EUL agreement becomes official

U.S. Army Garrison, Aberdeen

The U.S. Army Garrison, Fort Meade, will convene a Board of Officers Candidate School May 11 and 12. Along with the U.S. Military Academy and the Reserve Officer Training Corps, the Officer Candidate School remains an important source of commissioned officers for the Army.

The Army has increased the number of soldiers who may attend Officer Candidate School. Candidates apply through local boards – Fort Meade for Aberdeen Proving Ground Soldiers – and those selected begin a rigorous, 14-week course of instruction at Fort Benning.

APG Soldiers who wish to become commissioned officers should visit www.armyocs.com for the OCS Web page, or call 1-800-836-8430. Moreover, the National ACS FAP can be reached at 1-800-799-SAFE (7233). The ACS FAP can be reached at 1-800-799-SAFE (7233).

The ACS FAP can be reached at 1-800-799-SAFE (7233).
Andrew Williams is shown with his 3-year-old son Wyatt, who listened to Williams read "Glad Monster Sad Monster" to toddlers in Room 6 of the Aberdeen Child Development Center.

Andrew Williams wears a Cat-in-the-Hat hat along with his native Scottish kilt as he reads the book "Glad Monster Sad Monster" to toddlers in Room 6 of the Aberdeen Child Development Center during the Read Across America salute to Dr. Seuss program March 10. Williams' 3-year-old son Wyatt is a member of the class.

>>>

Andrew Williams, a Aberdeen High School 2001 graduate and Aberdeen Police Department officer, reads the book "Glad Monster Sad Monster" to toddlers in Room 6 of the Aberdeen Child Development Center during the Read Across America salute to Dr. Seuss program March 10. Williams' 3-year-old son Wyatt is a member of the class.

>>>

Andrew Williams is shown with his 3-year-old son Wyatt, who listened to Williams read "Glad Monster Sad Monster" to toddlers in Room 6 of the Aberdeen Child Development Center.

Andrew Williams wears a Cat-in-the-Hat hat along with his native Scottish kilt as he reads the book "Glad Monster Sad Monster" to toddlers in Room 6 of the Aberdeen Child Development Center during the Read Across America salute to Dr. Seuss program March 10. Williams' 3-year-old son Wyatt is a member of the class.
In a casual, informal style, Giordano talked about some of the difficulties confronting parents today, provided some pointers for successful parent- ing and took questions from the audience. It was clear from his advice that he considered the family unit and a sense of family particularly important to keeping children on the right track.

The biggest positive influence on children, he asserted, was the family dinner table. “Gathering together for dinner provides an avenue to stay in touch with one’s children, to interact, and to discuss the day’s events, all of which can be ‘tremendously beneficial,’ Giordano said. Several audience members agreed and said that their family dinners fostered communication that continues today even though their children are grown and no longer at home.

In addition, Giordano sug- gested taking the time to create family memories and rituals, providing as an example his own family vacation tradition of a 9-hole miniature golf tournament. Telling children the story of when their chil- dren and having them tell stor- ies is, according to Giordano, particularly helpful in giving children the ability to speak comfortably in public. Reading, along with a cultural literacy to understand what is read, will also prepare a child to live comfortably in public.

Giordano responded to audience questions concerning disciplining children, the importance of religion in child-raising, and teaching children financial responsibili- ty. When it came to discipline, Giordano is a firm believer in the parent as the authority figure. “Too many of today’s par- ents,” he said, “have given up that authority.” Today’s cul- ture has told them to give up on that. He cited as evidence the portrayal in TV sitcoms of fathers as being foolish and inept.

Giordano, the father of two sons, recommended following the example of one’s parents when it comes to raising chil- dren. “Don’t feel you have to divorce yourself from the things and phrases they used,” Giordano said. “There’s a rea- son why these things work.”

He advised taking the best from today’s methods, but looking at what one’s parents did that worked and adopting those methods as well. Giordano told the audience, “We know what we need to do as parents. Do we have the will to do it?”

Finally, he shared what many might consider two old-fashioned concepts to instill in one’s children. The first message is that the worst thing they can do is bring shame upon the family. Giordano said that concept can become a chronic problem for someone in the family, get help from a mental health pro- fessional.

‘(Editor’s note: Source is “Helping Your Children Navigate Their Teenage Years: A Guide for Parents” by Dr. Robert Schecter, White House Council on South Violence.)

Tips for parenting teens—managing anger, conflict

Self-analysis of anger man- agement
• Do parents express anger in positive and constructive ways?
• Do parents resolve conflict well?

Parent involvement
• Have parents taught their children to accept and express their anger constructively?

Tips for resolving conflict
When calm, can the parent stutter and make the issue worse?

• Ask to hear the teen’s point of view.
• State the problem as a parent—don’t yell.
• Give parent’s point of view.

• Pick the battle. Sometimes the issue is not worth the anger, or worth arguing about.
• Take a deep breath and count to 10.
• Go for a walk.
• Use “self-talk” to calm down. Say something soothing such as, “I need to relax and stay calm.”

Refine the issue. Identify the underlying problem for the angry outburst and how to address it.

Use humor, but be sure the humor is not sarcastic or hurt- ful.

When it came to discipline, Giordano, the father of two sons, recommended following the example of one’s parents when it comes to raising chil- dren. “Don’t feel you have to divorce yourself from the things and phrases they used,” Giordano said. “There’s a rea-

reason why these things work.”

