competing with the best in the Army has made him an even better noncommissioned officer.

"They really put you to the test in that competition," Toman said.

Along with a PT test on day one, the challenge consisted of 14 study modules during which competitors had to write five essays, all of which were graded on sentence structure, grammar and spelling, and conduct a number of on-the-spot interviews with local 'mock' media to test their responses and poise.

"If you're selected, you travel around the country representing TRADOC," Toman explained. "They want to make sure you have the right public speaking skills and that you don't leak information."

On-hands testing included an Orienteering Course at Fort Eustis, Va., where the drill sergeants performed several Common Task Skills, serving as either team leaders or team members, including map reading, negotiating an obstacle course, calling in a helicopter, clearing a room under fire and identifying improvised explosive devices, all while being observed by evaluators.

Advanced Individual Training students from Fort Lee, Va. participated as trainees and the competitors were required to teach them the same skills.

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PREPARING FOR HURRICANE SEASON

Maryland Emergency Management Agency

While hurricanes are unusual in Maryland, the state sometimes sustains damage – and some fatalities – from the tropical storms that follow in their wake.

Hurricanes Agnes in 1972, Floyd in 1999 and Isabel in 2003 are some of the hurricanes-turned-tropical-storms that have caused significant damage in Maryland in recent history.

These storms frequently cause flooding, coastal storm surge and wind damage and often spawn tornadoes and thunderstorms. Also, widespread power outages are common during and after a hurricane.

Before hurricane season

Most homeowners' policies don't cover floods. Check insurance policies to make sure there is adequate coverage for flood damage. And, make sure flood insurance covers things

like outbuildings, sheds, seawalls, private bridges, etc.

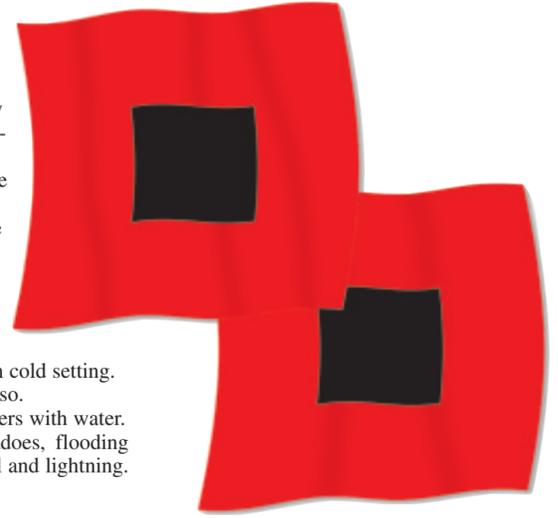
- Coastal area residents should put together a Disaster Supplies Kit.
- Clear gutters and downspouts and trim trees and shrubs.
- Learn the difference between a hurricane watch and a hurricane warning.

During a storm threat

- Stay tuned to radio and TV for official weather information.
- Follow instructions and advice given by emergency officials.
- Bring in or tie down lawn furniture and other loose items outdoors.
- Mobile homes are unsafe in high winds therefore residents should make plans to seek alternate shelter.
- Hurricane winds are stronger at higher elevations. Residents who live in a high-rise in a

coastal area should plan to leave.

- Stay away from windows and doors even if they're covered. Try to stay in an interior room or hallway.
- Close all interior doors. Secure and brace external doors.
- Do not attempt to evacuate during the height of a hurricane. It is safer to stay buttoned down in a building than out on the road where flying debris can be hazardous.
- Turn refrigerator to maximum cold setting.
- Turn off utilities if told to do so.
- Fill bathtub and large containers with water.
- Hurricanes can spawn tornadoes, flooding and flash flooding as well as hail and lightning. Stay inside during a hurricane.



Recovering from a hurricane/disaster

www.fema.org

Recovering from a disaster is usually a gradual process. Safety is a primary issue, as are mental and physical well-being.

Health, safety guidelines

The first concern after a disaster is family member's health and safety. Consider possible safety issues and monitor family health and well-being.

Aiding the injured

Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If it is necessary to move an unconscious person, first stabilize the neck and back, then call for help immediately.

If the victim is not breathing, carefully position the victim for artificial respiration, clear the airway, and commence mouth-to-mouth resuscitation.

Maintain body temperature with blankets. Be sure the victim does not become overheated.

Never try to feed liquids to an unconscious person.

Personal health

Be aware of exhaustion. Don't try to do too much at once. Set priorities and work at a comfortable pace. Get enough rest.

Drink plenty of clean water. Eat well. Wear sturdy work boots and gloves.

When working in debris, wash hands thoroughly and often with soap and clean water.

Safety issues

Be aware of new safety issues created by the disaster. Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring and slippery floors.

Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smoldering insulation and dead animals.

Helping children cope with disaster

Disasters can leave children feeling frightened, confused and insecure. Whether a child has personally experienced trauma, has merely seen the event on television, or has heard it discussed by adults, it is important for parents and teachers to be informed and ready to help if reactions to stress begin to occur.



Photo by TOM VINCENTI, DIO

Children may respond to disaster by demonstrating fears, sadness or behavioral problems. Younger children may return to earlier behavior patterns, such as bedwetting, sleep problems and separation anxiety. Older children may also display anger, aggression, school problems or withdrawal. Some children who have only indirect contact with the disaster but witness it on television may develop distress.

Who is at risk?

For many children, reactions to disasters are brief and represent normal reactions to "abnormal events." A smaller number of children can be at risk for more enduring psychological distress as a function of three major risk factors: direct exposure to the disaster, such as being evacuated; observing injuries or death of others; or experiencing injury along with fearing one's life is in danger.

The way children cope with disasters or emergencies most often depends on the way parents cope. They can detect adults' fears and sadness. Parents and adults can make disasters less traumatic for children by taking steps to manage their own feelings and plans for coping.

Parents are almost always the best source of support for children in disasters. One way to establish a sense of control and to build confidence in children before a disaster is to engage and involve them in preparing a family disaster plan. After a disaster, children can contribute to a family recovery plan.

Hurricane: Know the terms

FEMA

www.fema.gov

Become familiar with these terms to help identify a hurricane hazard:

Hurricane/tropical storm watch

Hurricane/tropical storm conditions are possible in the specified area, usually within 36 hours. Tune in to NOAA Weather Radio, commercial radio or television for information.

Hurricane/tropical storm warning

Hurricane/tropical storm conditions are expected in the specified area, usually within 24 hours.

Short term watches and warnings

These warnings provide detailed information about specific hurricane threats, such as flash floods and tornadoes.

Tropical depression

An organized system of clouds and thunderstorms with a defined surface circulation and maximum sustained winds of 38 miles per hour, (33 knots) or less. Sustained winds are defined as one-minute average wind

measured at about 33 feet, (10 meters) above the surface.

Tropical storm

An organized system of strong thunderstorms with a defined surface circulation and maximum sustained winds of 39–73 miles per hour, (34–63 knots).

Hurricane

An intense tropical weather system of strong thunderstorms with a well-defined surface circulation and maximum sustained winds of 74 miles per hour. (64 knots), or higher.

Storm surge

A dome of water pushed onshore by hurricane and tropical storm winds. Storm surges can reach 25 feet high and be 50–1,000 miles wide.

Storm tide

A storm tide is a combination of storm surge and the normal tide. For example, a 15-foot storm surge combined with a 2-foot normal high tide over the mean sea level created a 17-foot storm tide.

During a hurricane, homes, businesses, public buildings and infrastructure may be damaged or destroyed by many different storm hazards. Debris can break windows and doors, allowing high winds and rain inside the home. In extreme storms (such as Hurricanes Hugo, Andrew and Katrina), the force of the wind alone can cause tremendous devastation, as trees and power lines topple and weak elements of homes and buildings fail. Roads and bridges can be washed away and homes saturated by flooding.

Destructive tornadoes can also be present well away from the storms center during landfall.

Yet, storm surge alone poses the highest threat to life and destruction in many coastal areas throughout the United States and territories. And these threats are not limited to the coastline -- they can extend hundreds of miles inland, under the right conditions.

Before a hurricane

To prepare for a hurricane, take the following measures:

- Make plans to secure home or business. Permanent storm shutters offer the best protection for windows. A second option is to board up windows with 5/8 inch marine plywood, cut to fit and ready to install. Tape does not prevent windows from breaking.
- Install straps or additional clips to securely fasten roofs to the frame structure. This will reduce roof damage.
- Be sure trees and shrubs are well trimmed.
- Clear loose and clogged rain gutters and downspouts.
- If in possession of a boat, determine how and where to secure it.
- Consider building a safe room.

