

POST SHORTS

Recycling schedule



The residential and recycling pickup schedule for March 8 is plastic, glass and metal. Put items in blue bags, and place them on the curb.

Towson University hosts open house for war veterans tomorrow

Towson University is holding an open house/college fair for men and women leaving the service who served in the wars in Afghanistan and Iraq, 3 to 6 p.m., March 3, at the University Union, Susquehanna Terrace (3rd floor). Operation Service to Scholarship is designed specifically for those war veterans who "could use some guidance" as far as educational opportunities are concerned, according to Tracy Miller, TU academic advisor.

Participating institutions will include the University of Maryland Baltimore Campus, Villa Julie College, Coppin State University, Baltimore City Community College, Community College of Baltimore County, Baltimore International College (School of Culinary Arts, Business and Management); TESST College of Technology and others.

Admission to the open house is free. Parking is available in the Union Garage or Lot 11. Both are adjacent to the University Union which is located off Osler Drive on the TU campus.

For more information, contact Miller, 410-704-3583.

Spouse's club holds Women's Conference

The APG Military and Civilian Spouses' Club will host the Third Annual Women's Conference March 11 at the Gunpowder Club in the Edgewood Area, designed to uplift, enlighten, motivate and strengthen women in their various roles as women, mothers, wives and invaluable contributors to their workplace and local communities.

The conference is open to all women and is not limited to those in the military community. Membership in the APG Military and Civilian Spouses' Club (MCSC) or Military ID is not required.

The \$15 fee is non-refundable and covers

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Rollover Simulator saves lives

Cell phone use restricted on installation

Story by
RON KRAVITZ
DSHE

Distracted driving accounts for so many accidents that the Department of Defense has issued a new instruction under DoD 635.25(3).

Vehicle operators on a DoD installation and operators of government owned vehicles shall not use cell phones unless the vehicle is safely parked or unless they are using a hands-free device, states the directive.

Effective immediately, the cell phone use on Aberdeen Proving Ground will comply with the directive, said Col. John T. Wright, Garrison and deputy installation commander.

"The only exceptions will be for security and emergency personnel in the performance of their duties," Wright said.

Distracted driving is a factor in 25 percent of all traffic crashes, according to the National Highway Traffic Safety Administration.

With hectic schedules and roadway delays, many people multi-task just to keep up with personal and work-related responsibilities. One of the

biggest distracters is the cellular phone.

The NHTSA says that using a cell phone while driving increases the chance of getting into a crash by 400 percent.

When dialing a phone number or engaging in intense conversation, the driver is not watching the road as attentively.

A "hands-free" apparatus is helpful, but it can't prevent the driver from becoming involved in a conversation and losing concentration. The best defense is to pull off the road and stop in a safe place before using the phone.

New York, New Jersey, Connecticut and the District of Columbia have banned the use of cell phones entirely while driving.

If a 20-year-old driver is behind the wheel with a cell phone, their reaction times are the same as a 70-year-old driver. This is the result of a study by David Strayer, a University of Utah psychology professor.

And, it doesn't matter whether the phone is hand-held or hands free, he said. Any activity requiring a driver to "actively be part of a conversation" will likely impair

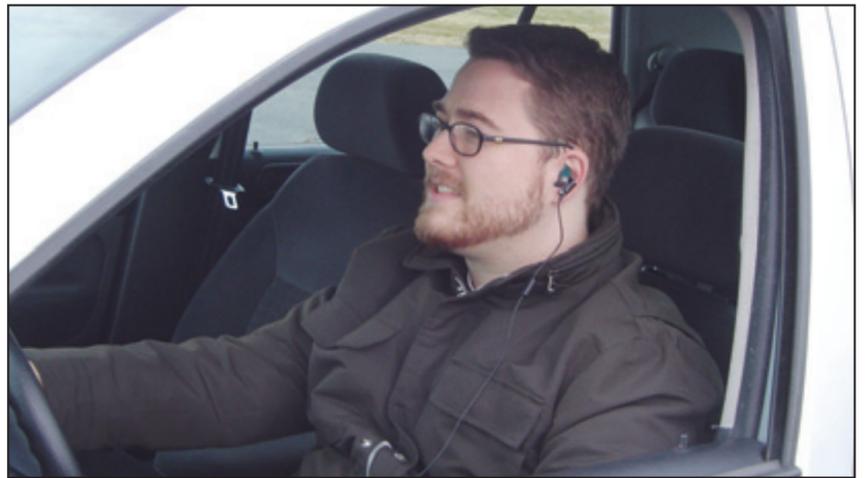


Photo by REBECCA CHISHOLM
Nick Pentz, APG News designer, uses a hands-free headset while driving on the installation. Effective immediately use of a cell phone without one is prohibited.

driving abilities.

Motorists who talk on cell phones are more impaired than drunken drivers with blood-alcohol levels exceeding 0.08, according to Strayer and colleague Frank Drews, an assistant professor of psychology. This was found during research conducted in 2003. Their study appeared in last winter's issue of "Human Factors," the quarterly journal of the Human Factors and

Ergonomics Society.

If drivers must talk while driving, the safest way is to have a hands-free device so conversing can be done with two hands on the wheel.

"Drivers should remember to stay aware of what is going on around them," Wright said. "It's easy to get so engrossed in conversation that exits, stop signs and lights are missed or other drivers are not being monitored."

The best thing to do if a driver has to make a call is to wait until arriving at a destination or pull over to the side of the road, if it's going to be a long conversation.

Because of the congested highways, drivers spend more and more time on the road. And, since drivers make more than 200 decisions during every mile traveled, it is critical to devote more attention to driving.



Photo by SPC BRIANA AKENS
Sgt. John Lindsay performs with the 389th Army Band (AMC's Own) Show Band in Kandahar, Afghanistan. Spc. Rodolfo Furtado is on bass with Spc. Joseph Krafft on guitar and Staff Sgt. Julio De La Rosa on drums.

Show band returns from overseas tour

Story by
REBECCA CHISHOLM
APG News

The 389th Army Band (AMC's Own) sent its show band and jazz combo to Southwest Asia over the holidays to entertain the troops stationed in the area.

The band headed first to Camp Arifjan in Kuwait Nov. 6 for three weeks to rehearse and get acclimated to the area. They performed for a few weeks in Kuwait then went to Qatar, where they performed for troops stationed there for rest and relaxation. Next the band went to Afghanistan for five days, then back to Qatar and to Kuwait for more performances and a break.

The week before Christmas was spent at Camp Anaconda in Iraq, with Christmas spent in Kuwait. New Year's Eve was spent in Saudi Arabia, during which they performed at the U.S. Embassy. Once finished there, the band left for Camp Arifjan to decompress

and were back in the states Jan. 11.

The show band played modern and older songs, ranging from pop to country, covering such acts as Maroon 5, Bowling for Soup, Drowning Pool, Keith Urban, Tim McGraw and Gretchen Wilson.

Sgt. Steve Lah, lead vocalist and master of ceremonies for the show band, said that the two and a half month experience was great. It was his first time overseas during his 21 years in the Army.

Lah said he was impressed by the helpfulness of the Soldiers and officers in Iraq, who were always willing to aid the band with equipment and such.

He also enjoyed visiting the American Embassy in Kuwait, where it was "nice to be on American soil again."

The varying climates and topography of the region also impressed Lah. He said that Kuwait was all dirt, though a

very nice country, even if it didn't always smell that great. He commented on the mountains in Afghanistan and the head in Qatar and Saudi Arabia.

"It was the experience of a life time," he said. "I'm glad I went and would gladly go again."

Spc. Jessica Lear, a trombone player and singer with the show band, said that she most noticed the differences in the way women were treated overseas.

"I was worried about going," she said. "You hear so much about women being raped and hurt."

But, she said, the buddy system employed by the band to keep each member safe, and to watch over the two female band members, was very useful. And, the situations she had imagined, of violence and danger, were never seen. No one was forceful or inappropriate.

She said that going to a

See BAND, page 11

Developer for APG office, research center announced

Story by
CHRISTOPHER AUGSBURGER
Baltimore CoE

The U.S. Army Corps of Engineers, Baltimore District and Aberdeen Proving Ground selected real estate developer APG Development Partners on Feb. 17 to transform approximately 1,300 acres in the Edgewood Area of APG into a state-of-the-art, anti-terrorism and law enforcement training center under the Army's Enhanced Use Leasing, or EUL, program.

The project concept features a variety of facilities for realistic, secure, live-fire, multi-modal training supported by the necessary student lodging, dining, fitness and recreational

amenities.

APG Development Partners, together with the U.S. Army and Aberdeen Proving Ground, will develop a business and leasing plan for the development and leasing of the property.

The new development project will involve a long-term government lease of the land and improvements. APG Development Partners will plan, design, finance, construct and market the new facilities.

In addition to providing the Army with fair consideration, APG Development Partners will operate and maintain the facilities.

Additional information is available at <http://eul.army.mil/APG/>.

2006 AER campaign begins

Story by
MARGE FISSEL
AER

Army Emergency Relief is a private, nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff. AER's mission is to provide emergency financial assistance to Soldiers. This year marks 64 years of AER operations.

AER is governed by the AER Board of Managers and receives no funds from the federal government. AER is supported by voluntary contributions from Soldiers (active and retired) solicited

once a year during the Army's annual fund campaign for AER.

The annual fund raising campaign for AER began yesterday and will continue through May 15. Contributions may be by allotment, cash or check.

In 2005 AER assisted 49,000 Army people with more than \$34 million world wide. Contributions will assure continued availability of AER funds to meet the assistance needs of your fellow soldiers.

The 2006 AER Campaign coordinator is Maj. Jeffrey Winston, 410-278-3000.

New chapter begins for 22d Chemical Battalion



Photo by CONRAD JOHNSON, RDECOM
Maj. Ronald E. Mussone, left, Company C, 22d Chemical Battalion (Tech Escort), commander, exchanges Company C's guidon with 1st Sgt. Richard Davidson, Company C, U.S. Army 22d Chemical Battalion (TE) Jan. 4 marking a new chapter for the 22d Chemical Battalion (Technical Escort) and the 20th Support Command (Chemical, Biological, Radiological, Nuclear and High Yield Explosives). Lt. Col. Patrick Terrell, 22d Chemical Battalion (TE), commander uncased the guidon of Company C, 22d Chemical Battalion (TE) and Maj. Ronald E. Mussone assumed command. In a ceremony on Dec. 15, 2005, Terrell cased the Company C guidon at Dugway Proving Ground, Utah, as part of an overarching plan that moves these personnel to Fort Lewis, Wa., to join the 110th Chemical Battalion (TE) which activated in September 2005.