He advised taking the best from today’s methods, but looking at what one’s parents did that worked and adopting those methods as well. Giordano told the audience, “We know what we need to do as parents. Do we have the will to do it?”

Finally, he shared what many might consider two old-fashioned concepts to instill in one’s children. The first message is that the worst thing they can do is bring shame upon the family. Giordano said that concept can become a chronic problem for someone in the family, get help from a mental health pro-

fessional.

• Help parents accept their anger.

• Help parents resolve conflict constructively.

• Help parents communicate with their children effectively.

Tips for keeping the peace
• Come to a decision that involves everyone.
• Keep an open mind.
• Know when to leave.
• Know when to talk it out.
• Know when to stay quiet.
• Know when to talk it out.
• Know when to stay quiet.

Tips for calming down
• Pick the battle. Sometimes the issue is not worth the anger, or worth arguing about.
• Take a deep breath and count to 10.
• Go for a walk.
• Use “self-talk” to calm down. Say something soothing such as, “I need to relax and stay calm.”

Refine the issue. Identify the underlying problem for the angry outburst and how to address it.

Use humor, but be sure the humor is not sarcastic or hurt- ful.

When it came to discipline, Giordano, the father of two sons, recommended following the example of one’s parents when it comes to raising chil- dren. “Don’t feel you have to divorce yourself from the things and phrases they used,” Giordano said. “There’s a rea-

reason why these things work.”

He advised taking the best from today’s methods, but looking at what one’s parents did that worked and adopting those methods as well. Giordano told the audience, “We know what we need to do as parents. Do we have the will to do it?”

Finally, he shared what many might consider two old-fashioned concepts to instill in one’s children. The first message is that the worst thing they can do is bring shame upon the family. Giordano said that concept can become a chronic problem for someone in the family, get help from a mental health pro-

fessional.

• Help parents accept their anger.

• Help parents resolve conflict constructively.

• Help parents communicate with their children effectively.

Tips for keeping the peace
• Come to a decision that involves everyone.
• Keep an open mind.
• Know when to leave.
• Know when to talk it out.
• Know when to stay quiet.
• Know when to talk it out.
• Know when to stay quiet.

Tips for calming down
• Pick the battle. Sometimes the issue is not worth the anger, or worth arguing about.
• Take a deep breath and count to 10.
• Go for a walk.
• Use “self-talk” to calm down. Say something soothing such as, “I need to relax and stay calm.”

Refine the issue. Identify the underlying problem for the angry outburst and how to address it.

Use humor, but be sure the humor is not sarcastic or hurt- ful.

When it came to discipline, Giordano, the father of two sons, recommended following the example of one’s parents when it comes to raising chil- dren. “Don’t feel you have to divorce yourself from the things and phrases they used,” Giordano said. “There’s a rea-

reason why these things work.”

He advised taking the best from today’s methods, but looking at what one’s parents did that worked and adopting those methods as well. Giordano told the audience, “We know what we need to do as parents. Do we have the will to do it?”

Finally, he shared what many might consider two old-fashioned concepts to instill in one’s children. The first message is that the worst thing they can do is bring shame upon the family. Giordano said that concept can become a chronic problem for someone in the family, get help from a mental health pro-

fessional.

• Help parents accept their anger.

• Help parents resolve conflict constructively.

• Help parents communicate with their children effectively.
School is $1,000, awarded to college-bound high school and college enrolled in programs leading to undergraduate degrees. This scholarship opportunity is open to both civilian and military applicants.

In addition to club administrators, MSCS scholarships in four categories: high school seniors, current undergraduate students, current graduate students and non-full-time certification, continuing education and technical program students. All applicants must either be an MSCS member or the dependent of an MSCS member. Applications for all scholarships are available from the MSCS Web site at www.mscs.army.mil and must be postmarked no later than April 1. For details, visit the Web site or call 410-297-8767.

NMFA summer camp program announces sites

The National Military Family Association announces its 2006 Operation Purple Summer Camp sites.

NMFA developed this free summer camp program in response to the need for increased support for military children, especially those whose parents are or will be deployed.


ASE exam time approaching

Registration for the Automotive Service Excellence Examinations closes tomorrow for testing dates on May 9, 15 and 16.

Certifications in automotive repair can be received in Engine Repair, Suspension and Steering, Brakes, Painting and Refinishing and Exhaust Systems. A Soldier may receive certification in only one or several different areas.

DANTES will pay for up to three exams if the Soldier is in MOS 52 B CD, 61C DB, 63B-H, 63B-N, 63B-S, 63B-T 65N W, or 63B-V, or is currently enrolled in an associate’s degree program in Automotive Technology. All the Soldier is required to provide 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 4053 Susquehanna Avenue in town.

For more information, contact an Education Services specialist at 410-506-2042 or 410-306-2043.

USAF ensemble to perform in Havre de Grace Saturday

Join the USAF Blues Jazz Ensemble for an memorable evening of musical entertainment, 7:30 p.m., March 16 at Havre de Grace High School Auditorium, 700 Congress Avenue.

This musical group from Langley Air Force Base, Va., will present an exciting program of music from such traditional libraries as Glenn Miller and Count Basie, and the contemporary jazz-pop sounds of today.