During a hurricane

If a hurricane is likely within the surrounding area:

- Listen to the radio or TV for information.
 - Secure the house, close storm shutters and secure outdoor objects or bring them indoors.
 - Turn off utilities if instructed to do so. Otherwise, turn the refrigerator thermostat to its coldest setting and keep its doors closed.
 - Turn off propane tanks. Avoid using the phone, except for serious emergencies.
 - Moor boats and watercraft if time permits.
 - Ensure a supply of water for sanitary purposes such as cleaning and flushing toilets. Fill the bathtub and other large containers with water.
- Evacuate from a hurricane warning area under the following conditions:**
- If directed to do so by local authorities. Be sure to follow their instructions.
 - If residing in a mobile home or temporary structure—such shelters are particularly

hazardous during hurricanes no matter how well fastened to the ground.

- If residing in a high-rise building—hurricane winds are stronger at higher elevations.
- If living in a home on the coast, on a floodplain, near a river, or on an inland waterway.

• If concerned about personal safety or for that of family members or pets.

If unable to evacuate, go to a safe room. If none is available, do the following:

- Stay indoors during the hurricane and away from windows and glass doors.
- Close all interior doors—secure and brace external doors.
- Keep curtains and blinds closed. Do not be fooled if there is a lull; it could be the eye of the storm - winds will pick up again.
- Take refuge in a small interior room, closet, or hallway on the lowest level.
- Lie on the floor under a table or another sturdy object.
- Look at landscape around home or business and consider ways to direct water away from it.
- Buy a battery-powered NOAA weather radio to receive emergency weather information from the national weather service.
- Review all insurance policies for clarity and adequacy.
- If purchasing flood insurance, ensure that it covers the contents as well as the structure.
- Document all property and conditions with photographs before the storm and keep in a separate safe place.
- Make a family disaster plan and ensure family members know what the plan is and that they practice it.

The high winds and flooding that come with hurricanes often knock out electric power in some communities. Be prepared to survive without electricity.

If using a gasoline-powered electric generator as a back up power supply, make sure that it is placed in an area with adequate ventilation. Failure to do so may result in carbon monoxide poisoning.

Make a disaster supply kit that can be hand-carried in the event the home must be abandoned for several days.

A key component of the disaster supply kit is a battery-powered radio and extra batteries to receive emergency information from government officials.

Make plans to check on the elderly or disabled in the neighborhood.

Make sure to include a sufficient supply of prescription medications, extra clothing, non-perishable food and water in the disaster supply kit.

Make provisions to take care of pets. Most pets are not allowed in shelters.

For more information, contact the Maryland Emergency Management Agency at 800-422-8799 or visit www.mema.state.md.us.

APG News

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

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

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Family Child Care provider holds Red, White and Blue Day

Story and photos by
HEATHER TASSMER
APG News

An Aberdeen Family Child Care provider hosted Red, White, and Blue Day July 17 to educate children on how they can support deployed troops.

Ann Marie Bogues held the event in her front yard which was decorated with red, white and blue star balloons and flags donated by AAFES.

Bogues said the purpose of the event was to “support Soldiers who are deployed and their families.”

Children listened as FCC mentor and summer reading program director Anthony Vaughters read a book titled ‘Red, White and Blue Goodbye.’

The book, written by Sarah Wones Tomp, is about a young girl whose father is in the Navy and has to leave on a mission overseas. The daughter struggles with the fact that her father has to leave, so she hides in his bag and hides his boots under her pillow.

Before deploying, her father goes on walks with her, makes milkshakes for her and takes her to the beach to show that he still cares. He tells her to think of him when she sees the flag on the mailbox, clouds in the sky and the ocean while he is away.

At the end of the book the girl makes red, white and blue pictures to send to her father while he is overseas.

“Just because your parents have to go overseas doesn’t mean that they don’t love you,”

Vaughters said. “It just means they have a big mission to do.”

He said Soldiers are heroes just like fire-fighters and other people whose job it is to “protect their country and protect their people.”

Vaughters explained why the story is beneficial for children to hear.

“It gives them someone they can get a feel for and understand they’re not the only ones going through the situation,” Vaughters said. “When they see a picture of [someone dealing with a problem] it helps them to get their feelings or issues out.”

In addition to the children, Vaughters’ family also knows what it’s like to have a loved one being deployed. His wife, Staff Sgt. Yolanda Vaughters, tactical officer in the U.S. Army, was deployed for a year in Baghdad, Iraq.

“It was hard for us,” he said, “but my job made it a little easier because I could spend time with the kids.”

Bogues’ husband, Sgt. 1st Class Oneil Bogues, a drill sergeant with Headquarters and Headquarters Company, 143rd Ordnance Battalion, is leaving for Korea in October.

Oneil was deployed about five years ago to Iraq, while they were living in Baumholder, Germany. Their son, Oneil [junior] did not understand his father would be gone for a year.

“Oneil saw his [father’s] bags packed but he thought he was just going to the field,” Ann Marie said. “But after two or three weeks Oneil realized his dad was really gone.”

Church friends told Ann Marie that Oneil was acting differently and they wanted to help.



Dasani Vaughters sits with her father, Anthony, Family Child Care mentor of the summer reading program, as he reads ‘Red, White and Blue Goodbye’ to the Family Child Care children July 17. This was just one of several activities on FCC’s Red, White and Blue Day.

“There was a quietness about him,” Ann Marie said. “He didn’t want to talk to anyone.”

Around this time Army Community Service implemented the video conferencing center where family members and friends could talk

with the deployed Soldiers.

Oneil’s mood improved after experiencing a video teleconference with his father, she said.

After the book reading, the children painted pictures for deployed Soldiers.

After the book reading, several of the children were asked three questions:

What did you think about the book?

What advice would you give to children whose parents are deployed?

What did you learn from the book?



D.J. Walker, 10

I could relate to it because my mom is in Korea for a year. She left June 7.

Draw a lot of pictures for them.

Be ready for anything. Your parents may leave at any time.



Alex McBean, 5

It was nice. I thought the little girl was going to go with her father at first when she was hiding in his bag.

Make notes and pictures for them to make them feel better.

That red, white and blue are on the flag.



Oneil Bogues, 10

It was good. My dad is going to Korea but I won’t hide his stuff.

To love and miss my parents even if they are strict. They take care of you and love you.

The girl hid her dad’s boots because she wanted him to miss his boat.

POST SHORTS

Kovalsick, 410-322-5206 or 410-306-2345.

Deadline for registration is July 31.

RDECOM looking for speakers

The U.S. Army Research, Development and Engineering Command Public Communications Office is enlisting the help of all RDECOM employees to represent the command in inspiring the next generation of great minds.

The office is seeking RDECOM employees, on a voluntary basis, to speak on topics that range from legal, to science to managerial and everything in-between to students and/or local civic organizations.

Interested RDECOM employees, to include HQ RDECOM, the Edgewood Chemical Biological Center, U.S. Army Materiel Systems Analysis Activity, System of Systems Integration, U.S. Army Research Laboratory,

and the RDECOM Acquisitions Center, should call Trinace Johnson, 410-436-3142, or e-mail public.affairs@apgea.army.mil for more information.

BJ's membership sale

BJ's Wholesale Club is offering a 15-month membership, to include two cards for \$30 for all civilian, military, retirees and contract employees.

This offer is good for new customers and for membership renewals.

Renewal membership holders should bring their current card with them.

A representative will be available 11 a.m. to 4 p.m., Aug. 1, at the Recreation Center, in building 3326.

All major credit cards, checks and cash will be accepted for payment.

For more information, call Angela Keithley or Jacqueline McKeever, 410-278-4603/4771.

Office Eagle Showroom grand opening

Office Eagle will hold a showroom grand opening 10 a.m. to 2 p.m., Aug. 2, building 320, Johnson Street. Representatives will be on hand to answer questions and free design and layout demonstrations will be provided. Music, food and door prizes also will be available.

For more information, call Barry Council, 410-297-4950

Deputy assistant secretary to visit APG

The Acquisition Support Center at Aberdeen Proving Ground will present "Meet the MILDEP." Lt. Gen. Joseph L. Yakovac Jr., military deputy to the Assistant Secretary of the Army for Acquisition, Logistics and Technology (AL&T), will visit APG 1 to 3 p.m., Aug. 2 at the Post Theater.

Yakovac will speak with the work force and share his visions and objectives regarding the future of Army acquisition. Current topics of interest impacting the acquisition community will be discussed. The work force will have an opportunity to ask questions and discuss issues.

The acquisition work force is encouraged to attend. Registration is not required.

For more information about Yakovac, visit https://webportal.saalt.army.mil/main/bio/mildep_bio.htm.

9th Area Medical Laboratory change of command ceremony

The 9th Area Medical Laboratory change of command ceremony is scheduled for 9 a.m., Aug. 9, on McBride Parade Field in Edgewood.

Col. Thomas M. Logan will relinquish command to Col. David W. Craft.

In case of inclement weather, the ceremony will take place in the National Guard Armory.

For more information, call Pfc. Shakeita Lockett, 410-436-7268/7273.