APG organizations highlight career day activities

Story by
YVONNE JOHNSON
APG News and
ANN HAM
CHPPM

In keeping with the commitment of service to the community, Aberdeen Proving Ground organizations participated in Career Day activities at two local schools Feb. 6.

C. Milton Wright High School in Bel Air and St. Joan of Arc Elementary School in Aberdeen held daylong activities focused on career options for their students.

Col. John T. Wright, APG Garrison and deputy installation commander, led the Garrison participants at St. Joan of Arc that included personnel from the Directorate of Safety, Health and Environment's Installation Safety and Fire and Emergency Services divisions.

Wright used a display designed by the Directorate of Information Management's Visual Information Services Division to illustrate the various military and environmental aspects of the installation and the Army.

"The Career Days are important for APG as they showcase the talent and diversity of our great workforce - Soldiers, Department of Defense civilians and contractors," Wright said. "The future of APG lies with the youth who are educated in the schools - public and private. These students will continue to be the lifeblood of APG."

The display was designed jointly by VISD chief Lawrence Dumm and graphic designers LaMont Harbison and Blake Voshell who accompanied Wright and set up and dismantled the display.

Voshell said the display would be used for an upcoming Commander's Conference and credited Dumm and Harbison for its design.

"I just finished what they started," he said.

Participants at C. Milton Wright included personnel from the Garrison's Fire and

Emergency Services Division and Installation Safety Office, the U.S. Army Environmental Center and U.S. Army Center for Health Promotion and Preventive Medicine.

Tim McNamara, DSHE director, said that he was very pleased with the fire department and safety displays.

"The fire department representatives at both C. Milton Wright and St. Joan of Arc did a great job that will hopefully lead to filling the ranks of both career and volunteer fire departments," McNamara said.

"Our Safety Division's display also had a lot of activity and interest," he added, noting that occupational safety and health specialist Ron Kravitz used driver improvement videos to attract student interest.

"It was a very well organized day and the interest was certainly there," Kravitz said. "Many of the seniors who never heard of safety careers said they are now considering becoming safety or structural engineers."

"The school was very appreciative," he added, "and they've already asked us back for next year."

APG fire inspectors Chris Starling and T.C. Glassman represented the installation at C. Milton Wright while Doug Farrington manned the display at St. Joan of Arc.

Starling said their visual displays included fire fighting equipment and breathing apparatus, and that the youths particularly enjoyed trying on the equipment.

"We received very positive reactions," Starling said. "We had many people stopping by who seemed to have a genuine interest in what we had to say. All day long we had a crowd in front of us."

The AEC display was no less busy as students left pondering careers in biology and law, according to AEC command counsel Lt. Col. Ken Tozzi who manned the display with

See CAREER, page 13



Photo by PINAL PATEL, MRICD
David Yeung is a student participating in an Oak Ridge Institute for Science and Education internship at the U.S. Army Medical Research Institute of Chemical Defense.

Biochemical warfare studies keep MRICD student performing overtime—voluntarily

Story by
JENNIFER BROCK
MRICD

Due to increased threats of terrorism, researchers are studying ways to defend against the toxic effects of chemical weapons on Americans. David Yeung, a student assigned to the U.S. Army Medical Research Institute of Chemical Defense at Aberdeen Proving Ground is one of those researchers.

Yeung's work, administered by the Oak Ridge Institute for Science and Education, is sponsored by the U.S. Army Medical Research and Materiel Command, a pre- and post-graduate fellowship program.

"The mission of USAMRICD is to develop medical countermeasures to chemical weapons," Yeung said. "I'm currently participating full time there conducting dissertation research on the topic of defense against organophosphorus nerve agents. The overall goal of my dissertation research is to develop a potential prophylactic [to defend or prevent] against intoxication by these chemical warfare agents."

ORISE internships at

USAMRICD typically range from three months to three years in duration. Yeung, however, has served his internship since 2002 and plans to continue working until he receives his Ph.D. in pharmacology from the University of Maryland.

Yeung originally joined the ORISE program at USAMRICD working as a laboratory technician with Dr. Alan Brimfield. After his 14-month assignment in the Biochemical Pharmacology Branch, Yeung joined his current group as a research assistant mentored by Drs. Douglas Cerasoli and David Lenz, also with USAMRICD.

"Performing research in the laboratory with Dr. Cerasoli and Dr. Lenz, there simply is no typical day," Yeung said. "The research I do on any given day is almost entirely dependent on experimental results (whether it worked or not) generated from the day before. This is perhaps the single best reason why I so enjoy being a scientist; it is impossible to predict what each day will bring."

Yeung has authored two peer-reviewed open literature

publications describing his work to date on the enzyme human paraoxonase 1 (HuPON1). HuPON1 is of great interest due to its capacity to degrade organophosphorus compounds (pesticides and nerve agents) such as those used in the Tokyo subway attack, into harmless products.

Yeung's publications detail the advances he has made in determining the mechanism by which HuPON1 destroys nerve agents.

Yeung said that the goal of his work is to adapt HuPON1 so that it could be produced as an FDA approved drug capable of protecting people from the deadly effects of organophosphorus nerve agents.

"Applying for the ORISE program is perhaps the best decision I have ever made career-wise," Yeung said. "Not only have I gained valuable experience as a researcher, but I also now know the career path I wish to pursue. After graduation, I hope to start a post-doctoral position to establish myself as a capable senior researcher."



Photo by LaMont Harbison

Col. John T. Wright, APG Garrison and deputy installation commander, explains Warfighter apparel to youths at St. Joan of Arc Elementary School during the school's Career Day activities Feb. 6. The background panels are part of a traveling exhibit used to educate visitors about Aberdeen Proving Ground.

APG News

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

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

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From left, sixth grader Victoria Long and seventh graders Octavia Davis; Jacob Asher-McGee; Josh Blanchette and Olivia Schoolfield exit the room Feb. 16 after the posting the colors at the Noncommissioned Officers Academy Ball at Edgewood's Ramada Inn. The group was the first non-military unit to post colors at an NCOA ball.

Aberdeen Middle School debuts drill team at NCOA Ball

Story and photo by
KHAALID WALLS
OC&S

For the past three weeks a group of four seventh graders and one sixth grader have labored tirelessly perfecting their drill skills. And on Feb. 16 at Edgewood's Ramada Inn, all their hard work came to fruition.

"We just made history," said the group's acting first sergeant, seventh grader Octavia Davis.

The student's were the first non-military unit to post the colors at the Noncommissioned Officers Academy ball.

And, according to their drill instructor, the group performed superbly.

"The drill team did an excellent job," said Sgt. 1st Class Danny McGee, who lead's the NCOA's school partnership program with Aberdeen Middle School.

And McGee has plans to take the team even further. He wants them to participate in other color guard events throughout the community and on-post.

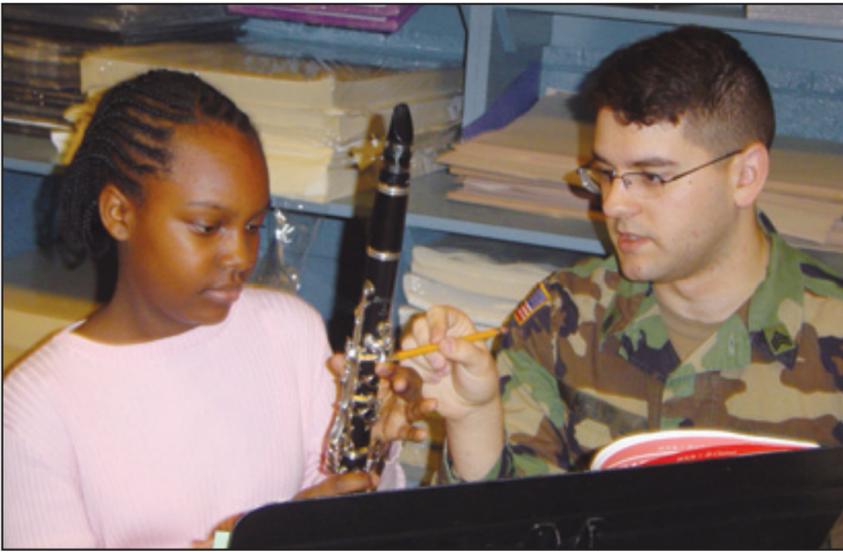
"As the group continues to improve, I hope to solicit them to other events," he said.

McGee said participating in the drill team teaches the children critical life skills such as team work, leadership abilities and critical thinking.

"It gives us something to work for," said McGee's son seventh grader Jacob Asher-McGee, who plans on joining the Army when he graduates high school.

Jacob's dad echoed that sentiment.

"It really provides a sense of belonging and accomplishment," he said. "It was something they had to work for; it was not just given to them."



Quadea Bishop, a fifth grader at Halls Cross Roads Elementary School, participates in a clarinet lesson, given by the 389 Army Band's (AMC's Own) Sgt. Apollo Melo.

Band members mentor music students

Story and photos by
REBECCA CHISHOLM
APG News

The 389th Army Band (AMC's Own) has teamed up with Halls Cross Roads Elementary School to mentor the instrumental music students there.

Band director Mark Warfield is very pleased with the program.

"It's quite an opportunity for the kids," he said.

Twice a week, a member of the band who volunteered for the program, heads over to the school to give the students private lessons. Many of the children are from underprivileged homes, with parents who cannot afford individual lessons.

The band members also play along with the student musicians during their con-

certs, giving a separate performance afterwards. During the spring concert on May 10, the entire band will play several songs after the student band is finished.

Soldiers aid the children in working on their basic materials, learning fingerings and tunes that will help them in their band performances. Most of the students are second year players, though a few are beginners.

Offering Warfield comments on the students' progress, missteps and practice habits, the mentors are very helpful for the band director.

"They've given me a lot of tips and info that I've missed," he said. "It's really nice to have someone else work with the kids."