This program, sponsored by the HAG Arts Commission, is open to the public. Tickets are available at the HAG Visitor Center, 450 Peninsula Avenue and at the Post’s Stairway, 519 Main Street, Bel Air.

For more information, call Joyce Root, 410-795-7436.

SAME Chesapeake holds meeting

The Society of American Military Engineers Chesapeake Post monthly meeting will be held 11:30 a.m., March 25, at Bay’s End.

The featured speaker will be Don Green of the Environmental Division, Director of Safety, Health and Environmental, who will present a briefing on “Performance Based Contract Awarded for Installation Restoration Sites on Aberdeen Proving Ground.” RSVP by March 21 to Donna Vareb, 301-670-5483.
Community Notes

SUNDAY MARCH 12
BEAKS AND BILLS
Why do birds have different shapes of beaks? Participants will try to come up with some “beak-ies.”

SATURDAY MARCH 11
SUMMER ACTIVITIES & CAMP FAIR
Harford County Kids Magazine will host the 4th annual Harford County Kids Summer Activities and Camp Fair at the Harford Mall from 10 a.m. to 4 p.m. Featuring exhibitors’ summer activities and camps from Harford County and around the region. There will also be children’s entertainment, demos, prizes and giveaways.

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

WHITE-TAILED DEER SURVEY
To help determine the deer population of Leight Park, the Anita C. Leight Estuary Center needs volunteers, ages 16 to adult, to conduct pellet (deer scat) counts on the trails. Program runs from 10 a.m. to 1 p.m. Reservations required.

For reservations or information call 410-879-2000, extension 1688.

ASSUMED WORKSHOP
Come learn about submerged aquatic vegetation and its vital role in the Bay ecosystem and then join in this restoration project at the Anita C. Leight Estuary Center.
Participants, ages 16 to 6 to 15 with an adult, will be asked to grow SAV at home, then return on June 24 with grasses in hand and plant them in the Otter Point Creek area.
Equipment and training is provided. The program is free and runs from 10 a.m. to 1 p.m. Reservations are required.
For information, reservations or directions, call 410-812-1688 or 410-879-2000, extension 1688.

BASKET BINGO
Basket bingo to benefit VFW Post 818 will be held at VFW Post 818, 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 at 410-378-3328 or Kathy at 410-378-3540.

PRIZE BINGO LUNCHEON
The Plinton Road Rod and Gun Club, located on Belle Manor Road, Conowingo, will hold a Prize Bingo Luncheon to benefit the Ladies Auxiliary to the Rod and Gun Club. Doors open at 11 a.m., bingo begins at noon. Tickets cost $15 and includes paper packet for 20 games and lunch; extra packets cost $6 each. Cost for children 10 years of age and under is $10 with no extra packets. Tickets are available at the door. Door prizes, refreshments, raffles and more will be available. All children must be accompanied by an adult. No smoking is permitted in the club.

MASSES WORKSHOP
Come learn about sub- merged aquatic vegetation and its vital role in the Bay ecosystem and then join in this restoration project at the Anita C. Leight Estuary Center.
Participants, ages 16 to 6 to 15 with an adult, will be asked to grow SAV at home, then return on June 24 with grasses in hand and plant them in the Otter Point Creek area.
Equipment and training is provided. The program is free and runs from 10 a.m. to 1 p.m. Reservations are required.
For information, reservations or directions, call 410-812-1688 or 410-879-2000, extension 1688.

GRASSES TO THE
For more information or to purchase tickets, call 410-378-2227, 410-658-5628 or 410-378-2006.

COMEDY NIGHT AT THE AMERICAN LEGION
American Legion South- haven Post 135, located on 300 Cherry Street, Perryville, will host Comedy Night, 8 to 9 p.m., featuring Sammy K. An hour of hilarious adult fun including ciaoxa from George Carlin, Richard Pryor and more will be featured. Following the show there will be music, karaoke and dancing. Cost is $8 per person or $15 per couple. Tickets will be available at the door. Complimentary snacks and a $1 draft beer will be available.

ANIMALS and SNACKS
Come learn about the habits and roles of wild animals in the environment. Meal is provided.

SATURDAY MARCH 11
ANNUAL PRAYER BREAKFAST
The women of St. James A.M.E. Church, 619 Green Street, Havre de Grace, are hosting a prayer breakfast from 8 to 11 a.m. Participants will enjoy a meal, Maddie’s Cakes, refreshments and entertainment. Cost is $8. For reservations, call 410-893-2162.

MARCH 17, 2006 • APG News   5

Byline: Jayne J. MacDonald, Thomas M. MacDonald, Jr.

MOVIES

ANNAPOLIS (FREE ADMISSION)
Friday, March 17, 7 p.m.
Starring: James Franco, Tyrese Gibson, Jordana Brewster, Donnie Wahlberg
When Jake (Franco), a young man from the wrong side of the tracks, gets accepted into the prestigious Naval Academy at Annapolis, he finds that there are still plenty of battles ahead. Barely making it as a plebe, Jake decides to prove his mettle by entering the Navy boxing championship.