Working Woman's Scholarship nominations open

The Maryland Tri-County Chapter of Federally Employed Women presents an annual \$300 scholarship called the 2006 Dottie Dorman Working Woman's Scholarship to a deserving woman to pay for or offset college expenses incurred in pursuit of her continuing education.

To qualify nominee must:

- Be a female employee in any federal job in Baltimore, Cecil or Harford County.

- Currently be pursuing college-level education studies.

- Prepare a short essay (not to exceed one type-written page) summarizing educational plans and explaining how this scholarship will be used.

- Provide the name; home and work addresses; home and work telephone numbers; e-mail addresses; name and telephone

number of current supervisor (to confirm federal employment); and name of nominee's educational institution.

Submit application to the Maryland Tri-County FEW Scholarship, c/o Suzanne Schultz, 952 Chesapeake Drive, Havre de Grace, MD 21078 no later than Aug. 12.

The winner will be announced during the APG Women's Equality Day observance and awards ceremony 10 to 11:30 a.m., Aug. 23, at the Edgewood Conference Center, Aberdeen Proving Ground.

For more information, call Suzanne Schultz, 410-278-9514, or Melissa Smith, 410-642-2411, x5129.

APG Newcomer Orientation scheduled

The Aberdeen Proving Ground Newcomer Orientation will be held 1 to 3 p.m., Aug. 16, at the Aberdeen Recreation Center, building 3326.

All military, civilian personnel, retirees and their family members are invited and get acquainted with the military and civilian community at APG.

Representatives of support agencies/organizations will be present to discuss their activities.

For more information, call Marilyn Howard, Army Community Service, 410-278-9669.

Joining APG's Speaker's Bureau

Anyone who enjoys discussing their field of expertise or favorite hobby can become a member of APG's Speakers Bureau.

The APG Speakers Bureau enables military and civilian employees of APG to address on- and off-post organizations and local schools on a topic of their choice.

It is a voluntary community service offered without charge.

To become a member of APG's Speakers Bureau, call 410-278-1151.

Blue Star Families of Central Maryland welcomes new members

The military families support group, Blue Star Families of Central Maryland, meets the first Wednesday of each month at 6:30 p.m. at the American Legion Post 109 located at 1610

Sulphur Spring Road in Halethorpe, Md.

Anyone who has a loved one serving in the armed forces, or is serving, and would like to meet other military families can attend.

For more information, visit Web site <http://www.geocities.com/bluestarfamiliesofcentralmd> or e-mail BlueStarFamiliesOfCentralMD@yahoo.com for additional information.

Field assistance in science and technology program

The Field Assistance in Science and Technology Program is a U.S. Army Research, Development and Engineering Command asset used to gain better insight into the technology needs of Soldiers in combat.

RDECOM is made up of eight national and nine international laboratories, all working to get technology to the Warfighter, quicker.

The Uniformed Army Scientist and Engineer program was also implemented over the past year, coupling military scientists and engineers with science advisors to further enhance communication between troop leaders and RDECOM.

To share a Soldier technology need or solution with RDECOM visit <http://www.rdecom.army.mil/business.html>.

DoD offers free anti-spyware

The Defense Information Systems Agency has licensed free anti-spyware software for all government employees and armed forces personnel for use on personal computer systems.

Users must be on a ".mil" workstation to download the software.

To download the free anti-spyware software, visit the DISA Web site, <https://iase.disa.mil/sdep>, or the Navy's Information Assurance Web site, <https://infosec.navy.mil>.

At the INFOSEC site, click on the COMPUSEC tools tab and scroll down to the anti-spyware link, second from the top.

The software can then be saved to a local hard drive for writing on a CD-ROM or other portable media for home use.

(Note: Information provided by www.military.com.)

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

Upcoming chapel services

The Aberdeen Proving Ground chapels will celebrate Catholic mass for the Feast of the Assumption on Tuesday, Aug. 15, 11:45 a.m. at the Main Post Chapel (Aberdeen) and 7 p.m. at the South Post Chapel (Edgewood).

Community Notes

**THURSDAY
JULY 27
SUNSET CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer a Sunset Cruise, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$20 for adults and \$10 for children under 10 years of age. The ship will cruise around the Susquehanna Flats and upper Chesapeake Bay. Reservations can be made with credit card.

For more information or for reservations, call 410-939-4078.

KARAOKE IS BACK

Charlton-Miller VFW Post 6054 hosts karaoke with T.C. & Company every other Thursday, 8 p.m. to 12 a.m. starting July 27.

Free admission. Proper I.D. is required. For more information, call 410-272-3444.

**FRIDAY
JULY 28
LIGHTHOUSE CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer a Lighthouse cruise, noon to 3 p.m., aboard the Skipjack Martha Lewis in Havre de Grace. Tickets cost \$30 per person, and includes sandwiches and refreshments. Enjoy water views of Concord Point, Turkey Point and Fishing Battery Island. Seating is limited.

For more information or to purchase tickets, call 410-939-4078.

MARGARITA NIGHT

The Chesapeake Heritage Conservancy, Inc. will offer Margarita Night, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$35 per person. The historical oyster dredger will cruise around the Susquehanna Flats area as margaritas are served and Jimmy Buffet tunes play. Also includes light refreshments and beer. Credit cards are accepted.

For reservations, call 410-939-4078.

POOR MANS NIGHT

Charlton-Miller VFW Post 6054 will host Poor Mans Night 10 p.m. to 2 a.m. every other Friday starting July 28 featuring reduced priced drinks and three chicken wings and fries for \$2. Admission is \$3 with proper I.D. For more information, call 410-272-3444.

**FRIDAY
AUGUST 4
NG DOCUMENTARY
MAKES MARYLAND
DEBUT**

'The War Tapes,' an award-winning documentary film made by three Army National Guard members on the ground in Iraq, will play at The Charles Theater, 1711 North Charles Street in Baltimore. This is the first

war movie filmed by Soldiers themselves on the front lines. For viewing times, call The Charles Theater at 410-727-FILM, or visit www.thecharles.com or www.thewartapes.com.

**SATURDAY
AUGUST 5
TURTLETELEMETRY**

Volunteer Opportunity – no experience necessary.

Take part in real science searching for and monitoring local box turtles. Learn to use radio telemetry gear and consider being a regular turtle monitoring volunteer.

This program is from 10 a.m. to noon and is for ages 11 to adult, 11 to 13 with an adult. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

ANNUAL CRAB FEAST

Charlton-Miller VFW Post 6054 will have its "Annual Crab Feast" from noon to 5 p.m. The menu includes all-you-can eat crabs, barbecue chicken, Italian sausage with green peppers and onions, corn on the cob, assorted salads, baked beans, crab soup and draft beer. Absolutely no take outs. Tickets cost \$35 in advance or \$40 at the door.

Tickets can be purchased at VFW Post 6054 or by calling Post Commander Maurice Bishop, 410-272-3444, or Ladies Auxiliary President Linda Robinson, 443-857-8823.

BASKET BINGO

Basket Bingo to benefit the USNTC Bainbridge Historical Association will be held at the VFW Post 8185, Route 222, Port Deposit. Doors open 6 p.m., Bingo begins 7 p.m. Tickets cost \$10 person for all paper cards. Food, beverage and baked goods, door prizes and raffles will be available. No smoking is allowed.

For more information or to purchase tickets, call Anne Gibson, 410-378-3338, Carolyn Spencer, 410-378-3219 or Brenda Conjour, 410-273-7332.

**SUNDAY
AUGUST 6
NATURE TALES**

Explore nature through a story. Listen to a tale about an animal or a habitat. Story time may include meeting a live critter, a simple craft or acting out the story.

This program begins at 12:30 p.m.; no registration, free. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext.1688.

**TUESDAY
AUGUST 8
MILITARY APPRECIATION NIGHT**

The Aberdeen Ironbirds will

hold Military Appreciation Night. Each Military Appreciation Night guest will receive a ticket to a sold out game vs. the Hudson Valley Renegades and a free limited edition Aberdeen Ironbirds baseball cap.

Free parking, free "first pitch" game program and more will be provided. Ticket prices range from \$7 to \$12, but ask about group pricing.

For more information or to purchase tickets, call the IronBirds, 410-297-9292.

**SATURDAY
AUGUST 12
CRITTER DINNERTIMES**

Come watch the turtles, fish and snakes eat and learn more about these fascinating creatures. This program begins at 3 p.m.; no registration, free. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

**SUNDAY
AUGUST 13
DISCOVERY WALK**

Join a naturalist on a nature walk to discover what creeps, crawls and flies around Leight Park.

The program begins at 5 p.m.; no registration, free. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

(Editors Note: More calendar events can be seen at www.apgnews.apg.army.mil under 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 LAKE HOUSE

Friday, July 28, 7 p.m.