Sgt. Apollo Melo, a clarinet player with the band, has been mentoring to the student clarinetists since the program began about a year ago.

He plans on teaching when his tour is over, though history is his fancy, not music.

"I might be a slightly tougher teacher than they're used to," he said. "My favorite word is 'again.'"

Melo feels that children should not be patronized for their age. Some have talent and take off, he said, while others without that natural talent work hard for it. They have to be praised and encouraged, but told when they obviously haven't practiced.

"Children want to learn," he added. "We must maintain that will."

Support from the school's administration and teachers has helped the program take off, said Warfield. Because the students have to be pulled out of class time to attend lessons, the school's staff has to be flexible and see the importance of music education.

"We've built quite a reputation that Halls Cross Roads means business with music," Warfield said.



Band director Mark Warfield plays along with fourth grade french horn students from left, Melanie Lilly, Hakeem Wilson and John Cockrell.

U.S. Army robots help secure Super Bowl XL

Story by
ASHLEY JOHN
Tank Automotive Research,
Development and Engineering
Center

With thousands of fanatic football fans flocking to Detroit to experience the excitement of Super Bowl XL, security had to be stepped up an extra notch during the weekend's festivities. The U.S. Army answered the call.

To help support heightened security efforts, the U.S. Army deployed several Omni-Directional Inspection System (ODIS) robots during the week-long event.

Developed by the U.S. Army Research, Development and Engineering Command's Tank Automotive Research, Development and Engineering Center in Warren, Mich., and built by Kuchera Defense

Systems in Windber, Pa., ODIS is a robotic system that assists in under-vehicle inspections at military and other security checkpoints. FirstLink, a Department of Defense Center for National Excellence located at the University of Pittsburgh, facilitated the introduction of TARDEC and Kuchera to the NFL Security Office, leading to ODIS's involvement in Super Bowl security activities.

Currently used by Soldiers in Iraq and Afghanistan, ODIS provides users with a highly mobile platform that can be controlled from a safe standoff position, putting the user out of harm's way while giving them enhanced visibility and sensor placement capability for inspections.

"ODIS is a significant technology improvement from the old fashion 'mirror on a stick' approach to searching the underside of vehicles," said

Henry Andrusz, TARDEC ODIS project manager.

ODIS has also been used in other prominent civilian settings, but Super Bowl XL was the largest civilian event at which it has been deployed. Soldiers from the 110th Fighter Wing Security Forces Squadron of the Michigan Air National Guard had the opportunity to operate ODIS at various checkpoints in Detroit.

"The robot [ODIS] is really great for searching long trucks, the middle of vehicles, and very low cars. You can see more with ODIS than the conventional mirror on a stick," said Senior Airman Wendy Herrmann.

Senior Airman Jeff Nowaczck agreed stating, "I could definitely use the robot [ODIS] in the field. There are a lot of uses for the robot and you can check for anything under a vehicle. I stay out of harms way and I can see what

is under a vehicle; this is a great tool for the Soldier."

ODIS provided 24-hour security inspections for NFL Headquarters at the Detroit Marriott Renaissance Center and operational security at the 15th annual America Online NFL Experience at Cobo Center – representing a solid example of technology transfer from military to first responder use.

"Given the increased importance of unmanned robotic vehicles for both military and civilian operations that present high risk to personnel, the future of ODIS is a bright one," said Jim Rooney, director of FirstLink. "FirstLink continues to explore with Kuchera and TARDEC new adaptations of ODIS technology, such as survivor missions and detection of chemical or biological hazards in contaminated areas."



Photo courtesy of TARDEC
Senior Airman Jeff Nowaczck operates an Omni-Directional Inspection System at a checkpoint near NFL Experience in Detroit during Super Bowl XL.

Chapel Services

Holy Season schedule

Aberdeen

Protestant Services

Regular worship is Sunday, 10:15 a.m.
 April 9, 9:15 a.m., Palm Sunday service
 April 13, 7 p.m., Maundy Thursday
 Living Last Supper

Latter Day Saints

Regular worship is Sunday, 1 p.m.

Gospel

Regular worship is Sunday, noon

Catholic services

Regular mass is Sunday, 8:45 a.m.
 March 5 through April 2, 8:45 a.m.,
 Sundays of Lent worship
 March 8, 7 p.m., Stations of the Cross
 March 22, 7 p.m., Stations of the Cross
 April 5, 7 p.m., Stations of the Cross
 April 9, 8:30 a.m., Palm Sunday service
 April 14, 7 p.m., Good Friday service
 April 15, 8 p.m., Holy Saturday Vigil
 mass
 April 16, 8:45 a.m., Easter Sunday

Service; Sunrise service to be announced

Edgewood

Catholic Services

Regular mass is Sunday, 10:45 a.m.
 March 5 through April 2, 10:45 a.m.,
 Sundays of Lent worship
 March 15, 7 p.m., Stations of the Cross
 March 29, 7 p.m., Stations of the Cross
 April 9, 10:45 a.m., Palm Sunday service
 April 13, 7 p.m., Holy Thursday mass,
 Washing of the Feet
 April 16, 8:45 a.m., 10:45 a.m., Easter
 Sunday service; Sunrise service to be
 announced

Latter Day Saints

Regular worship is Sunday, 10:30 a.m.,
 in the Edgewood Conference Center,
 building E-4810.

Jewish services

April 13 through 20, Pesach (Passover)

Jewish worship services will be held at
 the Harford Jewish Center, Havre de
 Grace. For more information, e-mail
 hjcmd@comcast.net.

Islamic services

April 11, Mawlid am Nabi (Prophet
 Muhammad's Birthday)
 Islamic worship services will be held at
 the AM-NUR Foundation, 10012
 Harford Road, Parkville, MD
 For more information, call 410-663-
 9677.

Eastern Christianity - Orthodox

All Lenten and Holy Week services are
 celebrated one week after Western
 Christian feasts.
 Worship will be held at the Four
 Evangelists Ukrainian Orthodox
 Mission (John Carroll School on Route
 22), Bel Air.
 For more information, call 410-588-
 5885.

LEAVE DONATION

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency);

and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency).

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	Patricia Gibson	Patricia Milwicz
Sarah Blevins	Kay Gilbert	Mary Pettiway
Jeanie Bowman	Susan Gorhan	Tess Ramos (total hip replacement)
Gerald Brown	Shirley Gross	William Sebra
Robert Brown	Melanie A. Hoffman	Barbara Seker
Andrew Buchanan	(parasinusitis, fibromyalgia condition)	Cynthia Shelton
Leroy Carter	Lydia Langley	Linda Shoaf
Barbara Cascio	Robyn Lee	Tomika Silver
Barbara Crossley	Michael Lewis	Alison Tichenor
Sharon Daemer	Wayne Kaiser	Gary Tudor (heart valve replacement)
Lola Daniels	Beverly King (caring for husband)	Jerry Williams
Shelia Davison (benign paroxysmal positional vertigo)	Priscilla Kelly	Louis Winters
Lawrence Eaton	William B. McLean	Billie Wooten
Gregory Fox	(kidney failure)	Gerard Yursis
Renee Gaffney	Sandra Miller	

ECBC decontamination technology wins prestigious award

ECBC

A decontamination technology developed by the U.S. Army Edgewood Chemical Biological Center was named a winner of the prestigious 2006 Award for Excellence in Technology Transfer.

The new technology, called "Enzyme-Based Decontamination Technology for Organophosphorus Nerve Agents and Pesticides," is an enzyme-based catalytic decontaminant for chemical warfare agents and toxic industrial chemicals. Designed for military use in combat and in operations other than war, ECBC's enzymatic decontamination system is unique because it is non-toxic and environmentally safe, a significant difference from caustic chemical decontamination solutions of the past. The system is dual-use, as it can be employed in military operations as well as in civilian first responder and homeland defense situations. In an incident where highly toxic chemicals are released, the enzymes quickly neutralize the chemicals before the contamination spreads.

The substance is stored as a dry powdered concentrate that is activated when combined with available water. It can then be applied to any water-tolerant surface with existing military or civilian spray or foam systems. No rinsing is required, which reduces both the time and amount of water needed to effectively decontaminate.

Because of improved logistics in storage and transporting the enzymes, fire fighters, HAZMAT personnel, and other first responders will be able to more quickly, safely, and effectively respond to an intentional or accidental release of chemical or biological contaminants that threaten public safety and homeland security.

ECBC patented this technology and licensed it to Genencor International, Inc., who licensed the technology and now manufactures the enzymatic decontamination technology under the trademark DEFENZ™.

"We are pleased that important technologies such as enzymatic decontamination are being recognized as

important contributions to our nation's defense," said Jim Zarzycki, ECBC technical director.

The award is sponsored by the Federal Laboratory Consortium for Technology Transfer. The ECBC inventors will be honored at an award ceremony May 3 in Minneapolis.

Community Notes

**SATURDAY
MARCH 4**

ARC FUND RAISER

The Arc Northern Chesapeake Region will hold its second After dArc event, 7 p.m. to midnight, at the Maryland Golf and Country Club, Bel Air.

Celebrity chiefs will include Channel 2 News Sports director Scott Garceau and former Orioles player Al Bumbry, Harford County Executive David Craig and

Mrs. Craig, Delegate Bill Cox, Aberdeen Mayor Fred Simmons, and more.

Activities will include a silent and live auction, raffle tickets, wine tasting, music and dancing. Auction items include two round trip Air Tran tickets, a Puerto Rico vacation package, spa packages and more. Entertainment will be provided by Wright Still of DJ Saxman, who will perform live saxophone.

Tickets cost \$125 per person. For more information or to purchase tickets, call Anna Lambdin, 410-879-6785 ext. 350 or e-mail eorbino@arcncr.org.

BASKET BINGO

Basket bingo to benefit the Perryville High School Class of 1986 Reunion, will be held at VFW Post 8185, Route 222, Port Deposit. Doors open at 6 p.m., bingo starts at 7 p.m. Tickets cost \$10 per person for all paper cards. Food, beverages, baked goods, door prizes and raffles will be available. No smoking is

allowed.

For more information or to purchase tickets, call Anne Gibson, 410-378-3338, Stephanie Gibson, 410-378-2672, or Becky Wagoner, 410-658-1126.