NANNY MCPHEE (FREE ADMISSION)
Saturday, March 18, 7 p.m.
Starring: Emma Thompson, Colin Firth, Kelly MacDonald, Thomas Sangster
The widowed Cedric Brown (Firth) has just lost his wife and is now left with his seven misbehaving children. Led by the eldest, Simon (Sangster), they have scared away 17 previous nannies. Now he is told by a mysterious voice that he should get Nanny McPhee (Thompson) who is a magical woman with special powers. Soon the kids notice that their usual shenanigans don’t work on the new nanny. In fact, they lead to serious consequences. (Rated PG)

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

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

For more information or to purchase tickets, call 410-378-2227, 410-658-5628 or 410-378-2006.

COMEDY NIGHT AT THE AMERICAN LEGION
American Legion Southhaven Post 135, located on 300 Cherry Street, Perryville, will host Comedy Night, 8 to 9 p.m., featuring Sammy K. An hour of hilarious adult fun including ciaoxa from George Carlin, Richard Pryor and more will be featured. Following the show there will be music, karaoke and dancing. Cost is $8 per person or $15 per couple. Tickets will be available at the door. Complimentary snacks and a $1 draft beer will be available.

ANIMALS and SNACKS
Come learn about the habits and roles of wild animals in the environment. Meal is provided.

SATURDAY MARCH 11
ANNUAL PRAYER BREAKFAST
The women of St. James A.M.E. Church, 619 Green Street, Havre de Grace, are hosting a prayer breakfast from 8 to 11 a.m. Participants will enjoy a meal, Maddie’s Cakes, refreshments and entertainment. Cost is $8. For reservations, call 410-893-2162.

MARCH 17, 2006 • APG News   5

Byline: Jayne J. MacDonald, Thomas M. MacDonald, Jr.

MOVIES

ANNAPOLIS (FREE ADMISSION)
Friday, March 17, 7 p.m.
Starring: James Franco, Tyrese Gibson, Jordana Brewster, Donnie Wahlberg
When Jake (Franco), a young man from the wrong side of the tracks, gets accepted into the prestigious Naval Academy at Annapolis, he finds that there are still plenty of battles ahead. Barely making it as a plebe, Jake decides to prove his mettle by entering the Navy boxing championship.

NANNY MCPHEE (FREE ADMISSION)
Saturday, March 18, 7 p.m.
Starring: Emma Thompson, Colin Firth, Kelly MacDonald, Thomas Sangster
The widowed Cedric Brown (Firth) has just lost his wife and is now left with his seven misbehaving children. Led by the eldest, Simon (Sangster), they have scared away 17 previous nannies. Now he is told by a mysterious voice that he should get Nanny McPhee (Thompson) who is a magical woman with special powers. Soon the kids notice that their usual shenanigans don’t work on the new nanny. In fact, they lead to serious consequences. (Rated PG)

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

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

For more information or to purchase tickets, call 410-378-2227, 410-658-5628 or 410-378-2006.
DeCA

Scholarships for Military Children application screening process is under way for thousands of students in the running for $1,500 scholarships. Scholarship Managers, a professional scholarship management firm, is screening the applications. To verify if an application is among those being considered, look for the online application verification reply form that will be available on March 31 at www.militaryscholar.org, the Scholarships for Military Children Web site. Recipients will be notified by mail and the scholarship Web site will feature a list of recipients shortly after May 1.

The program, which is administered by Fisher House Foundation and funded by manufacturers and suppliers of groceries and services in the commissary system, has awarded nearly $4 million in scholarships to more than 2,400 students since the first awards in 2001. Donations from the public are also accepted at the official Web site.

**LEAVE DONATION**

Employees eligible for donations in the Voluntary Leave Transfer Program:

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 OPF 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.

**Scholarship applicants enter waiting period**

The Scholarships for Military Children application screening process is under way for thousands of students in the running for $1,500 scholarships.

Scholarship Managers, a professional scholarship management firm, is screening the applications. To verify if an application is among those being considered, look for the online application verification reply form that will be available on March 31 at www.militaryscholar.org, the Scholarships for Military Children Web site. Recipients will be notified by mail and the scholarship Web site will feature a list of recipients shortly after May 1.

The program, which is administered by Fisher House Foundation and funded by manufacturers and suppliers of groceries and services in the commissary system, has awarded nearly $4 million in scholarships to more than 2,400 students since the first awards in 2001. Donations from the public are also accepted at the official Web site.

**LEAVE DONATION**

Employees eligible for donations in the Voluntary Leave Transfer Program:

<table>
<thead>
<tr>
<th>Michele Arthich</th>
<th>Ramesh Gaffney</th>
<th>Patricia Milwicw</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sarah Blevis</td>
<td>Susan Gorhan</td>
<td>Mary Pettway</td>
</tr>
<tr>
<td>Jeanie Beeman</td>
<td>Shirley Gross</td>
<td>William Sebra</td>
</tr>
<tr>
<td>Gerald Brown</td>
<td>Melanie A. Hoffman</td>
<td>Barbara Seker</td>
</tr>
<tr>
<td>Robert Brown</td>
<td>(parasomnia, fibromyalgia condition)</td>
<td>Cynthia Shelton</td>
</tr>
<tr>
<td>Lenny Carter</td>
<td>Lydia Langley</td>
<td>Linda Shoaf</td>
</tr>
<tr>
<td>Barbara Cascio</td>
<td>Robyn Lee</td>
<td>Allison Tishenor</td>
</tr>
<tr>
<td>Barbara Croasely</td>
<td></td>
<td>Gary Tudor (heart valve replacement)</td>
</tr>
<tr>
<td>Lola Daniels</td>
<td>Wayne Kaiser</td>
<td>Jerry Williams</td>
</tr>
<tr>
<td>Sheila Davison</td>
<td>Beverly King (caring for husband)</td>
<td>Louisa Winters</td>
</tr>
<tr>
<td>(benign paroxysmal positional vertigo)</td>
<td>William B. McLean (kidney failure)</td>
<td>Billie Wooten</td>
</tr>
<tr>
<td>Lawrence Eaton</td>
<td>Sandra Miller</td>
<td></td>
</tr>
<tr>
<td>Gregory Fox</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Commentary—Navigating in a changing world