Starring: Keanu Reeves, Sandra Bullock, Shohreh Aghdashloo, Christopher Plummer

A lonely doctor (Bullock) who once occupied an unusual lakeside home begins exchanging love letters with its newest resident, a frustrated architect (Reeves). They must try to unravel the mystery behind their extraordinary romance before it's too late. (Rated PG)

GARFIELD: A TAIL OF TWO KITTIES (FREE ADMISSION)

Saturday, July 29, 7 p.m.

Starring: Breckin Meyer, Jennifer Love Hewitt, Billy Connolly, Ian Abercrombie

Garfield follows his owner, Jon Arbuckle (Meyer), to England, where he's mistaken for a look-alike regal cat who has inherited a castle. Garfield loves the royal treatment afforded by his loyal subjects, but when the evil Lord Dargis

(Connolly) learns of the deception, he sets out to expose the furry impostor and turn the castle into a tourist resort. (Rated PG)

NACHO LIBRE

Saturday, July 29, 9 p.m.

Starring: Jack Black, Ana de la Reguera, Hector Iminez, Darius Rose, Moises Arias

Nacho (Black) is a young man who was raised in a monastery in Mexico and now works there as the cook. Fueled by his passion for wrestling, he dons a mask and cape and picks up a partner to compete in a local Lucha Libre tournament to try for the \$200 prize so he can buy better food for the kids and achieve respect. When a new nun, Sister Encarnacion (Reguera), arrives at the monastery, he tries to win her adoration as well while attempting to prove that being a Luchador isn't a sin and win the grand prize at a battle royal tournament so he can buy a bus for the kids. (Rated PG)

LEAVE DONATIONS

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

Employees eligible for donations in the Voluntary Leave Transfer Program

Michele Amrhein	Ashley Fisher	(kidney failure)
Sarah Blevins	Gregory Fox	Sandra Miller
Debra Bonsall (daughter has brain tumor)	Renee Gaffney	Patricia Milwicz
Jeanie Bowman	Susan Gorhan	Mary Pettitway
Gerald Brown	Sandra Green	DeAnna Sampson
Robert Brown	Shirley Gross	William Sebra
Janet Cannedy	Hester Hayes	Barbara Seker
Lisa Carroll	Melanie A. Hoffman	Cynthia Shelton
Leroy Carter	(parasinusitis, fibromyalgia condition)	Linda Shoaf
Barbara Cascio	Rick Jernigan	Ebonie Stinnette
Rogelio Chevannes	Carolyn Johnson	Alison Tichenor
Barbara Crossley	Lydia Langley	Gary Tudor (heart valve replacement)
Lola Daniels	Robyn Lee	Christine Wheaton
Shelia Davison (benign paroxysmal positional vertigo)	Wayne Kaiser	Jerry Williams (heart attack)
Dawn Dean-Delbridge	Beverly King (caring for husband)	Louis Winters
Lawrence Eaton	Louis McCarter	Billie Wooten
	William B. McLean	



Your health is KUSAHC's goal



Lyme disease hits home

Story by
HEATHER TASSMER
APG News

Imagine having pain for almost eight years and not knowing what's wrong.

That's what life was like for Mandy Cook, 18, the daughter of Pat Cook, chief of the Strategic and Operational Support System in the U.S. Army Materiel Systems Analysis Activity. Mandy was diagnosed with Lyme disease three years ago after suffering for about eight years.

Mandy is just one of many who have contracted Lyme

disease. Nearly 20,000 cases were reported to the Centers for Disease Control and Prevention in 2004.

Bacteria called *Borrelia burgdorferi* cause Lyme disease, according to the CDC Web site. The bacteria are spread to humans through the bite of infected black-legged ticks commonly known as deer ticks.

The disease was named in 1977 when "arthritis was observed in a cluster of children in and around Lyme, Conn.," according to the CDC Web site.

Mandy's health problems started with her digestive system when she was about 11 years old, Pat said.

"She started to get really bad cramps," Pat said.

After a lot of research, Pat said she and Mandy found this was a common first symptom of Lyme disease in children.

This trip to the ER was one of 18 the Cooks made in 1999.

"We saw lots of different specialists in all the different trips," Pat said.

No one could find out what was wrong.

The "medical community" isn't updated on Lymed disease yet, Pat said.

Mandy has also had migraines ever since she was 11 or 12.

Mandy had been to at least 70 health practitioners in all areas such as osteopaths, kinesiologists, acupuncturists, chiropractors in Pennsylvania, New Jersey, Maryland and Connecticut to try to find out why she was in so much pain.

"We've been to different people to give her quality of life," Pat said.

"The doctors associated with the major hospitals are the worst," Mandy said. "Their experience with it is so limited."

"The doctors were arrogant," Pat said. "They didn't want to listen to anything we were saying."

Medical doctors had tested her many times for Lyme disease but the tests came out negative each time.

Pat said the tests may have come out negative because the labs weren't testing enough of the DNA bands.

After the frustration of not finding out the cause of the problem and the painkillers started to damage her liver, they turned to alternative med-

icine three years ago.

The first diagnosis of Lyme disease Mandy received was from a naturopath, a doctor who "stimulates the body to heal itself," Pat said.

The naturopath applied specific oils and herbs to Mandy's back and discovered splotches from the spirochetes or bacteria. This doctor had seen these same splotches on a patient who had Lyme disease before while using the method.

Pat and Mandy mentioned this information to an osteopath they had been seeing at the same time as the naturopath.

"That was enough for him to send blood samples to IGeneX Inc. labs in California," Pat said.

Mandy was given antibiotics to treat the disease. She also had to wear an intravenous system to school for more than six months.

In addition to Lyme disease,



she contracted other tick-borne diseases such as human ehrlichiosis and babesiosis. Pat said they were treated with antibiotics.

Mandy has experienced the worst of the disease in the past two years, Pat said.

"Her headaches were so severe they caused her to writhe in pain," she said.

Mandy has been on many

painkillers from morphine to fentanyl. She also takes herbs for her joint pain.

Herbs have helped bring the level of Lyme disease in Mandy's body down, Pat said.

"We've been able to keep the headaches stable but they're still high," Pat said.

In addition to the disease affecting her body, it has also affected her school life. Mandy only attended two weeks of her senior year of high school. After being tutored at home by the school she still managed to get almost straight A's.

"She's an inspiration to a lot of people," Pat said.

Now she has to complete only two chapters of calculus until she officially graduates.

Before the Lyme disease had taken over her body, she played the french horn and was active in karate, softball, basketball and volleyball.

Mandy is in too much pain to play sports now, Pat said.

"Strenuous exercise causes her a lot of pain in the head and joints," Pat said.

It's also hard for Mandy to concentrate during activities.

"I can't imagine a life without headaches," Mandy said.

Pat said Mandy hopes to play softball when she attends Harford Community College in the fall.

Mandy is seeing an acupuncturist and kinesiologist, a doctor who treats the body as a whole and also uses natural methods to heal, to help lessen the pain.

After all of her experiences with doctors, Mandy said she wants to be one but not a medical doctor.

Pat said Mandy doesn't want to rely on just what's in the books.

"She wants to be able to look over patients and determine from their symptoms if they need surgery, massage therapy or other kinds of treatment," Pat said.

"An osteopath is the closest job to what she wants to do," she said.

Pat's advice to others is "if you're not feeling well, then insist to your doctor about testing [for Lyme disease]."

Also she said "don't be afraid to try alternative medicines."

Another victim of Lyme disease is John Brand, a physicist of the U.S. Army Research Laboratory, who also has tried alternative methods for chronic Lyme disease. He was diagnosed with the disease about four years ago.

His wife, Judy, had contracted the disease first. Her doctor thought that the "bull's eye" rash needed to appear in order for a person to have Lyme disease.

"Judy had found a tick and had an atypical rash," John



Photo courtesy of CHPPM

The black-legged tick or deer tick, pictured above, transmits Lyme disease. They can be found in grassy areas or tall weeds. It is important to remove a tick as soon as it is found in order to prevent the transmission of the disease.

<http://www.answers.com/topic/adult-deer-tick-jpg>

Lyme

From page 6

said. "Her doctor was doing the best that he could but he was under-informed."

She had been tested for the disease but the doctor was using a test that had a 75 percent false negative rate.

Judy found out by accident that she had Lyme disease from a chiropractic neurologist.

"She had it for years and she didn't know it," John said.

Six months after Judy was diagnosed John found a tick on himself but didn't develop the rash. Because of Judy's misdiagnosis, he did not worry about it until several months later when he started to feel extremely tired.

"I felt like death on a pogo stick," Brand said. "I'd sleep all the time but I'd never feel good."

John was diagnosed by a Pennsylvania doctor Judy was seeing at the time for Lyme disease.

He believes they contracted the disease from ticks in their garden.

"We're both enthusiastic gardeners," John said.

John and Judy were both treated with antibiotics and are still taking them.

They both see a specialist in infectious diseases at Johns Hopkins and a woman in Frederick, Md., who uses homeopathic methods to treat people.