**SATURDAY
MARCH 4
SEEDS, SEEDS, SEEDS**

Discover the mystery of seeds while exploring through dramatic play and hands on experiments from 1 to 2 p.m at the Anita C. Leight Estuary Center. The fee is \$5 and it's for all ages. Reservations are required.

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

**SATURDAY
MARCH 11
SUMMER ACTIVITIES &
CAMP FAIR**

Harford County Kids Magazine will host the 4th annual Harford County Kids

Summer Activities and Camp Fair 6 at the Harford Mall 10 a.m. to 4 p.m. The event will feature a variety of exhibitors that offer summer activities and camps from around the region with a special focus on Harford County. There will also be children's entertainment, demonstrations, prizes and giveaways.

This free, fun-filled day is designed to be a great resource for Harford County families. Find out about available programs for camps specializing in sports, academics, science and nature, dance, theatre and the arts.

For more information visit Web site, www.harford-countykids.com or call 410-893-1511.

**WHITE-TAILED DEER
SURVEY**

The Anita C. Leight Estuary Center needs help to determine the deer population of Leight Park. Volunteers, ages 16 to adult, will conduct pellet (deer scat) counts on the trails to determine how many deer call the center home. This program is from 10 a.m. to 1 p.m. Reservations are required. For information, directions, or to make a reservation, call 410-612-1688 or 410-879-2000, extension 1688.

**SUNDAY
MARCH 12
BEAKS AND BILLS**

Why do birds have different shapes of beaks. Participants will even try out some "beaks" to see if they can eat like them. The fee is \$3 for ages 5 through 10. The program runs from 3 to 4:30 p.m. Reservations are required. For information, directions to the Anita C. Leight Estuary Center, or to make a reservation, call 410-612-1688 or 410-879-2000, extension 1688.

**SATURDAY
MARCH 18
ANNUAL PRAYER
BREAKFAST**

The women of St. James A.M.E. Church, 615 Green Street, Havre de Grace, are hosting a prayer breakfast from 9 to 11 a.m. Minister Teresa Samuel, Zion Temple Apostolic Church, Havre de Grace, will be the guest speaker.

This program is in preparation of the church's Annual Woman's Day program scheduled for March 26. A freewill offering will be taken.

For more information, call 410-939-2267.

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"

GLORY ROAD

Friday, March 3, 7 p.m.

Saturday, March 4, 9 p.m.

Starring: Josh Lucas, James Aaron, Mark Adam

Forty years ago, Don Haskins (Lucas) went on the recruiting trail to find the best talent in the land, black or white. Seven blacks and five whites made up the legendary 1965 to 66 Texas Western Miners. The Miners came together as a team in victory over an all-white Kentucky squad in the 1966 NCAA championship, making them the first such team to clinch the title. (Rated PG)

**TRISTAN + ISOLDE
(FREE ADMISSION)**

Saturday, March 4, 7 p.m.

Starring: James Franco, Sophia Myles, Rufus Sewell, David O'Hara

It is the dark ages, and the war between Ireland and Britain has taken a heavy toll on the land and its people. Tristan (Franco), a young English knight, wins the hand of Isolde (Myles), the very married future Queen of England for an Irish king. But Tristan can't keep his secret love for her hidden for long. Soon, news of the affair gets out and threatens the truce between the two countries. (Rated PG-13)

POST SHORTS

registration, conference packet, choice of three workshops, refreshments and lunch.

Registration will be limited to the first 100 and will be on a first-come, first-served basis. The deadline to register is March 6.

This conference is an enrichment experience for women, therefore no children (including infants) will be allowed and no childcare will be available.

For more information and a registration form, visit the MCSC Web site, www.nandes.net/womconf, or call 410-836-5937.

Pet walk-in clinic March 8

The APG Veterinary Treatment Facility is holding a Walk-In Clinic for vaccinations and micro-chipping 9 a.m. to 3 p.m., March 8.

Available services will include rabies and distemper shots for dogs and cats, and tests for kennel cough, leukemia, fecal exams and more.

There will be no sick call that day.

Micro-chipping of pets is mandatory for those residing on Army installations. Pet owners who cannot attend the Walk-In Clinic should call the VTF for an appointment.

The VTF staff would like to thank the community for all the donated pet food and cat litter it has received.

For more information, call 410-278-4604/3911.

POSH, ADR training scheduled

The Biennial Prevention of Sexual Harassment and Alternative Dispute Resolution training for appropriated and non-appropriated fund supervisors and all other civilian employees serviced by the U.S. Army Garrison, Equal Employment Opportunity Office is scheduled:

Aberdeen Post Theater, building 3245: March 8, May 3*, July 12, Sept. 20

Edgewood Conference Center, building E-4810: March 14, July 13*, Sept. 21

Supervisor training will be held from 8 to 10 a.m. and employee training will be held 11 a.m., 1 and *3 p.m.

*A sign language interpreter will be present on May 3 (Aberdeen) and July 13 (Edgewood), for the 3 p.m. training sessions only.

This schedule can also be found on the APG Garrison Intranet Homepage and the EEO Office Web site.

For more information, call 410-278-1131.

FEB sponsors 2-day retirement seminar

The Baltimore Federal Executive Board is sponsoring a pre-retirement course 8 a.m. to 4 p.m., March 14 through 16 (March 14 for CSRS employees, March 15 for FERS employees, and March 16 for both) at Battelle Eastern Science and Technology Center, 1204 Technology Drive, Aberdeen. Registration is required. To register by mail, send a check for \$98.75 with name, address, and retirement category (FERS or CSRS) to Federal Executive Board, ATTN: Retirement Planning, Suite 820A, Fallon Federal Building, 31 Hopkins Plaza, Baltimore, MD 21201. If paying by credit card, the price is \$100; visit <http://retirementsemin.mol-lyguard.com> to register.

The fee includes one day of specialized training for each retirement category and one day of financial planning and a catered lunch each day.

For more information, call Edward W. H. Kissinger, 410-252-3400 or Richard H. Howell, FEB, 410-962-4047

Irish Specialty Meal March 16

The Irish Specialty Meal will be held in the Aberdeen Area dining facilities, buildings 4503 and 4219 and the Edgewood Area dining facility,

building E-4225, 5:30 to 7 p.m., March 16, for military personnel, family members, Department of Defense civilians, retirees and guests.

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

The Irish Specialty Meal menu includes: bean soup with ham, shepherd's pie, Dublin coddle (bacon and pork sausage), fish and chips, Irish stew, grilled Reuben sandwiches, steamed cabbage, shamrock green beans, seasoned carrots, boiled red potatoes, pickled beet and onion salad, Waldorf salad, assorted salad bar, hot rolls, assorted breads, assorted desserts, soft serve yogurt with assorted toppings, assorted condiments and assorted beverages.

Note: Menu is subject to change without prior notification.

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

ASE exam time approaching

The Automotive Service Excellence Examinations are just around the corner. Certifications in automotive repair can be received Engine Repair, Suspension and Steering, Brakes, Painting and Refinishing and Exhaust Systems.

A Soldier may receive certification in only one or several different areas.

Cost
DANTES will pay for up to three exams if the Soldier is in MOS 52 B CD, 61C, 62B, 63B-H, 63B-N, 63B-S, 63B-T, 63N-W, or 63B-Y, or is currently enrolled in an associate's degree program in Automotive Technology. All the Soldier is required to pay is the \$32 registration fee.

Anyone interested in taking one or more exams, needs to register with the Army Education Center located on Aberdeen Proving Ground at 4305 Susquehanna Avenue in room 233. Registration must be completed by March 17 for testing dates on May 9, 11 and 16.

For more information, contact an Education Services specialist at 410-306-2042 or 410-306-2043.

2006 USO Guide to Washington, Baltimore

The USO of Metropolitan Washington 2006 Guide to Washington and Baltimore is available. This 18th edition of the guide is an invaluable resource for service members stationed, or on temporary assignment in the Washington metropolitan area. It provides

a comprehensive listing of USO and military resources, information on sight seeing and recreation, maps, and general information on living in the area.

The guide is provided free of charge to members of the military and their families. To arrange to pick up multiple copies, call Fort Belvoir, USO Warehouse, 703-806-3555 or BWI Thurgood Marshall Airport, USO International Gateway Lounge, 410-859-3890.

Copies also are being distributed through area senior enlisted advisors. Single copies can be mailed for \$2 (shipping and handling).

For more information, call 703-696-4827.

Eligible officers encouraged to join PSYOPS

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

The PSYOPS Recruiting Battalion is searching for commissioned officers in year groups 1997 through 2003 to apply for Detachment Comm-

ands in Civil Affairs (38A) or Psychological Operations (37A). Both male and female officers from any career branch are encouraged to apply.

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

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

APG seeks volunteers

APG is currently seeking additional members for its Restoration Advisory Board.

Apply online at www.apg.army.mil by clicking on "Directorates," "Safety, Health & Environment," "Environmental Conservation and Restoration Division," "Rest-oration Advisory Board" and then "Application Form."

For more information and an application, call the Information Line, 410-272-8842 or 800-APG-9998 by March 15.

employer. If someone other than those noted complete the nomination form, then it is important to advise the

Guardsman or Reservist that they are considered the 'Official Nominator.'

The Web site, www.esgr.mil, is ready to accept nominations providing that all required fields of the form are executed.

Scholarships for military spouses

The National Military Family Association is accepting applications for the NMFA's Joanne Holbrook Patton Military Spouse Scholarships. Eligible applicants include any uniformed service spouse - active duty, retired, National Guard, or survivor - studying toward professional certification or attending post-secondary or graduate school.

Applications will only be accepted online and must be

submitted by midnight, April 15. Online applications are available at www.nmfa.org/scholarships2006.

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

Opportunity to earn money

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

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

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

Purple Heart Ride set for April 23

The Blue Knights Maryland IX motorcycle club will hold its second Purple Heart Ride to benefit service members hospitalized at the National Naval Medical Center in Bethesda, Sunday, April 23.

Riders will gather at the Freedom Park on Raincliffe Road in Sykesville for the group ride, with motorcycle police escort, to the medical center where donated funds will be presented to the Armed Forces Foundation.

A donation of \$25 per bike is needed to register for the ride. Registration is 7 to 10 a.m. the morning of the ride.