Book review: Carpe Aquilus!—“Seize the Wave” by Frank F. Lunn

I suspect that may be so for an even smaller organization where an individual’s contribution to corporate income can be diminished, when seen from the heights of top management. An organization is so big that the individual contribution is invisible to top management or a challenge, especially for soldiers in a wartime environment. And that’s not just a little bit of information that can’t be shared. Everyone needs to remember that there are many ears and eyes focusing on these little pieces of information. A terrorist manual found in Afghanistan stated 80 percent of information gathered on the enemy (you) is gathered openly. The technical abilities, resourcefulness, patience and determination of enemy operatives cannot be underestimated—what you write blog.

Commentary—Cytar: Patrol-careless keyboards can kill

Government by

ED BEEMER
Army Human Resource

Fewer people would know about a deployment or operation if you scrutinized it out at the Superbowl than if you posted it on a Web log or blog. Common sense will tell you not to discuss sensitive subjects on the streets of Kabul. The same common sense should apply on the highways of cyberspace. Soldiers need to keep this in mind, not only because it is the right thing to do, but because it could land them in a world of trouble.

The technology of communication is a double-edged sword and often the sharper edge is being used against you. There have been too many instances of sensitive information being made public. For example, one officer posted a picture of his tactical operations center, or TOC, complete with secret documents showing troop rotations. Another Soldier in theatre posted when his unit’s family reunion was. That information has IED [improvised explosive device] opportunity written all over it.

The list of what should not be posted on an unsecured site or sent via unsecured communication channels is almost endless. It includes the obvious—like troop movements, operational details, temporary duty trip planning issues and any classified material. But it also includes any personal information—a passport that could be used to pick you up, your fellow Soldiers or even your own family at risk.

This is also a matter of situational awareness; knowing what seemingly innocent information could be useful to the enemy. Each unit’s operational security professional needs to advise supervisors on means to prevent the release of sensitive information.

But every Soldier, regardless of rank and position, has a personal responsibility to safeguard what makes it onto the Internet. In order to ensure that sensitive and unauthorized information is not posted, check with your immediate supervisor for approval before you post any blog entry or site update. More information on OPSEC can be found at https://opsec.fleetcore.army.mil/in_portal/Public/Pages/Sections/InSection/Opsec/. This is a very serious matter and the fallout from even one instance of releasing unauthorized information can be severe. Senior Army commanders have clearly stated that the Army must “hold people accountable that place others at risk.”

Relevant punitive measures are spelled out in AR 25-2 and are worth a thorough reading. Soldiers have been fined and demoted because of information put on a blog that could have helped the enemy. But the consequences of allowing mission and personal information to get out is more dangerous than simply running the risk of a file, it could get your fellow Soldiers killed and even put your family members in harm’s way.

Psychologically, keeping information tightly controlled is a challenge, especially for Soldiers in a wartime environment. There is a great urge to connect and let people know what is going on. Often it seems that just a little bit of information can’t hurt.

I would be surprised if the book were not based on lecture notes. Every talk begins with a series of lectures designed to capture and recapture attention. That can work well in a book format, but the book might be stronger if it did not have the feel of PowerPoint slides stitched together. That said, the content is okay. It may well change your life for the better. The book, like many books of its genre, is built around a modern monster of cyber sleuths. They range from Rule 1 to Rule 43. Your competition is in the other offices; if you’re only to Rule 43 to Rule 7: Go big or go home! To be great, you have to be willing to wipe out! (p. 91). The secret of upward corporate mobility (Getting promoted) turns out to be “Can you pinpoint the key factors that will allow you to be at your job?” (p. 43) and “You can transform your skill set to make yourself invaluable.” (p. 118)

The book is very well written. It certainly can be an entertaining, and may prove useful.
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 only that event's registration table. Unless otherwise stated, bus trips depart from the Western, Vitali's in Edge- wood.

Activities

MWR Bus Services

Series Night Race

Tickets are available for The Circuit City 250 at Richmond International Raceway April 8. Tickets cost $28, and the Party Zone pack- age is $50. This event includes NASCAR Nationwide Series Qualifying, which takes place prior to the race. Children 12 and under are free in general admission sections. A Party Zone package, in addition to tickets, includes a race pass for the garage.

White House tour

MWR will sponsor a trip to the White House and a visit to the World War II Memorial on April 15. The bus will depart at approximately 11:30 a.m. and return at approximately 6 p.m. for a cost of $30. Space is limited.