The Brands had learned about the woman through their friends who had seen her for [other] illnesses.

He said he didn't try the homeopathic treatments until after Judy had received them for six months and improved from them.

"Homeopathic medicine is a lot of nonsense," John said. "It is embarrassing that I may be improving because of it."

He said the woman uses an "electrolysis footbath and several means plus botanicals" to treat him.

John said the woman he and Judy see for these treatments knows several other people who have improved from them also.

"I don't recommend people just do homeopathic treatment," John said.

John said he and Judy are improving but he's not sure which treatment is working since they are using both conventional and nonconventional

treatments.

He said if a medical doctor's treatments aren't working, "try hard to find other, more knowledgeable doctors and perhaps homeopathic methods in addition."

In addition to Lyme disease, they both had babesiosis. John has Bell's palsy, a paralysis of one side of the face, from the disease.

The disease has had an effect on his neurological system. John said he has good and bad days from the disease but mostly good now.

"Some days I feel a little fuzzy but it's getting better," he said.

John uses crossword puzzles daily to determine what kind of day he is having.

"It helps my ability to find facts," he said.

On bad days, John said when he has difficulties doing the puzzles "it's like reaching for a word you know is right there but you can't think of it."

He recommends that those with the disease or who think they may have the disease read Dr. John Burrascano's article about symptoms and treatment guidelines on the International Lyme and Associated Diseases Society Web site, http://www.ilads.org/burrascano_1102.htm#treatment4.



Photo by W. BEN BUNGER III, CHPPM
Use fine-pointed tweezers and pull slowly to remove deer ticks. Methods like burning, using petroleum jelly or finger nail polish are unsuccessful in removing ticks.

[ilads.org/burrascano_1102.htm#treatment4](http://www.ilads.org/burrascano_1102.htm#treatment4).

"Above all, make your doctor test for the five most common co-infections of the disease," John said. "They can kill or disable."

Abdul Sheikh, a Directorate of Installation Operations entomologist, is another person who has been diagnosed with Lyme disease.

Sheikh first contracted Lyme disease between 1991 and 1992, a time when gypsy moths infested Aberdeen Proving Ground. While he was surveying an area and spraying for gypsy moths, he encountered many ticks.

One day after finishing surveying and spraying, Sheikh found at least 300 ticks while using an adhesive roller to remove them from his clothes.

About a month later, he began experiencing flu-like symptoms. His eyes were also watering, but he thought that it was an allergy problem.

"I had a fever so I went to the doctor," Sheikh said. "He gave me antibiotics thinking they would take care of the two."

"In those days doctors didn't know much about the dis-

ease," he said. "Now they know more."

Four or five months later, he was still having the same symptoms so he went to see his brother-in-law who is a doctor in the Washington, D.C., area. Sheikh's brother-in-law thought it might be Lyme disease so he put him on antibiotics. After a month of

taking them he felt better.

In 1999, he found another tick on his body. He sent the tick to the U.S. Army Center for Health Promotion and Preventive Medicine to get it tested for Lyme disease.

The test results came back positive and he developed a "bull's eye" rash a month after

See LYME, page 12

Common myths about Lyme disease

Many myths about Lyme disease have developed throughout the years.

"One common myth is that you only have to worry about tiny deer ticks," President of the Lyme Disease Association Pat Smith said.

Other ticks transmit diseases that are similar to Lyme disease or worse.

Some people also believe that people can only contract Lyme disease from April to fall which has been dubbed "tick season."

"You can get Lyme disease all year round," Smith said. "The tick becomes active above freezing—maybe above 35 degrees or so."

"This is a problem in the northeast because we're seeing higher temperatures in the winter," she said.

Another myth about Lyme disease is that it's not serious.

"It does cause death [if it's not treated]," Smith said. "I've been to numerous funerals where people have died from the disease."

The disease can attack all systems in the

body from musculoskeletal to cardiac.

"You can go blind or deaf from the disease because it attacks the nerves that control those functions," Smith said. "It's not something that you mess around with."

Lyme disease advancements

The LDA met with the Center for Disease Control director to explain how CDC policies affect diagnosis and treatment of patients.

The Lyme Disease Association is working with congressmen and senators to pass a bill that would provide \$100 million during a 5-year span for research, physician education, prevention and other issues. The bill is called HR 3427.

The LDA wants to implement the bill due to "the lack of treating physicians, inadequate testing and under diagnosis are leading to chronic Lyme disease," according to Smith.

For more information visit <http://www.lymediseaseassociation.org>, <http://chppm-www.apgea.army.mil> or call CHPPM, 410-436-3613.



Morale, Welfare & Recreation

RecTrac provides efficiency for MWR

Story by
HEATHER TASSMER
APG News

Eight years after RecTrac was first utilized at Aberdeen Proving Ground, the technology continues to provide efficiency for Morale, Welfare and Recreation employees.

RecTrac is a piece of software that MWR uses to manage its facilities and activities.

"It allows us to keep track of customers and the services they are using," said MWR Support Services Division Chief Doug Conley.

Support Services database manager Gwyn Dolzine said customers' ID cards such as Common Access Card, Active Military and MWR are scanned to keep records in a database of those who visit a MWR facility. The records from the scan are sent to

managers for financial information.

Restocking purposes and determining which activities to continue providing are some of the benefits of monitoring customers' visits, Conley said.

MWR Information Services Officer Alan Hickox discussed why RecTrac is practical.

"Because MWR is dispersed to 28 buildings on APG, we need the ability to network communication to all of those buildings," Hickox said. "The ability to share information among managers is very important."

RecTrac is used to manage a variety of MWR fields.

MWR uses the system for information ticket registration for trips to Hershey Park, Disneyworld and to see the Orioles. It also keeps records of registration for the classes MWR

offers such as kayaking, jujitsu and dancing.

RecTrac provides support for the installation's golf courses. Customers can reserve tee times and find out when they play a round of golf.

Employees at Outdoor Recreation use RecTrac for equipment rentals such as skis, tents and sleeping bags. The system allows employees to find out about available equipment, the rent schedule and the cost to use the equipment for a certain number of days.

RecTrac is used to manage sports. The system deciphers which teams are in which leagues, provides scores and generates league schedules.

The system also performs point of sales just as a cash register does. Employees use touch screens to ring up customers.

"One of the cool features of RecTrac is making touch screens," Hickox said. "You can tailor easy-to-use buttons for every kind of activity."

This feature is useful in speeding up lines at concession stands, Hickox said.

RecTrac also provides financial services for MWR employees.

"[RecTrac] accounts for all the money MWR takes in and it does it very easily," Hickox said.

"Before we started using it managers had to do a lot of things manually," Hickox said. "The control over payments and accounting was weak."

RecTrac's automatic sales reports save managers time and help them to send information to the accounting office faster.

"I use the reports module religiously to find out where we stand with our

budget. It provides a lot of good financial information," Dolzine said.

The reports also serve as "justification of funding" for activities, she said.

Vermont Systems Inc. is the company that developed RecTrac. In addition to the Army, the Navy, Air Force and Marines are also military customers. Commercial companies also use the software for management.

APG has been using the software since 1998 and the Army started using it in 1996.

Child and Youth Services is another RecTrac application but is on a separate database from the recreational and business system.

For more information about RecTrac, visit www.vermontsystems.com.

Activities

All services, classes and events are available to DoD cardholders, military, civilian, contractors, retirees, family members and guests. For information on these or any other events, please check out www.apgmwr.com.

Rolling Reader

The Harford County Public Library's outreach vehicle, the Rolling Reader, will join Child Youth Services in providing a free summer recreation program for children not enrolled in the CYS Summer Camp

program. CYS will provide arts, crafts and game activities while children wait to go into the Rolling Reader to check out books. Children will be able to check out and return their books at the Rolling Reader or any Harford County Public Library. The Harford County Public Library's Summer Reading Program, "Clue into Reading" includes a free tote bag upon registration. Fun activities encourage children to complete the program and receive a free book.

Library cards will be available on site for parents and children who do not have one. Parents must bring a valid

driver's license, military ID with orders, or a recent utility bill with a local address. Children under the age of 18 must have a parent or guardian fill out a library card registration form. Forms are available through the Harford County Public Library website www.hcplonline.info under "Library Services" or through the installation at Outreach Services, in building 2752, office 201.

Children under the age of 13 must be accompanied by a parent or guardian.

Meetings will be held on Thursdays throughout the summer 11 a.m. to 12 p.m. at Skipper's Point Park in Edgewood June 22, July 6 and 20 and Aug. 3 and 17, and in Aberdeen at the New Chesapeake Playground June 29, July 13 and 27 and Aug. 10.

Army Community Services is located in building 2754, Rodman Road. For information about these or any other services that ACS offers, call 410-278-7474 /2453.

Parent Information Exchange (PIE)

This program is for Exceptional Family Members and is 6 to 7 p.m. the second Tuesday of each month. This support group is designed to assist military families who have family members with special needs. Its goals are to improve the members' ability to cope and discuss community resources. Free child care is available; call in advance if needed.