Those planning to attend are requested to send a courtesy e-mail to purpleheartride@bkmdix.org.

Last year, more than 150 riders participated, many Vietnam veterans, raising more than \$14,000 for wounded troops. The money helps them buy clothes and other necessities needed in their day-to-day activities while they are being treated at the hospital.

A signed Waiver Form, which can be downloaded from the Blue Knights Web site, is required to participate.

Participants can pre-register through the Web site or mail checks made out to "Armed Forces Foundation/Purple Heart Ride" to Blue Knights Maryland IX, P.O. Box 1714, Sykesville, MD 21784.

For more information, visit <http://www.bkmdix.org/Purple%20Heart.htm>.

The Blue Knights is a non-profit fraternal organization consisting of active and retired law enforcement men and women who enjoy riding motorcycles. The organization has 524 chapters and more than 18,000 members in 24 countries.



Morale, Welfare & Recreation

Ruggles receives new slope rating

MWR

Michigan State Golf Association representatives visited Ruggles Golf Course in 2005 for the first time in several years and re-sloped the course.

Ruggles is more challenging than what the previous slope indicated, they confirmed.

"The net result is your handicap may decrease as a result of the slope rating increase," said Dave Correll, APG golf professional.

"Slope rating is based on the difficulty of the course and was created as a means to create equity between golfers whose handicap had been established on easier courses versus handicaps established playing more difficult courses," he said.

The slope is rated based upon the scores of a scratch golfer and a bogey golfer playing from a certain set of tees. The scores are then charted on a graph, the line showing the difference in their scores forms a slope.

"It is important to know the slope of the course you are playing—you should always attempt to post your scores properly and in a timely manner, since playing different courses

may affect your handicap index," Correll said.

"To be competitive with other courses within our slope range, the white tees have been moved and will play at 6,530 yards," he said.

"Placement of white tee markers on the forward tees for the past few seasons have shown significant wear - void of grass very early in the season, as the tees were not large enough for the amount of play they were receiving," said Mark Burk, golf superintendent.

The forward tees were designed to accommodate a relatively small number of rounds per season and by directing the majority of play on these small tees they become generally void of grass.

"The sizes of some of our forward tees are a small fraction of the area required to sustain adequate turf and added the USGA recommends a tee surface of 150 square feet for each 1,000 rounds of golf played per year; thus, a public course handling 40,000 rounds per year should have tees around 6,000 square feet," Burk said.

Ruggles Golf Course is very fortunate to have been designed by an

architect, Edmund Ault, who had the foresight to imagine the improvements in technology of golf equipment by providing the length required to accommodate these improvements. Many well respected golf courses do not have the room to expand and allow for these changes in the golf industry and now are considered mediocre courses. Ruggles can defend itself against par with the markers placed on the proper tees as per architect design.

"As a golfer, when you input your scores this year and shoot similar scores to scores you shot in the past, you can expect to see your handicap index and course handicap drop a stroke or two," Correll said. "If your handicap drops more than two strokes, you have become a more proficient player."

Selecting proper tees for Golf Skill Level

Patrick Sheldon, handicap chairperson, reminds everyone that the higher rated tees present a more difficult course.

"The USGA recommends the player playing from the higher rated set of tees receives additional strokes

equal to the distance between course ratings with .5 or greater rounded upward," Sheldon said.

Example 1: If men golfers playing from the white tees rated at 71.4 compete against other men golfers playing from the blue tees rated at 72.7, the golfers playing from the blue tees would add 1.3 rounded down to 1 stroke for their course handicaps.

Example 2: If women golfers playing from the red tees have a women's rating of 70.5 compete against men golfers playing from the white tees that have a rating of 71.4; the men would add .9 rounded upward to 1 stroke to their handicap.

"You may apply this formula to any course you play, but keep in mind you always adjust the score of the player(s) playing from the higher rated set of tees," Sheldon added.

Scoring the handicap

Golfers who play 13 or more holes, must post an 18-hole score. If playing 7 to 12 holes, post a 9-hole score. Scores for un-played holes shall be recorded as par plus any handicap strokes that the golfer is entitled to receive on the un-played

holes. Golfers should post scores played on all courses along with the appropriate USGA Course rating and USGA Slope rating.

Scores from all forms of competition to include match, stroke play, multi-ball or team competitions where players have not completed one or more holes or where players are requested to pick up when out of competition on a hole. A player should record the most likely scores they would have made for the unfinished holes. The most likely score consists of the number of strokes already taken plus using the player(s) best judgment, the number of strokes the player would need to complete the hole from the position more than half the time. Unfinished holes should also be designated with an "X" on the scorecard.

"There is no limit on the number of unfinished holes a player may have provided that failure to finish is not the purpose of handicap manipulation," Sheldon said. He emphasizes that by working together patrons ensure the best handicap system and fairest play in Maryland.

Activities

Registration

Register for any MWR event by visiting the specific facility for the event, mailing in a registration form found in an MWR Program Brochure, visiting MWR Registration, building 3326, or visiting online at www.apgmwr.com. Unless otherwise stated, bus trips depart from the Best Western, Vitali's in Edgewood.

Washington Wizards vs Charlotte Bobcats

The MWR Ticket and Leisure Travel Office has a limited number of tickets available for the March 15 game at the MCI Center in Washington D.C. The game begins at 7 p.m. and tickets cost \$36.

National Aquarium in Baltimore price increase

The MWR Ticket and Leisure Travel Office will continue to sell National Aquarium tickets for adults at \$17, active duty for \$14 and

children \$9.25 through Feb. 24 and they will be accepted for entry in 2007. The new tickets will not be available until March 13. For more information, contact the travel office at 410-278-4907/4011.

A day in Washington D.C.

On March 23, spend the day in Washington, D.C. touring the National World War II Memorial. After the memorial, enjoy lunch at Two Quails Restaurant located on Victorian Capitol Hill followed by a visit to the National Museum of the American Indian. The cost is \$65 and includes roundtrip transportation and lunch.

Bowling lessons

Learn the basic fundamentals of bowling on Saturdays, 11:30 a.m., March 18 through April 8. These classes will teach bowlers how to hold the

ball, where to stand on approach and the basic four-step approach. The class is open to children ages 6 to 18.

Piano lessons

Thirty-minute lessons will be held 2 to 7:30 p.m., March 17 through June 9 at the Aberdeen Youth Center. Space is limited, register before March 14. Students will be responsible for purchasing the required books for the course as recommended by the instructor.

NASCAR at Dover Speedway

There are a limited number of tickets available for members of the military community for the June 4 race. Seats are first-come, first-serve and cost \$86. Tickets are also available for the Busch series race on June 3 at Dover International Speedway for \$37.

NASCAR Busch Series Night Race

Tickets are available for The Circuit City 250 at Richmond International Raceway May 5. Tickets cost \$28, and the Party Zone package is \$88. The ticket to this event includes NASCAR Nextel Cup Series practice and qualifying which takes place prior to the race. Children 12 and under are free in general admission sections. The Party Zone package is a hospitality package that includes a pre-race pit pass.

White House tour

Just in time for cherry blossom season, this May 13 visit to Washington D.C. includes an escorted tour of the White House and a visit to the World War II Memorial, as well as free time to visit other sites. The trip will depart at 6:30 a.m. and costs \$30. Space is limited.

Horse care, stable management class

The class will teach grooming, feeding, foot care, safety procedures, stall preparation, pasture management, saddle and bridle training. Classes will be held 10 to 11 a.m., April 8 and 15. Children under 12 will receive a free pony ride after the class on April 15.

Swan Lake

The Lyric Opera House is hosting a production of Matthew Bourne's Swan Lake 8 p.m., May 13. Bourne has created a passionate and contemporary Swan Lake for the times. Bourne's production has won more than 30 international theatre awards, including three Tony Awards. This production is powerful, provocative and original. This is its 10th anniversary season. Tickets are available through MWR Registration for \$70.

APG Community SPRING FEST
SATURDAY
APRIL 8 2006
10 a.m. - 4 p.m.
CAPA FIELD

For more information call Pat Palazzi at 410-278-4685

Golfing at APG

Season Events:

- March: 17 - Blarney on the Green at Ruggles (9 Hole event)
- April: 1 - Opening day for Exton
8 - Ruggles Opening Day Tourney
22 - Exton Spring Tourney
- May: 20 - Youth Chip, Putt, Drive Contest at Ruggles (ages 6 - 17)
26, 27, 28 - Memorial Weekend Tourney at Ruggles
- June: 2 - It's 5 o'clock Somewhere 9 hole Fun Event
10 - Exton Summer Scramble
17, 18 - Ruggles Senior Club Championship
- July: 20 - Ruggles Parents/Child 9 Hole Tourney
22 - Ruggles Summer Scramble
- Aug: 26, 27 - Ruggles Club Championship
- Sept: 11 - Ruggles Super Senior Tourney (60 and older)
23 - Ruggles Customer Appreciation Tourney
- Oct: 14 - Exton Customer Appreciation Tourney
21 - Ruggles Greens keeper Revenge

Ruggles Phone 410-278-4794 Exton Phone 410-436-2213

Blarney on the Green
March 17

Join us at noon at Ruggles Golf Course for a festive St. Patrick's Day celebration.

\$25 Annual Patrons
\$35 All Others

Price includes: greens fee with cart for 9 holes; food and beverages; prizes and bagpipe entertainment. Please call Ruggles Golf Course at 410-278-4794 for reservations.

LIBRARY BOOK CORNER

Operating hours of the Aberdeen Library, building 3320, are 1 to 5 p.m., Saturday and Sunday, and 11:30 a.m. to 6:30 p.m., Monday through Thursday and closed on Friday. For more information, call 410-278-3417.

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

Passarola Rising by Azhar Abidi

The launch of the airship Passarola from atop a castle in Lisbon in 1731 begins the grand adventures of Bartolomeu Lourenco and his younger brother, Alexandre, through Enlightenment-era Europe.

Capitol Murder by William Berhardt

The author shakes up this long-running series by taking his lead character, attorney Ben Kincaid, out of his familiar Oklahoma surroundings and sending him to Washington, D.C., where an old

law-school chum, now a U.S. senator, is waist deep in a sex scandal.