Cape May Lighthouse cruise

Visit historic and picture- perfect ledges Lighthouse Lighthouse on April 19. The lighthouse was a beacon for mariners and has history. Many of the dwell- ers and vacationers visiting the Cape will be interested in the Cape May Lighthouse cruise, lunch and tour.

Cape May Victorian era tour

This 45-minute walking tour takes its inspiration from the stroll of the rich and fashionable. Your tour guide will take you on a tour of the lavishly restored homes and gardens of a boisterous and prosperous Victorian era that is sure to please. A splendid way to spend a rainy day.

Colorful Parade

MWR will sponsor a trip to Broadway, New York City, April 21 and 12. The cost is $50 and includes tickets and roundtrip transportation. There will be time for shop- ping.

Lunch will be served onboard.

Cape May Lighthouse cruise is an MWR sponsored tour of the White House and a visit to the World War II Memorial, as well as for good food and drink, and a visit to the White House. The cost is $88 and includes transportation, tour and lunch. Cost is $88 and includes tickets and roundtrip transportation.

White House tour

The War of the Worlds tour on September 9, 2006, will be held 10 to 11 a.m., March 18 through 14. Students will be responsible for purchasing the required book for the course as directed by the instructor.

Piano lessons

Learn the basic fundamentals of playing on Saturdays at 12:30 p.m. March 18 through April 2. These classes will teach how to hold the basic four notes on the piano. There will be time on the piano to practice and make progress. Cost is $12 per hour and space is limited. Additional information can be obtained by contacting the Music Office at ext. 2557.

Bowling lessons

These classes will be held Tuesday nights. There will be time to bowl and teach the basic four notes on the piano. There will be time on the piano to practice and make progress. Cost is $12 per hour and space is limited. Additional information can be obtained by contacting the Music Office at ext. 2557.

Day in Washington

On March 23, spend the day in Washington, D.C. Newbury D.C. tour will leave at approximately 7 a.m. and space is limited. Additional information can be obtained by contacting the Music Office at ext. 2557.

Ringling Bros. and Barnum 

Bailey Circus

Ladies and Gentlemen, come one, come all to the Greatest Show on Earth! Tickets are available for the Ringling Bros. and Barnum & Bailey Circus, which will be held at the Aberdeen Youth Center. Space is limited.

Day in NY

Enjoy the day in New York City April 8. There is no set agenda—just a chance to see the sights and get a feel for the city. The bus will leave at approximately 11:30 a.m. and return around 5 p.m. The cost is $50 and includes tickets and roundtrip transportation.

April 8. These classes will teach bowlers how to hold the basic four notes on the piano. There will be time on the piano to practice and make progress. Cost is $12 per hour and space is limited. Additional information can be obtained by contacting the Music Office at ext. 2557.

NASCAR Busch Series Night Race

Tickets are available for The Circuit City 250 at Richmond International Raceway April 8. Tickets cost $28, and the Party Zone pack- age is $50. This event includes NASCAR Nationwide Series Qualifying, which takes place prior to the race. Children 12 and under are free in general admission sections. A Party Zone package is available, in addition to tickets, includes a race pass for the garage.

White House tour

MWR will sponsor a trip to Broadway, New York City, April 21 and 12. The cost is $50 and includes tickets and roundtrip transportation. There will be time for shop- ping.

Cape May Lighthouse cruise is an MWR sponsored tour of the White House and a visit to the World War II Memorial, as well as for good food and drink, and a visit to the White House. The cost is $88 and includes transportation, tour and lunch. Cost is $88 and includes tickets and roundtrip transportation.

White House tour

The War of the Worlds tour on September 9, 2006, will be held 10 to 11 a.m., March 18 through 14. Students will be responsible for purchasing the required book for the course as directed by the instructor.

Piano lessons

Learn the basic fundamentals of playing on Saturdays at 12:30 p.m. March 18 through April 2. These classes will teach how to hold the basic four notes on the piano. There will be time on the piano to practice and make progress. Cost is $12 per hour and space is limited. Additional information can be obtained by contacting the Music Office at ext. 2557.

Bowling lessons

These classes will be held Tuesday nights. There will be time to bowl and teach the basic four notes on the piano. There will be time on the piano to practice and make progress. Cost is $12 per hour and space is limited. Additional information can be obtained by contacting the Music Office at ext. 2557.

Day in Washington

On March 23, spend the day in Washington, D.C. Newbury D.C. tour will leave at approximately 7 a.m. and space is limited. Additional information can be obtained by contacting the Music Office at ext. 2557.
### 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/Freedom Journal 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.
- **Army Newswatch**, 9:30 a.m. and 9:30 p.m.
- **Freedom Journal Iraq/Inside Afghanistan**, 4 p.m.
- **Army Newswatch**, 7 p.m.
- **Navy/Marine Corp News**, 9 p.m.

**Wednesday**
- **Army Newswatch**, 8 a.m. and 8 p.m.
- **Inside Afghanistan/Freedom Journal Iraq**, 4 p.m.
- **Army Newswatch**, 7 p.m.
- **Navy/Marine Corp News**, 9 p.m.

**Thursday**
- **Army Newswatch**, 8 a.m. and 8 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.
- **Army Newswatch**, 10 a.m. and 10 p.m.
- **Freedom Journal Iraq/Inside Afghanistan**, 4 p.m.
- **Army Newswatch**, 7 p.m.
- **Navy/Marine Corp News**, 9 p.m.