Play Mornings

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

Social Hour moves to Ruggles Club House

The first evening Social at Ruggles Golf Course will be held 5 to 7 p.m., Friday, July 28. Light snacks will be provided; beer and sodas and additional food will be available for purchase.

The events will be held monthly, the last Friday of each month and is open to all members of the APG community.

For more information, call 410-278-4794.

For all SKIESUnlimited programs contact Central

Registration for details and registration. An additional \$18 Central Registration Fee will apply if not already enrolled in the Child and Youth Services Program. Call 410-278-7479/7571 for an appointment to register.

Volunteers needed

Anyone interested in teaching classes such as kinder-musik, history, grammar, reading, and mommy and me tumbling, should call Sarah Behl, 410-278-4589.

For more information call 410-278-4589.

Drivers' education

Several sessions of drivers' education are being taught on both Aberdeen and Edgewood. Students 15 to 18 years of age must attend and complete 30 hours of classroom instruction and 6 hours in car instructions. Student must have a Learners Permit. Parents, guardians, or mentors must attend the first class with student. Cost is \$267.

At the EA Conference Center (building E-4811) location, classes are 6 to 9:15 p.m., Monday through Friday, Aug. 7 thru 18 and Aug. 21 thru Sept. 1.

At the Aberdeen Community Center, 34 N. Philadelphia Blvd, Room 304, 6 to 9:15 p.m., Monday through Thursday, Aug. 14 through 29.

Brazilian Jiu-Jitsu

Through practice, students will learn the best form of self-defense, developing leadership and teamwork skills.

Classes will be held at the Aberdeen Youth Center, 6 to 7 p.m. for ages 7 thru 12 and 7 to 8 p.m. for ages 13-18, Aug. 15 through Sept. 7 and Sept. 12 thru Oct. 5. Cost is 85.

For information on Outdoor Programs, call Charles Heinsohn, 410-278-3868. To sign up for a class, visit MWR Registration, located in building 3326, call 410-278-4011/4907, e-mail mwr_registration@apg.army.mil or visit Web site, www.apgmwr.com.

Wilderness Challenge

Join 80 other military teams in a three-day endurance event in scenic Fayetteville, West Va., Oct. 5 thru 7. Teams are made up of four active duty personnel and consist of any gender combination, however one team member must be female. Registration and clinics will be held on Thursday; mountain run, whitewater swim and whitewater raft race will be held on Friday and on Saturday, mountain bike, Duckie race, mountain hike,

awards and dinner will end the event.

Registration is open. Visit www.ima.army.mil/northeast/newtemplatesites/local/default.asp for more information. For more information, call 757-788-5280 or DSN 680-5280.

MWR Summer Fishing Tournament

This is a cash prize tournament Sunday, 8 a.m. to 4 p.m., Aug. 13 at Woodpecker Point Picnic Area in the Aberdeen Area. Winners will be determined by the biggest fish (by weight). Contestants must provide their own fishing equipment and bait. Tournament rules and state fishing laws will be enforced. Fishing license is not required. Registration deadline is Aug. 10. Fees are active duty, \$5; civilians, \$10 and families, \$15.

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

Amateur Boxing Saturday Night

Come watch the 143rd Ordnance Battalion battle the 16th Ordnance Battalion July 29 at Hoyle Gym in Edgewood. Doors open at 5 p.m., fights begin at 6 p.m. Cost is active duty, \$5; non-military, \$10; or ring-side seating, \$20. For more information contact MWR Registration, 410-278-4011/4907 or visit www.apgmwr.com.

To sign up for a youth sport, contact Central Registration, building 2752, 41-278-7571/7479. All sports participants must have a current sports physical, due at registration and be a member of Youth Services.

Coaches needed

Anyone interested in volunteering to coach, or would like more information should call Bill Kegley, 410-306-2297.

Arts & Crafts

Aberdeen Arts and Crafts is located in building 2407. Edgewood Arts and Crafts is located in building E-4440. For information, call Debbie Brooks-Harris, 410-278-4207 or Holly Shisler, 410-436-2153.

Pottery Studio

Edgewood Arts and Crafts Pottery Studio has everything needed to create a hand-painted work of art and nifty design tools. Prices range from \$3 to \$25.

Stained Glass class

Students make a small sun-catcher using the copper foil method of stained glass. The class is held the third Saturday of each month from 1 to 4 p.m. and the cost is \$35, including supplies.

Framing

This class covers the basics of matting and framing. Students must bring an 8 x 10 picture to class to frame. The class is held the last Saturday of each month from 1 to 4 p.m. and the cost is \$45 not including supplies. This class is required to use the framing area.

Hunting permits on sale Aug. 1

2006 Hunting permits will go on sale to eligible personnel at the Equipment Resource Center, building 2407, 11 a.m. to 5:30 p.m., Aug. 1.

For information about eligibility, requirements, rates and becoming a 'Hunter in Charge,' visit www.apgmwr.com or stop by building 2407.

APG Bowling Center Snack Bar specials

Building 2342

Week of July 25

Special #1: Cheeseburger sub, French fries, one cookie and soda for \$5.25

Special #2: Tuna sub (choice of mayonnaise, lettuce, tomato, pickles and onions), chips, one cookie and soda for \$4.95.

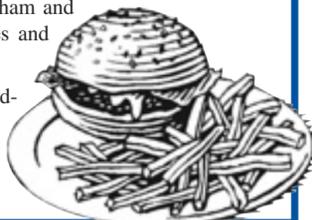
Week of Aug. 1

Special #1: Chicken Cheese Steak Sub (choice of mayonnaise, lettuce, pickles, onions), French fries, one cookie and soda for \$7.65

Special #2: American cold cut sub including bologna, ham and cheese and choice of mayonnaise, lettuce, tomato, pickles and onions, chips, one cookie and soda for \$5.95.

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

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.



LIBRARY BOOK CORNER

Operating hours of the Aberdeen Library, located in the Recreation Center, are 1 to 5 p.m., Saturday and Sunday, 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 Tale of Cuckoo Brow Wood by Susan Wittig Albert

Beatrix Potter discovers that her beloved Hill Top Farm is overrun with rats. In the nearby town, Samuel Sackett also finds himself plagued with unwanted visitors: a cousin and his wife who have long overstayed their welcome.

Dominion by Calvin Baker

This is the story of three generations of African-American men who make their mark in colonial and Revolutionary South Carolina, while battling nature, the supernatural and their emotional needs.

The Devil and Miss Pym by Paulo Coelho

A stranger arrives in a remote village, carrying with him a knapsack containing a notebook and eleven gold bars. He comes searching for the answer to the question: Are

Human beings, in essence, good or evil?

Lost and Found by Carolyn Parkhurst

In this "reality show" race, as the two-person teams journey from Egypt to Japan to Scandinavia, the carefully constructed, TV-ready personae of the competitors slowly unravel.

The Crimes of Jordan Wise by Bill Pronzini
Three perfect crimes, each with its own special savor, but each ruled by the cool calculation of a cautious, bespectacled numbers cruncher whose brush with a femme fatale awakens his heart and his dark side.

Absurdistan by Gary Shteyngart

This is a satire of the new Russian oligarchy, as well as the American lifestyle and the two countries' shared megalomania, consumerism and appetite for exploiting small countries.

Computers available at the library

The APG MWR Library has 10 computers for public use, where individuals can access the AKO pages. Among the items available on The Army Libraries site on AKO are E-Books, the Automotive Reference Center, Homework Help and Test Preparations.

For example, a portal to trusted health care information resources for Soldiers and AKO users is on the AKO My Health page, <https://www.us.army.mil/suite/page/300434>.

My Health includes the following channels:

- Getting Started - Quick Links
- Reference Center
- Health Topics - A-Z Guides
- CNN Health News RSS newsfeed
- Links to MedlinePlus, TRICARE Online and Other Databases
- Deployment Health links
- Self-Assessment eTools
- Health Promotion & Wellness links
- Book Reviews on Diet Books and Weight Management Videos

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.

SCHOOL LIAISON

Roye-Williams holds Open House

Roye-Williams Elementary School will hold an "Open House/Back to School Night," 6:30 p.m., Aug. 24.

Roye-Williams is combining its Open House and back to School Night to form a partnership between home and school before the school year begins.

The school store will be open for parents and students to purchase back-to-school supplies, and parents will be able to deposit funds into their child's lunch account.

For more information, call the school, 410-273-5536.

Pets of the Week

Looking for love

Clifford is a very friendly and playful 1-year-old male domestic shorthair. He is neutered with a microchip and he's just waiting for someone to love.

Puppy wants to play

Jake is a 7-month-old Pit Bull puppy, with a brown and black brindle coat and a white streak down his chest. He is all puppy and will play for hours. Jake has all his shots and is just waiting for a loving family to take him home.