And She Was by Cindy Dyson

Brandy is a blonde drifter who impulsively follows her boyfriend to a fishing port in the Aleutian Islands. Left alone during his trips at sea, she becomes obsessed with hints of a secret that the native community would prefer remain hidden.

Magic Hour by Kristin Hannah

Although a judge rules in her favor,

child psychiatrist Dr. Julia Cates is found guilty of incompetence in the press. Her entire life has centered on her exclusive practice, and now all her patients have abandoned her.

Havoc by R. J. Pineiro

CIA star Tom Grant leaves early retirement to join two female intelligence officers investigating the theft of some top secret weapons from United States Nanotechnologies, a company that makes deadly little implants that appear to have a life of their own.

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

Applying for the Bernard Curtis Brown II Memorial NASA Space Camp Scholarship

The Bernard Curtis Brown II Memorial NASA Space Camp scholarship gives military-connected children the opportunity to have an extraordinary experience which brings together the worlds of service, science, and learning.

NASA Space Camp is a place where children come together for a journey they will never forget, learning about astronauts and space travel, and developing bonds of friendship. This is a microcosm of the life of military children. They travel, they learn, and they quickly bond into friendships that many times last for life.

It is fitting then that the Military Child Education Coalition™ has created a Space Camp scholarship in memory of one of its brightest and finest children, Bernard Curtis Brown II. Bernard, the 11-year-old son of Chief Petty Officer and Mrs. Bernard Curtis Brown, was killed on Sept. 11, 2001, when the



hijacked airliner on which he was a passenger, crashed into the Pentagon in Washington, D.C. At the time, he was on his way to California to represent his school at a National Geographic event.

To apply, send completed application to Military Child Education Coalition™, 108 East FM 2410, Suite D, Harker Heights, TX 76548. Application deadline is April 1.
Scholarship information

Funded by the Military Child Education Coalition™, the scholarship covers full tuition including meals, lodging, program materials, and transportation (from student's home base to Space Camp and back).

About Space Camp

U.S. Space Camp is a five-day program that shows youngsters firsthand what it takes to be an astronaut. Activities include simulated Space Shuttle missions, training simulators, rocket building and launches, scientific experiments, and lectures on the past, present and future of space exploration.

Offered in Huntsville, Ala., Space Camp takes a unique, fun and hands-on approach to learning outside the classroom — and students leave with a greater appreciation for school and their studies.

For eligibility requirements and an application, visit their Web site at www.spacecamp.com.

Band

From front page

bazaar in Afghanistan was eye opening and odd, as the men selling items there were clambering to get their picture taken with a female in uniform.

"It was a lot of fun," she said.

Part of the fun was being with such a small group, she added. It was like a family.

That family helped when visiting a restaurant in a Saudi Arabian airport, where women and families were not permitted inside the establishment and were banished to a few seats outside.

Lear said that the entire group sat outside with her and the other female band member.

The show band's guitarist Spc. Rodolfo Furtado had a great time on the trip. He especially enjoyed performing at a

remote location in Afghanistan.

"You could see that these guys really needed some entertainment," he said. "It was a lot different than I expected it would be."

The areas had many of the basic comforts of home, including Pizza Hut, Starbucks, Hardees, KFC and Subway. The spread of Americanized food sources was surprising to Furtado.

Everything was great, he said. He enjoyed all of the performances, though the ones in Qatar were not as good.

"The Soldiers were there for R&R," he said. "They just weren't as interested as those who hadn't had any sort of entertainment in months."

Overall, the trip was a success, as all asked agreed.

"I thoroughly enjoyed it," Lah said. "It was the least I could do for these people who were away from their families during the Christmas season."



Channel 21 features Pentagon Channel programming

The Pentagon Channel will feature the following programs on Channel 21 as of Feb. 21. These programs are subject to change each week and will be updated accordingly.

Monday

ATS Reloaded, 5:30 a.m.
American Veteran, 9:30 a.m. and 9:30 p.m.
Army Newswatch, 11 a.m.
Inside Afghanistan/FJ Iraq, 1 p.m.
Army Newswatch, 3 p.m.
Around the Services, 5:30 p.m.
Focus on the Force, 10 p.m.

Tuesday

Around the Services, 8 a.m. and 8 p.m.
Focus on the Force, 1 p.m.
Army Newswatch, 3 p.m.
Freedom Journal Iraq/Inside Afghanistan, 4 p.m.
Army Newswatch, 7 p.m.
Navy/Marine Corps News, 9 p.m.

Wednesday

Around the Services, 8 a.m.
Army Newswatch, 9:30 a.m. and 9:30 p.m.
American Veteran, 1 p.m.
Inside Afghanistan/Freedom Journal Iraq, 2 p.m.
Freedom Journal Iraq/Inside Afghanistan, 4 p.m.
Navy/Marine Corp News, 5 p.m.
Around the Services, 8 p.m.

Thursday

Around the Services, 8 a.m. and 8 p.m.
Army Newswatch, 9 a.m. and 9 p.m.
Pacific Report/AFN Europe Report, 11 a.m.
Focus on the Force, 1 p.m.
Navy/Marine Corp News, 3 p.m.
American Veteran, 5 p.m.

Friday

Around the Services, 5:30 a.m. and 8 p.m.
Around the Services, 12:30 p.m.
Army Newswatch, 3 p.m.
Freedom Journal Iraq/Inside Afghanistan, 4 p.m.

Saturday

Around the Services, 5:30 a.m.
Inside Afghanistan/VA News, 7:30 a.m.
American Veteran, 1:30 p.m.
ATS Reloaded, 5:30 p.m.
Battleground, 7 p.m.
Recon, 8 p.m.

Sunday

ATS Reloaded, 5:30 a.m.
Freedom Journal Iraq, 10:30 a.m. & 4:30 p.m.
American Veteran, 1 p.m.
Around the Service, 7:30 p.m.
ATS Reloaded, 9:30 p.m.

Army Newswatch – Bi-weekly report on the men and women of the Army

Around the Services – From the Pentagon Channel NewsCenter, daily half-hour program featuring military news from top defense officials and the military services from around the world

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

Your Corps – Monthly view of the men and women of the Marine Corps

Freedom Journal Iraq – A daily news program produced by American Forces Network Iraq. The program focuses on military missions, operations and U.S. military forces in Iraq

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

Opportunity Showcase - A monthly program dealing with a variety of subjects that benefit small business owners, transitioning military members and other subjects of opportunity-produced by the United States Air Force

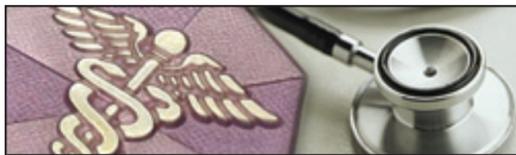
The American Veteran - A half-hour video news magazine designed to inform veterans, their families and their communities about the services and benefits they have earned through their service to America and to recognize and honor that service

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

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

Inside Afghanistan – Presents the latest from Operation Enduring Freedom, showing the activities of American Troops in country.

ATS Reloaded – ATS-Reloaded revisits the best of the week and keeps you updated on information that's important to you.



Your health is KUSAHC's goal



TRICARE facing future challenges

KUSAHC

Many challenges face TRICARE in the near future notes Brig. Gen. Elder Granger, deputy director, TRICARE Management Activity.

"There have been significant increases in the cost of healthcare; they have doubled in just five years and our analysts project steep increases over the next 10 years to \$64 billion in 2015," Granger said. "This represents 12 percent of the projected defense budget in that year."

TRICARE benefits rank among the very best in the nation.

"We have comprehensive coverage that we continue to enhance," he said. "Our access is unparalleled with a national network of more than 220,000 physicians, all U.S. hospitals and 55,000 retail pharmacies that supplement our own military medical facilities."

"We have exceptional quality of care and our providers focus on the safety of their patients while striving to earn their patients' satisfaction."

"Together, we must sustain this benefit," said Lt Col. William Rice, commander at Kirk U.S. Army Health Clinic.

Many enhancements have been implemented to TRICARE and individual's cost shares have essentially remained the same since 1995.

"As a result, we pay a continually increasing percentage of our beneficiaries' health costs," Granger said.

In 1995, beneficiaries paid approximately 27 percent of their healthcare costs; today

they pay only 12 percent. These factors have led to civilian employers and some state governments to shift healthcare costs to DOD by encouraging their employees who are military retirees to use the very attractive TRICARE health benefit instead of their own health insurance options.

"In addition to our benefit enhancements, increased use by more beneficiaries and no cost share increases, we are experiencing the same double-digit healthcare inflation as all health plans in the nation," Granger said. "We implemented a number of management initiatives designed to reduce the costs of delivery and to enhance performance within our health system, but these actions alone will not contain the escalating costs."

Granger assures that the military and civilian leadership honor the great sacrifices that service members and their families make, especially in time of war.

"Their sacrifices remind us of the valuable contributions made by those who served in years past," he said

"We know that the health benefits enjoyed by all of our beneficiaries are richly deserved. We are committed to sustaining this world-class health system by placing it on a sound fiscal foundation for the long-term. We believe that the changes in beneficiary cost shares will make this great program available for generations to come."

More news on the proposed TRICARE Cost Summary Table (01) is available at <http://www.tricare.osd.mil/STB/proposed-cost-table.cfm>.

Stepping up to nutrition, health

Story by

LT. COL. DEBORAH F. SIMPSON
KUSAHC

National Nutrition Month®, an annual campaign sponsored by the American Dietetic Association in March, reinforces the importance of good nutrition and physical activity as key components of good health. The food and physical activity choices made today, and everyday, affect everyone's health now and in the future.

This year, key messages of the campaign are based on the Dietary Guidelines for Americans, 2005 recommendations.

Eating a nutritious diet and engaging in regular physical activity may reduce chronic diseases, such as heart disease, type 2 diabetes and certain cancers.

Poor diet and physical inactivity are the most important factors contributing to the rise in obesity in this country.

Making smart choices from every food group provides the nutrients needed for good health.

Enjoy a wide variety of foods with different flavors, colors and textures.

Select whole-grain foods like whole wheat, brown rice and oats. These foods form the foundation of a nutritious diet. Enjoy fruits and vegetables of various colors: they contain phytochemicals - natural substances that protect the body against disease and no cholesterol and are virtually fat-free. Choose nonfat and low-fat foods from the milk and meat groups most often.