**Saturday**
- **Army Newswatch**, 8 a.m. and 8 p.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 a.m. & 4:30 p.m.
- **American Veteran**, 1 p.m.
- **Around the Services**, 5:30 p.m.
- **ATS Reloaded**, 9:30 p.m.

**Organic products are among the fastest growing categories on commissaries this year.**

Organic products are generally located with their nonorganic counterparts. Most products are easy to find as they are marked with small green shelf signs showing the organic emblem of the United States Department of Agriculture. Smaller commissaries and overseas stores have organic offerings based on space availability.

---

**Checking the commissary for organics**

DeCA

Organics are in and customers are demanding more. Customers in most large U.S. commissaries are finding a growing selection of organics. The larger stores have more than triple the organic items they had a year ago. Organic dairy products such as milk as well as cereals and even frozen pizzas and enchiladas are among top sellers. “Customers are demanding more organic products and we listen to what our customers want,” said Patrick B. Nixon, chief executive officer and acting director of DeCA. Organic products are among the fastest growing categories in commissaries this year.

Organic products are generally located with their nonorganic counterparts. Most products are easy to find as they are marked with small green shelf signs showing the organic emblem of the United States Department of Agriculture. Smaller commissaries and overseas stores have organic offerings based on space availability.
Colorectal cancer – the silent killer

By CAPT. DARIUSZ G. MYDLARZ

Story by

Military sleep researchers at Walter Reed Army Institute of Research (WRAIR) say there are roughly 160,000 new cases of colorectal cancer and about 50,000 colorectal cancer-related deaths this year. One in 20, or 5 percent, of Americans will develop colorectal cancer in their lifetime.

Only a small fraction of colorectal cancer is identified before symptoms develop. It is a high-fat, low-fiber diet and presence of chemicals in the water supplies that are at fault for the majority of colorectal cancers.

Colon cancer is present without any symptoms at all. If present, the most common symptoms are fatigue, constipation and possible weight loss. These symptoms are usually attributed to other causes such as stress or exercise. A person who has these symptoms should consult a doctor immediately.

The first, and usually the most common, symptom may be blood in the stool, which may be hidden by mucus. The next most common is a change in the bowel pattern or the amount of stool. These symptoms are indicative that someone is suffering from the disease, but one should not stop getting regular check-ups and screening exams.

The most effective ways to combat this silent killer are eating a healthy, low-fiber diet, which may not always be available as well.

Another way caffeine is utilized is through Stay Alert chewing gum. This gum contains 100 milligrams of caffeine, which is about the amount found in one to two cups of coffee. “This is a great job of keeping its users awake,” Balkin said. Another study is that of Dr. Gary Kamonoff, who works in Balkin’s department at WRAIR.

What the noncommissioned officer in charge of the Department of Emergency Medicine at WRAIR did, was to develop the model to be able to screen the environment to determine the best dosing equivalent of a Vivarin tablet. It’s the actigraph, which is about the size of a watch, the actigraph is placed on the wrist. From the data it generates, the program will be able to say if someone is asleep, awake or going to sleep.

The cognitive performance studies help Soldiers cope with lack of sleep during operations. When referring to the Sleepy Soldier Syndrome, Balkin said, “People do make errors when they’re tired and usually what they do is slow down. In time-critical tasks, you lose a lot of seconds. You’re second, second, hundredth of a second. It’s all millionths of a second. You start spreading that, and it’s a great job of keeping its users awake.”

“Usually sleep, in the military environmental operations, it is a continuous environment of sleep deprivation. What we face is, to optimize performance, Balkin said, “That’s one of the challenges when you’re going to go to sleep, you’re going to have to stay awake. You may get to sleep in the middle of the night, but you’re not going to get to sleep. At the time that might dictate that you’re going to sleep, you may not know.” Balkin said the research is looking at what works, and that we face, to optimize performance, to be awake and be able to perform the right actions. Balkin continued, “You can go into chemotherapy, or you can go into surgery, and we want you to be awake. An important public health problem.”

Working together with a physician, anyone can advise the patient to see a colorectal cancer and minimize the impact of this important public health problem. It is very important to take care of oneself well, and to not fall asleep on the job. The staple of prevention is eating a healthy, low-fiber diet.

The cognitive performance studies help Soldiers cope with lack of sleep during operations.

Studies help Soldiers cope with lack of sleep during operations

People who eat more alcohol than they should do are in serious trouble. In time-critical tasks, you lose a lot of seconds. People who are not used good judges of when they are too sleepy to drive or to fly or to do any secondary task of paying attention.

Benjamin Franklin once said, “Nothing in this world is certain, but death and taxes.” Balkin said, “Literally you have to sleep and you’re asleep for 36 hours while fighting for your life or in the field, but because of the mission, you’ve got to go to sleep and go to work in progress, Balkin said, “It’s generally thought that people are not good judges of when they are too sleepy to drive or to fly or to do any secondary task of paying attention. People who eat more alcohol than they should do. Balkin said, “The cognitive performance studies help Soldiers cope with lack of sleep during operations.”

Paying attention is one of the most important public health problems. It is very important to take care of oneself well, and to not fall asleep on the job. The staple of prevention is eating a healthy, low-fiber diet. Do not drink any stimulant that could be used either while on the field or while in a car on the road. The cognitive performance studies help Soldiers cope with lack of sleep during operations.