APG Veterinary Treatment Facility

The APG Veterinary Treatment Facility will be closed July 31 for inventory. The clinic will be closed on the final business day of each month until further notice.

The VTF provides veterinary support to Department of Defense operations in areas of responsibility including veterinary food inspections, zoonotic disease management and other services.

For more information, call 410-278-3911/4575.



Toman

From front page

Toman said the strongest challenge was the Reflexive Fire Range in which they had to engage targets while walking.

"You had to walk, stop and shoot or walk, stop, turn and shoot in response to being fired on," he said. "It was a real test of your skills and it was designed by the TRADOC command sergeant major to find out what we really know."

Interviews with TRADOC senior NCOs as well as a formal board rounded out the testing which concluded with a 5-mile run on the last day.

"It was awesome, a motivational, esprit de corps kind of run," Toman said. "It was something really special that I won't forget."

He said that former OC&S Regimental Command Sgt. Maj. Anthony Aubain was a member of the TRADOC board and that it was he who informed OC&S commander Maj. Gen. Vincent E. Boles of Toman's good showing.

Toman said he feels "real good" about the entire experience.

"It was a depth check," he said. "They truly tried to find out what you are made of."

"I'll always appreciate the opportunity to meet and network with drill sergeants from all over the world."

"People think AIT drill sergeants won't represent well," he added. "But we're spending more time with troops and doing things drill sergeants didn't get to do four or five years ago, like hands on with crew served weapons, weapons immersion and combative training. I think it makes us more competitive."

With nine years in the Army, Toman is married with three children. He thanked his fami-

ly, his fellow NCOs and mentors he met along the way for their support.

"When I came on the trail, Drill Sergeant. Bravo took me under his wing. He was a competitor and he encouraged me to compete as well," Toman said.

Now, he plans to help his peers prepare for future boards, he said.

"I plan to show them how you have to put your nose in the books," he said. "You have to research and study so many topics. But it helps you to grow. I know it's made me that much better."



Sgt. 1st Class Kris P. Toman

Charity

From front page

Henson came up with the idea to collect money for Anna's House in June.

"I wanted to help out women's and children's organizations," Henson said. "It was Catholic Charities that referred me to Anna's House when I told them I was looking for an organization that supported our youth locally."

She said on the day of the offering there were only 40 or 50 members present.

"Because we are on post, our membership ranges from 60 to 120 people," Henson said. "Soldiers and their families are always coming and going because of PCS [permanent change of stations]."

In addition to the money collected for Anna's House, the Gospel youth from the chapel donated clothes and new toys to the organization.

Kayla Watson, a 13-year-old member of the Youth Ministry, bought a Fisher Price See 'n' Say for children to play with.

"It's a cool toy for a child," Watson said.

Watson and her sister, Shanae, 19, presented Jones with a mock check on June 15.

"I wanted our youth to present the mock check so they could actually meet the people that the money was going to," Henson

said. "Our Chaplaincy Resource (Financial) Management Office actually sends the check for all donations so this was a symbolic way that the youth would have been involved in all the aspects of the donation process to Anna's House."

The Gospel Service is held at the chapel, building 2485, each Sunday at noon.

Anna's House

Catholic Charities established Anna's House in 1991 to provide homeless women and children with permanent and transitional housing.

It was originally named the ECHCO House which stood for Ecumenical Community of Harford County, according to Anna's House Director, Barbara Jones.

"The ECHCO House was an old farmhouse located in Street, Maryland," Jones said. "The name was changed because the program was getting confused with other projects."

Catholic Charities staff first looked in the Bible and found that Anna was in the temple when Jesus was presented.

The staff also named the program after Anna Kahoe, she said.

Kahoe's family originally owned the farmhouse that was called the ECHCO House. Anna and her husband raised 16 children in the house.

After meeting Kahoe and learning about the house's his-

tory, they thought it was meaningful to name the house after her.

"Anna was so happy her name was being used for this purpose [after she found out about it]," Jones said.

In 1996 Anna's House moved to its current location in Bel Air where women and children live in two houses. Each house contains four bedrooms and the families stay for a year until they became financially established.

"The women must go to school or find employment [while they are living at Anna's House]," Jones said.

Eight other families of Anna's House also live in Bel Air apartments. Housing and Urban Development grants specify that these apartments are permanent housing for the families, Jones said.

Social workers help mothers to reach their goals through developing a financial plan and referring them to places where they can receive job training, employment and permanent housing. The social workers also provide training in job preparation and life, parenting and coping skills.

To find out more information about Anna's House or how to volunteer, visit <http://www.catholiccharities-md.org/volunteer/annashousevolunteer.html>.

Lyme

From page 7

he sent the tick for testing. He took antibiotics for a month and fought the infection again.

Sheikh said he believes he lost a lot of memory during his infection with the disease and thinks it may still affect him today.

His recollections during the infection are blurry but he said he remembered experiencing disorientation that affected his ability to drive and navigate to places he wasn't familiar with. **Symptoms to watch for**

Lyme disease affects victims in different ways so it is important to visit a doctor if not feeling well.

Sandra Evans, a biologist with the Entomological Sciences Program of CHPPM discussed the early symptoms of Lyme disease.

The erythema migrans or "bull's-eye" rash is an early symptom. The rash appears at the site of the tick bite within a couple days to a month.

"It's a red ring that can get up to 12 inches in diameter," Evans said. "Sometimes it can be difficult to see because it may be on [a person's] back or

if the person has a lot of freckles or hair or has dark skin," Evans said.

The rash fades after about a month, she said. This doesn't mean that the Lyme disease is gone.

Also, just because a rash doesn't appear doesn't mean a person hasn't contracted Lyme disease. Up to 40 percent of people never develop the rash, according to CHPPM Web

site, <http://chppm-www.apgea.army.mil>.

Bell's palsy can also be a relatively early symptom of Lyme disease, Evans said.

Victims may have flu-like symptoms such as aching muscles and joints, fever, swollen glands and extreme fatigue.

People who are experiencing these symptoms during the spring or summer and who believe they have been

exposed to ticks should see a doctor, Evans said.

Swollen lymph nodes are also another symptom of Lyme disease.

Some of the later symptoms include memory loss, troubles with concentration and frequent and longer joint pain.

"Just because you find a tick on you does not mean you have Lyme disease," Evans said. "Not every tick is infect-

ed with the disease."

Ticks must be attached to the skin for 12 to 48 hours for a person to contract the disease, Evans said.

CHPPM emphasizes prevention of Lyme disease because it is better to prevent than to treat, Evans said.

Those who venture outdoors should wear long pants tucked into their socks and tuck in their shirts to help pre-

vent a tick bite.

The disease is easier to treat the earlier it is diagnosed, Evans said.

"The longer it progresses makes it much more difficult to treat," she said.

For information on tick removal and Lyme disease prevention visit <http://apgnews.apg.army.mil/Archive/pdf2006/June2206/June2206.pdf>.



Photo courtesy of CHPPM
An adult deer tick burrows its mouthparts into the skin.

Other tick-borne diseases

CHPPM

Babesiosis

Babesiosis is a tick-borne disease caused by a malaria-like protozoan parasite, Babesia microti. The disease organisms attack and destroy red blood cells.

The black-legged tick or deer tick, the carrier of Lyme disease, also transmits babesiosis.

Some cases of the disease are asymptomatic. The cases where symptoms of the disease arise include fever, headache, chills, sweating, enlarged spleen and liver.

The disease can be rapidly fatal for those with a weakened immune system, lack a healthy spleen or are elderly.

Human Ehrlichiosis

The disease is caused by bacteria called ehrlichiae. Several kinds of human ehrlichiosis can be contracted but the human monocytic ehrlichiosis (HME) and human granulocytic anaplasmosis (HGA) are the most common in the United States.

The Lone Star tick transmits HME. This tick is found in the south and mid-eastern part of the United States. The black-legged tick transmits HGA on the east coast and the western black-legged tick transmits it on the west coast.

Common symptoms of the disease are headache, fever, chills and fatigue. Other symptoms include vomiting, nausea, swollen glands, diarrhea, loss of appetite and shortness of breath.

In severe cases, the disease may cause kidney or respiratory failure.

More than 3,000 cases have been reported by the CDC from 1999 to 2006.

It is diagnosed by blood tests that contain

the bacteria of the disease and is treated with the antibiotic Doxycycline.

Both kinds of ehrlichiosis have caused deaths but HME is frequently linked with the more serious results.

Rocky Mountain Spotted Fever (RMSF)

Rocky Mountain Spotted Fever is caused by a bacterial organism called Rickettsia rickettsii.

Victims can contract this disease from the American dog tick or the Rocky Mountain wood tick. The American dog tick is found in the eastern two-thirds of the United States and in a few areas along the Pacific coast. The Rocky Mountain wood tick is only located in the western United States.