Get the most nutrition out of calories

All foods can be included in a healthful diet; however, con-

trolling how much and how often certain foods are eaten, especially foods high in fat, sugar or sodium such as fried foods and rich desserts, is important.

Maintaining an appropriate weight is essential for good health and quality of life. Replacing high-calorie foods with fruits and vegetables is



one weight loss strategy.

Finding balance between food and physical activity

Long-term health can be achieved when good eating habits are combined with regular physical activity. Balance the foods eaten with physical activity over several days. Don't worry about just one meal or one day.

Participating in a variety of enjoyable activities such as walking, running and bicycling makes a regular exercise program easier to maintain. Activities such as walking to do errands, gardening and taking the stairs all contribute to the daily exercise quota.

Play it safe with foods

Keep foods safe to eat at all times. Frequent hand washing is essential in achieving this goal. When shopping, preparing or storing foods, separate raw, cooked and ready-to-eat foods.

Avoid unpasteurized milk, raw or partially cooked eggs, raw or undercooked meat and poultry, unpasteurized juices and raw sprouts.

Pregnant women, older adults, infants, young children and those with a weakened immune system should also avoid raw or undercooked fish or shellfish. Because these individuals may be at high risk for developing foodborne illness, they should pay extra attention to food safety advice. Pregnant women, older adults and those with a weakened immune system should only eat certain deli meats and frankfurters that have been reheated to steaming hot.

Refrigerate perishable foods promptly, defrost foods properly (never at room temperature) and cook foods to a safe internal temperature. To

keep foods out of the danger zone (40 F to 140°F), keep cold food cold and hot food hot.

National Nutrition Month® is a perfect time to make positive changes in diet and exercise habits. Small changes can make a big difference in overall health.

For nutrition and physical activity-related materials and tools designed to help establish and maintain good health, check out the DoD National Nutrition Month® resource packet available at <http://usachppm.apgea.army.mil/nmm>. More information is available at the American Dietetic Association Web site, www.eatright.org/nmm.

*National Nutrition Month® is a registered trademark with the American Dietetic Association, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995.

(Editor's note: Permission for use of graphic was granted by the American Dietetic Association.)

Civilian inpatient rates increase for FY 06

TRICARE Management Activity

Effective Oct. 1, 2005, the daily cost of inpatient care in civilian hospitals for active duty family members under TRICARE Standard and TRICARE Extra increased from \$13.90 to \$14.35 per day or \$25, whichever is greater. For example, if a family member of an active duty service member is an inpatient for one day, he or she will pay \$25. For inpatient stays that are two days or more, the cost will be \$13.90 per day.

The TRICARE Standard diagnosis-related group daily rate for most civilian non-mental health hospital admissions increased to \$535, from \$512 last year. This rate increase applies only to retirees, their families and survivors who use TRICARE Standard. They must pay

either \$535 per day or a cost share of 25 percent of the hospital's billed charges, whichever is less. A 25 percent allowable charge for separately billed professional services could also apply. There is no DRG rate increase for beneficiaries who use a civilian TRICARE network facility under TRICARE Extra.

Rates for inpatient mental health care or a substance-use disorder increased from \$169 to \$175 per day for retirees, their families and survivors who use TRICARE Standard. They also pay 25 percent of the allowable charge for separately billed professional services.

The inpatient mental health rate is unchanged under TRICARE Prime and Extra for family members of active duty service members, military retirees, their families and survivors.

Safety

Recalls announced for crib, fire extinguisher, fan, sewing machine

Recent death prompts renewed search for Simplicity Cribs with Graco logo



CPSC

After the death of a 19-month old baby in Myrtle Creek, Ore., the U.S. Consumer Product Safety Commission and Simplicity Inc., of Reading Pa., are renewing the search for recalled Aspen 3 in 1 Cribs with Graco logos.

The child died on Jan. 6, 2006, after two of the mattress support slats came out of his recalled crib. He became entrapped between the mattress and the footboard of the crib and suffocated.

The recall was conducted because the screws on the wooden mattress supports can come loose, allowing a portion of the mattress to fall. This poses a suffocation hazard to young children who can slide down and become entrapped between the unsupported mattress and end of the crib.

Prior to the report of this death, Simplicity Inc. received 14 reports of the mattress supports coming loose, including eight reports of entrapment. Five injuries were reported

including scratches and bruises to the face and head, a strained neck and a report of a child turning blue.

Although the Graco logo appears on these products, the cribs were manufactured by Simplicity Inc. Consumers should only contact Simplicity about this recall.

The recalled cribs are made of wood and have wooden mattress supports.

Only cribs with wooden mattress supports and with model number 8740KCW SC and serial number 2803 SC (made the 28th week of 2003) to 1605 SC (made the 16th week of 2005) are included in this recall. The model and serial number are printed on the envelope attached to the mattress support.

The recalled cribs were sold in department and children's product stores from August 2003 through May 2005 for about \$130.

For more information or to receive a free repair kit, call Simplicity Inc. at 1-800-784-1982 anytime, or visit Web site www.simplicityforchildren.com.

[dren.com](http://www.simplicityforchildren.com).

To see this recall on CPSC's web site, visit <http://www.cpsc.gov/cpsc/pub/prerel/prhtml06/06086.html>.

Other recalls

Box, pivoting floor fans

In cooperation with the CPSC, Lasko Products Inc., of West Chester, Pa., is voluntarily recalling about 5.6 million units of General Electric, Galaxy and Air King Brand Box and Pivoting Floor Fans. An electrical failure in the motor can pose a fire hazard to consumers.

Lasko has received 42 reports of fires possibly associated with motor failures, with seven reports of injuries, including burns and smoke inhalation.

This recall involves various models of Lasko, Galaxy, Air King and General Electric fans manufactured between January 1999 and July 2001, and sold through February 2004. Styles and model numbers of recalled fans, which are either stamped or on a label on the bottom of the fans, are:

Lasko: Box Fan Models 3700, 3723, 3733, 3750; Cyclone Fan Models 3510, 3550, 3800, 35105; Wind Machine Models 3300 and 3521; Air Companion Model 3515; Air Director Model 2135; Wind Tunnel Models 3400 and 3410; General Electric: Box Fan Model 106620 and Cyclone Fan Models 106600, 106630; Galaxy Box Fan Model 3733; Air King Cyclone Fan (20" deluxe pivot fan) Model 9500; and Air Companion (15" deluxe pivot fan) Model 9515.

The fans were purchased at discount department stores nationwide from September 2000 through February 2004 for between \$10 and \$25.

Consumers should stop using the fans immediately and contact Lasko

to receive a free fan protection cord adaptor.

For more information, call Lasko collect at 1-800-984-3311 any time, or the CPSC Recall Hotline at 1-800-638-2772.

To see photos of the recalled items, visit http://www.laskoproducts.com/recall/recall_fans.html.

Fire extinguishers

The CPSC is recalling dry chemical fire extinguishers manufactured by Strike First Corp., of Scarborough, Ontario, Canada. Consumers should stop using recalled products immediately unless otherwise instructed.

The fire extinguishers can fail to discharge properly when the trigger is activated, which puts consumers at risk of fire-related injuries.

The recall includes Strike First 2.5 pound and 5 pound dry chemical fire extinguishers with model numbers WBSF-ABC110AP, WBSF-ABC210AP and WBSF-ABC340AP. The model number is located under the manufacturer's address on the far right hand side of the instruction label. The recalled fire extinguishers have the following serial numbers. Model number WBSF-ABC110AP within serial numbers TC10156 through TC108819. Model number WBSF-ABC210AP within serial numbers TC114969 through TC135000, VV822001 through VV832000 and WH161001 through WH167622. Model number WBSF-ABC340AP within serial numbers TC135894 through TC142345.

The serial number is located on the extinguisher's label, below the "UL" mark. The fire extinguishers are red, and designed for commercial, industrial, multi-residential and vehicle applications.

For information on how to arrange to have extinguishers repaired imme-

diately, contact SFC America at 800-255-5515 between 9 a.m. and 5 p.m. ET Monday through Friday, or visit the SFC America Web site, www.strikefirstusa.com

Sewing machines

The CPSC is recalling Husqvarna Viking Designer I Sewing and Embroidery Machines manufactured by VSM Group AB of Husqvarna, Sweden, and its subsidiary VSM Sewing Inc. (Husqvarna Viking), of Westlake, Ohio. Consumers should stop using recalled products immediately unless otherwise instructed.

Electrical arcing can occur in the machine's power supply, posing a risk of fire.

The Husqvarna Viking Designer I sewing and embroidering machines have a white plastic exterior and contain the words "Husqvarna Viking" and "Designer I."

The recall involves units with serial numbers, which are located on the bottom of the machine, in the following ranges:

Beginning with	Ending with
0	0 or 6
1	9
2	3
3	1
4	2
5	0, 1, 3, 4 or 9
6	1, 3 or 4
7	1, 2 or 4
8	2 or 4
9	1 or 5

Consumers should stop using these sewing machines, and return them to the dealer where purchased for a free repair.

For more information, contact Husqvarna Viking at 800-446-2333 between 9 a.m. and 4:30 p.m. ET Monday through Friday, or visit Web site, www.husqvarnaviking.com.



Army News



Rollover simulator aims to save lives in Kuwait

Army News Service

A new training device is being developed by Coalition Forces Land Component Command in Kuwait to reduce or eliminate injury or death suffered by troops involved in high mobility multi purpose wheeled vehicle rollovers in theater.

The device evolved from a comment by then-commander of U.S.

Army Forces Command, Gen. Larry Ellis, following the deaths of three Soldiers Dec. 8, 2003, when their Stryker overturned into a canal, said Chief Warrant Officer Rik Cox, FORSCOM safety officer.

HEAT based on 'Dunker'

"The aviators train on the Dilbert Dunker, why can't we do something like that for the ground troops?" Ellis said, according to Cox.

That comment was the impetus for the FORSCOM Safety Office to investigate expanding the helicopter egress training device into a ground-based program called the HMMWV Egress Assistance Trainer or HEAT, said Cox, HEAT FORSCOM project organizer.