More than 1,000 cases a year are reported in the United States, according to the CDC. Oklahoma and North Carolina have reported the highest rates.

Victims of the disease may primarily experience a high fever, nausea, muscle pain, vomiting and extreme fatigue. Within two to five days after the high fever begins, a red, spotted rash first develops on wrists, forearms, palms and ankles then quickly spreads to the rest of the body and face. Victims may also experience diarrhea, abdominal and joint pain.

The bacteria infect and kill the cells that line blood vessels all through the body and leaks into adjoining tissues. This process can cause severe damage to the lungs, heart, brain, kidneys and other systems.

Blood tests and symptoms are used to diagnose RMSF.

Prompt treatment is very important because the disease can be rapidly fatal. Doxycycline is used to treat the disease.

Where the creepy crawling enemy lurks

Ticks can be found in grassy areas and bushes. They climb up tall grass or weeds and wait to attach onto hosts that pass by after sensing the presence of carbon dioxide.

Ticks are not only found in the woods and fields, they have also infested cities and suburbs.

"As more developments are being built, the habitats for animals are being destroyed," said Pat Smith, the president of the Lyme Disease Association.

Animals like squirrels, chipmunks and mice make use of gardens and trash for their food supplies.

Ticks use these small animals for hosts, Smith said.

"Deer also act as a transport for the disease. The deer are prevalent because predators are getting less and less," Smith said.

People should also check their pets for ticks because they may crawl onto dogs and cats in the yard.

Soldiers sweat it out during APG Combative Tournament



While not seeming to be, Shawn Murk of the Basic Noncommissioned Officer Academy, on bottom, is in control, 'hiding' Miguel Bonilla, Company C 16th Ordnance Battalion, on top, in his guard as Referee Maltise Jones, right, keeps watch during the Aberdeen Proving Ground Combative Tournament at the Post Athletic Center July 15.

Story and photos by
YVONNE JOHNSON
APG News

The air was hot and steamy. The humidity was so oppressive that drawing a deep breath was difficult at best. Sweat rolled down the palms and brows of those in attendance and more than a few had to take a break from the action to step outside and cool off.

Such were the conditions, indoors and out, on the final day of a record-setting July heat wave in Maryland as more than 200 Soldiers gathered for Aberdeen Proving Ground's first Combative Tournament at the Post Athletic Center July 15.

Sponsored by Morale, Welfare and Recreation and the U.S. Army Ordnance Mechanical Maintenance School, the tournament brought to the forefront the Army's current focus on enhancing the Warrior Ethos by ensuring Soldiers are trained and proficient in hand-to-hand combat.

Sgt. 1st Class Brian Sarjeant, the post combative noncommissioned officer, organized the event with Ralph Cuomo, MWR Sports program manager. Sarjeant, who completed all four levels of Combative Course training at Fort Benning, Ga., now instructs OMMS students from the NCO Academy and in the Officers Basic Course as well as Soldiers from nearby installations.

He said that hand-to-hand combat style training, as is covered in the U.S. Army Field Manual 3-25.150, is emphasized within the U.S. Army Training and Doctrine Command as well as Army wide.

"Combative training focuses on teaching defense and self confidence," Sarjeant said.

Cuomo said that he is pushing for the tournament to become a Commander's Cup event.

"This is the first sports event I've been involved in that is totally mission oriented," Cuomo said. "It really should be included in the

Commander's Cup."

While combative techniques appear to resemble Greco-Roman style wrestling, they actually incorporate basic martial arts and ground-fighting techniques.

During the tournament, combatants were scored according to how many holds they executed successfully.

Combative instructors served as referees and scorekeepers.

The participating units included members of the NCO Academy's Basic NCO Course, the Officers Basic Course and Soldiers from each unit of the 16th and 143rd Ordnance battalions as well as Soldiers from Fort George G. Meade.

Slippery, sweaty and panting opponents squared off on wrestling mats in duty uniform, wearing sneakers instead of boots. With exit doors wide open and large fans blowing to battle the heat, the Soldiers grappled and grunted their way through three levels of play to try and reach the finals.

Incredibly, the heat seemed to have only minimal effect on the warriors as many of them, regardless of whether they won or lost, expressed only enthusiasm for the sport.

"These Soldiers have been receiving combative training throughout their time here," said Staff Sgt. Darius Brewster, a TAC Sergeant with Company C 143rd who brought 10 personnel to the competition. "I think it's great. The Soldiers really take to it," he said.

"It was a lot of fun," said 2nd Lt. David Winkler, Company E 16th who made it to the final round in the flyweight division. "It's good to see we've got some tough young guys."

"I loved it," said Spc. Jonah Nance, Company A 16th and winner of the lightweight division. He called the competition hard, challenging and necessary.

"It's about perfecting the skills we actually need," he said, adding his thanks to Drill Sgt. Kris Toman. "We only trained one week," he said.

"He's an excellent teacher."

"We love it, it's physically and mentally challenging," said Sgt. Jacques Cozart, one of several participants from Fort Meade who drives to APG every day to train with Sarjeant.

"It's helped me grow as a Soldier," added Pvt. Robert Sanchez, also of Fort Meade.

Two female participants, Pvts. Heather Kirby and Katie Rogers, Company C 16th, agreed that the combative style boosts their self confidence as more often than not they compete against males of similar weight.

"It makes us stronger," Kirby said, adding that they've worked on their techniques every day for about five weeks.

"I really enjoy it because I like the high you get when you accomplish something," she said. "And guys really hate when I beat them."

Rogers, a 28-year old with the Kentucky Army National Guard, said that she won her first match but lost the second.

"I had fun and I enjoy it because it's good knowledge that we need, especially today," Rogers said.

Staff Sgt. Lennox Underwood, HHC 61st Ordnance Brigade, was one of several instructors who assisted Sarjeant. He said the event went well and that he expected another one would follow.

"I'm really impressed with how well [Soldiers] have picked up on it," he said. "It's Army wide now and totally mission focused. Everything they learn here they can apply, whether military or civilian."

"They take to it like a fish to water," added Staff Sgt. Maltise Jones, Company C 16th drill sergeant who also trained a team. "It's competitive and realistic," he said, noting that three on his team were headed for the championships.

Sarjeant thanked Underwood, Jones, Command Sgt. Maj. Anthony Slater, Sgt. Maj. David E. Crump, Sgt. 1st Class Nathan Shay and Staff Sgt. Jesus Vila for their support as well as Command Sgt. Maj. Anthony Aubain from Fort Lee, Va.

"When Sergeant Major Crump came to the gym, right away he sent out for water and ice in coolers," Sarjeant said. "I think everybody was grateful for that." He added that

Aubain, the former OC&S regimental command sergeant major, plans to host a Fort Lee tournament.

In addition, Sarjeant thanked judo instructor Ronald Seldon and full contact instructor Ronald Stallings, the son of former APG Garrison Command Sgt. Maj. Ronald V. Stallings, for demonstrations they presented prior to the tournament.

Sarjeant said that other plans include forming an APG Combative Team to challenge other posts and offering a combative course to family members.

"We want to continue the tournaments to keep the troops motivated and we hope to have the Marines participate next time," Sarjeant said. "We are all one team."

Army Combative Training
www.wikipedia.com

As defined by U.S. Army FM 21-150: Hand-to-hand combat is an engagement between two or more persons in an empty-handed struggle with hand-held weapons, sticks and rifles with bayonets. These fighting arts are essential military skill. Projectile weapons may be lost or broken, or they may fail to fire. When friendly and enemy forces become so intermingled that firearms and grenades are not practical, hand-to-hand combat skills become vital assets.

2006 APG COMBATIVE TOURNAMENT

Flyweight Division

Champion, Joshua Mazon, Company C 143rd
Runner-up, David Winkler, Company E 16th

Lightweight Division

Champion, Jonah Nance, Company A 16th
Runner-up, Demone Whigham, BNCOC

Welterweight Division

Champion, Ryan Hunt, BNCOC
Runner-up, Andrew Pipkin, Company A 16th

Middleweight Division

Champion, Francisco Ramos, Company C 16th
Runner-up, Harvey Gray, Company A 16th

Light Heavyweight

Champion, Mark Hill, HHC 16th
Runner-up, Todd Blackburn, BNCOC

Heavyweight

Champion, Miguel Bonilla, Company C 16th
Runner-up, Anthony Manske, HHC 16th

Team results

1st place, Company C 16th
2nd place, HHC 16th
3rd place, Company A 16th



Miguel Bonilla, Company C 16th, on top, and Anthony Manske, HHC 16th, struggle for control and the heavyweight championship during the final bout of the tournament.



Shawn Murk, BNCOC, on bottom, and Robert Murphy, Company E 16th, attempt a passing the guard maneuver to gain side control.



Harvey Gray, Company A 16th, on bottom, grimaces as he tries to use his knee to pass Francisco Ramos, Company C 16th, in his guard during the middleweight championship bout.