Cox got the go-ahead in March 2005 to develop a device based on the Dilbert Dunker, a Navy aviator training device that teaches aircrews how to escape following a ditching at sea. He said the first Soldier was hanging upside down from his seatbelt in the first HEAT prototype built by U.S. Army Reserve Soldiers in September 2005.

"I believe integrating HEAT les-

sons into U.S. Army Training and Doctrine Command's HMMWV rollover GTA (GTA 55-30-030) in Sergeant's Time Training, then training in the HEAT simulator, is going to save lives," Cox said.

AMC techs in Kuwait upgrade trainer

With a photo of the first prototype, Forward Repair Activity, U.S. Army Materiel Command technicians in Kuwait decided to take the idea and immediately design an upgraded prototype here in Kuwait.

To build the first prototype in theater, Christopher Turner and Rickey Kline, Forward Repair Activity, AMC, acquired the HMMWV shell, gear boxes and stand from the Defense Reutilization and Marketing Office and the retrograde yard and built it in one month.

Surplus parts were used to build it, saving the Army a lot of time and money to put it together, Kline said.

CFLCC now using prototype

CFLCC is now using the prototype as a proactive measure to prevent future rollover accidents by applying the HEAT concept to train Soldiers in Kuwait and, eventually, to troops all over the Middle East region.

The newly-built HEAT prototype is composed of a suspended HMMWV cab mounted on an elevated M-1 engine maintenance stand raised on a trailer. The attached motor can turn the device 180 degrees in either direction in six seconds to sim-



An instructor demonstrates critical roll-over angle. The vehicle is at 30 degrees, which is the angle at which an average high mobility multi purpose wheeled vehicle would be prone to rolling over.

ulate a HMMWV rolling over.

"We took something that didn't exist in theater and made it work," Turner said. "We are now testing it to make sure it is going to save a Soldier's life, which is what this is all about."

250 rollover injuries in OIF

Approximately 250 Soldiers have been severely injured in rollovers since the beginning of Operation Iraqi Freedom.

Another prototype is currently in production and will be tweaked pending any suggestions from trainers who have tested the initial model. In the near future, six HEAT simulators will be located at camps throughout Kuwait to train Soldiers.

Troops got the opportunity to test out the simulator Jan. 23 at Camp Arifjan in conjunction with the CFLCC commanding general's quarterly safety conference.

"I'd make it mandatory for everybody because when you roll up north you never know what will happen," said Sgt. Jeffery Johnson, 233rd Transportation Company truck driver.

Johnson is a master driver and will eventually train his Soldiers on the same simulator.

"The training helps you get out of the truck quickly," Johnson said. "It

helps you realize that when you lose your bearing, you have to keep calm."

One Soldier who trained in the simulator had a greater appreciation for the experience.

"It made me realize how difficult it really is to get out of a rolled vehicle and made me rethink my load plan due to many pieces of unsecured equipment in the truck," he said.

Turning expectations upside down

After Soldiers fasten their seat belts, the operator first turns the HMMWV in either direction 30 degrees to simulate the point when it is expected to rollover, Cox said.

The HMMWV will then complete a 180-degree turn to suspend it upside down.

"When you actually hang upside down from your seatbelt while wearing full battle rattle, the seed is planted that the seatbelt just might save your face in a real accident," Cox said.

"It sends a blood rush to your head," Johnson said. "When you release your seatbelt you fall on your head, you get jammed, and you have to wiggle your way out."

Soldiers must unfasten themselves and work together to get a door open and exit to safety as quickly as possible.

Training cuts response to fraction

"Repeated training will take a crew from fumbling their way out of the vehicle in 45 to 90 seconds to having all four members of the crew outside the vehicle ready to engage the enemy in six seconds," Cox said.

Service members going through the HEAT program will also learn about rollover conditions, avoidance and preventive checks and safety measures.

The training will build upon current HMMWV training, enhanced and safe drivers training courses and existing in-unit rollover drill training.

"The most important part of HEAT is to educate our Soldiers so they will avoid getting into a rollover situation," said Col. John Gallagher, CFLCC Army Reserve Affairs chief of staff and project coordinator for the development of HEAT simulations. "Then they will have the confidence to react as they were trained and survive."

"Cox saw a problem and did something about it," Gallagher said. "That fact alone will save countless lives in the future."

(Editor's note: Information provided by the Coalition Forces Land Component Command Public Affairs.)



Soldiers can now receive high mobility multi purpose wheeled vehicle egress training at Fort Drum, NY.

Compressed Meals will offer top quality in smaller package

Story by
CURT BIBERDORF
U.S. Army Soldier Systems Center

In a family of the Meal, Ready-to-Eat (MRE) and Meal, Cold Weather/Long Range Patrol (MCW/LRP), the First Strike Ration (FSR) and Unitized Group Ration (UGR-A), heat and serve (H&S) and express (E), a new tightly-packaged ration developed at the Natick Soldier Center's Combat Feeding Directorate even has a shorter name.

Compressed Meals are the military's answer to a lighter, leaner individual ration with fresh-food quality for mechanized infantry units now and into the future.

"It's filling a niche for the Future Combat Vehicle," said Joel McCassie, project officer. "It provides a compact food source carried inside a vehicle. It looks like it's on track to achieving our goals."

Placed next to an MRE, a Compressed Meal is noticeably smaller. It occupies up to one-third less volume and sheds nearly as much weight without sacrificing any of the accessories or calories found in an MRE.

Besides reduced packaging made possible by its less robust storage and

handling requirements, weight and volume savings come from dehydrating the main entree using a combination of freeze-drying, air drying and dry blending, according to McCassie.

With freeze-drying, the food is prepared, frozen into a solid block and subjected to an extreme vacuum. Water is extracted through sublimation without damaging the food's characteristics.

Air drying is accomplished by forcing warm air over food in an oven before damage occurs, and dry blending mixes in foods that don't have any water to remove, such as rice and pasta.

What hasn't been compressed is the shelf life, which can extend well beyond the required minimum three years at 80 degrees F or six months at 100 degrees F, McCassie said, and the quality isn't sacrificed either.

Six lunch or dinner menus along with three breakfast menus were created by Combat Feeding Directorate food scientists and manufactured by industry partner Oregon Freeze Dry

Inc. in Albany, Ore., leveraging components already found in the MRE and First Strike Ration, such as crackers and HooAH! bars.

After a full-scale prototype pro-

duction, according to McCassie.

Menu variety includes meat and vegetarian selections, as well as egg entrees that never were well regarded in the MRE.

"The eggs are awesome," McCassie said. "The Soldiers were asking for more coffee and caffeinated beverages because they said that's what kept them alive in Iraq. We're looking at different options, such as cappuccino and cocoa."

He added that they also liked the ease of preparation and the scrambled egg breakfast menus unavailable in the MRE.

Preparing an entrée takes seven steps: cutting open the pouch, breaking apart large clumps, adding 12 ounces of boiling water, stirring thoroughly, folding the pouch top to retain heat, waiting 10 minutes and finally stirring and serving.

The Crew Sustainment for Future Combat Systems project involving several military organizations may solve the hot water shortage and also provide cool water for beverages

using a lightweight thermoelectric device as an alternative to the heavier Mounted Water Ration Heater. Part of the vision is to collect potable water from combusted diesel fuel for Compressed Meals and beverages, McCassie said.

Dehydration technology for the meals is applicable to the continuous product improvement of the Meal, Cold Weather/Long Range Patrol (MCW/LRP) and in bulk compressed entrees packed in cans or pouches for Unitized Group Ration (UGR), Navy submarines or as stockpiled Homeland Defense emergency supplies, according to McCassie. Meals also could be made for home, office or outdoor enthusiasts with the same technology.

He said focus groups at Fort Lewis affirmed that the project was progressing well. The next step will be to assemble a larger quantity to conduct a field evaluation as early as next year. Initial fielding could begin late in 2007.

For more information about the U.S. Army Soldier Systems Center, visit Web site <http://www.natick.army.mil>.



Close-up of a prepared compressed meal. Photos courtesy of SSC

duction, an evaluation team from Natick visited a Stryker Brigade at Fort Lewis, Wash., in May 2005 for a focus group to gather comments on the new meals. The Soldiers praised the taste and compactness of the meals while questioning the availability of hot water in the Stryker and time to prepare the ration in a tactical

Career

From page 2

biologist Jan Michael Grain.

"We passed out handouts about AEC and the environment and received very positive reactions," Tozzi said, adding that he was surprised and pleased by several responses.

"They showed a great deal of interest not only in becoming an attorney or a biologist but in the environment itself," he said.

Nine personnel from CHPPM pre-

sented a variety of careers to students at C. Milton Wright High School.

Chemists Lynn Boyd, James Seeger and Jessica Brockmeyer, and physical science technician Phil Costabile represented CHPPM's Directorate of Laboratory Sciences. They discussed the types of college degrees required to work in their fields, described what a typical day on the job is like and talked about career opportunities in laboratory science.

Rick Bowlus, an environmental scientist in CHPPM's Directorate of Health Risk Management, displayed examples of projects he works on to assess the environment where Soldiers

work, live and perform duties.

Bowlus advised the students of study courses that are necessary if preparing for possible future employment with the federal government.

"I was quite pleased to see the genuine interest expressed by so many of the students in this career field," Bowlus said. "I enjoyed the time with the students, it was a lot of fun, and I would definitely like to be invited back again next year."

Representing physical sciences as a career possibility were Patrick Moscato and Lt. Col. Casmere Taylor of CHPPM's Health Physics program. They used displays and a large poster to show the different ways that

people come in contact with radiation.

They said that the students seemed fascinated by the meters and other instruments on display.

Linda DuBree represented CHPPM's administrative support staff. She provided handout sheets with Web sites and phone numbers for those who were interested in working for the federal government and the Army. She also discussed summer hire programs, training and educational opportunities.

Bob Gross of CHPPM's Health Hazard Assessment program talked about industrial hygiene and how he makes use of his expertise in his

field.

He said that he told the students to ask themselves: "If you are interested in having a great job helping people while getting paid really well, then why not do it?"

Steven Chervak, a human factors engineering specialist from CHPPM's Ergonomics program, said that he found students were drawn to his table because of the games he provided that demonstrated particular concepts.

"It was fun teaching the students about other types of engineering that they were not familiar with," Chervak said. "I will definitely attend again next year."