Colorectal cancer is the second leading cause of death in women. It is found in men at an older age and less prevalent among African Americans.

The legacy of colorectal cancer is staggering. Although there are more than 160,000 new cases of colorectal cancer and about 50,000 colorectal cancer-related deaths this year, one in 20, or 5 percent, of Americans will develop colorectal cancer in their lifetime.

Only a small fraction of colorectal cancer is identified before symptoms develop. It is a high-fat, low-fiber diet and presence of chemicals in the water supplies that are at fault for the majority of colorectal cancers.

Colon cancer is present without any symptoms at all. If present, the most common symptoms are fatigue, constipation and possible weight loss. These symptoms are usually attributed to other causes such as stress or exercise. A person who has these symptoms should consult a doctor immediately.

The first, and usually the most common, symptom may be blood in the stool, which may be hidden by mucus. The next most common is a change in the bowel pattern or the amount of stool. These symptoms are indicative that someone is suffering from the disease, but one should not stop getting regular check-ups and screening exams.

The most effective ways to combat this silent killer are eating a healthy, low-fiber diet, which may not always be available as well.

Another way caffeine is utilized is through Stay Alert chewing gum. This gum contains 100 milligrams of caffeine, which is about the amount found in one to two cups of coffee. “This is a great job of keeping its users awake,” Balkin said. Another study is that of Dr. Gary Kamonoff, who works in Balkin’s department at WRAIR.

What the noncommissioned officer in charge of the Department of Emergency Medicine at WRAIR did, was to develop the model to be able to screen the environment to determine the best dosing equivalent of a Vivarin tablet. It’s the actigraph, which is about the size of a watch, the actigraph is placed on the wrist. From the data it generates, the program will be able to say if someone is asleep, awake or going to sleep.

The cognitive performance studies help Soldiers cope with lack of sleep during operations.

Studies help Soldiers cope with lack of sleep during operations

People who eat more alcohol than they should do are in serious trouble. In time-critical tasks, you lose a lot of seconds. People who are not used good judges of when they are too sleepy to drive or to fly or to do any secondary task of paying attention. People who eat more alcohol than they should do. Balkin said, “The cognitive performance studies help Soldiers cope with lack of sleep during operations.”

Paying attention is one of the most important public health problems. It is very important to take care of oneself well, and to not fall asleep on the job. The staple of prevention is eating a healthy, low-fiber diet. Do not drink any stimulant that could be used either while on the field or while in a car on the road. The cognitive performance studies help Soldiers cope with lack of sleep during operations.
Nominations for the National Military Family Association for the NMFA Family Award are being accepted. The NMFA will recognize one winning family each month as the NMFA Family of the Month. That family’s personal story will be featured on NMFA’s Web site and newsletter.

Nominations must be submitted only online at www.nmfa.org/familyaward. Families will be chosen based on which one best exemplifies the military family lifestyle.

Each winning family will receive $500, and a $250 donation will be made in their name to a charity of their choice. Additionally, one winning family will be chosen as the NMFA Family of the Year and will receive $1,000 and a trip to Washington, D.C., where they will be honored at a reception with key military leaders and the program sponsors. They will also have the opportunity to present a check in the amount of $500 to the charity of their choice.

Eligibility for the award includes any active duty, Reserve component, or retired family of the Army, Navy, Air Force, Marine Corps, Coast Guard, or Commissioned Corps of the Public Health Service or National Oceanic and Atmospheric Administration, as well as surviving families, or families of wounded service members who were injured in the line of duty within the past three years and have since been discharged.

For more details visit Web site www.nmfa.org/familyaward. The NMFA is sponsored by The Association of Military Banks of America and Nestle’ USA.

Tax Center offers assistance

OSJA

The Installation Tax Assistance Program, directed by the Office of the Staff Judge Advocate, Client Services Division, provides free tax preparation and electronic filing for qualifying active duty military members, retirees, and family members. The Tax Center is located on the second floor in building 310, wing 9.

Hours of operation are 7 a.m. to 3 p.m., Monday through Wednesday, and 7 a.m. to 3 p.m. on Thursdays. Walk-in hours for simple tax returns are 7 to 11 a.m., Monday through Wednesday.

Prior to arriving at the Tax Center, patrons should access the agreement and questionnaire located at the bottom of the Aberdeen Proving Ground Web site, www.apg.army.mil. Click on the document for questionnaire and agreement.

Eligibility for the award includes any active duty, Reserve component, or retired family of the Army, Navy, Air Force, Marine Corps, Coast Guard, or Commissioned Corps of the Public Health Service or National Oceanic and Atmospheric Administration, as well as surviving families, or families of wounded service members who were injured in the line of duty within the past three years and have since been discharged.

For more details visit Web site www.apg.army.mil. The NMFA is sponsored by The Association of Military Banks of America and Nestle’ USA.

Military families eligible for NMFA Family Award

NOMA

Nominations for the National Military Family Association for the NMFA Family Award are being accepted. The NMFA will recognize one winning family each month as the NMFA Family of the Month. That family’s personal story will be featured on NMFA’s Web site and newsletter.

Nominations must be submitted only online at www.nmfa.org/familyaward. Families will be chosen based on which one best exemplifies the military family lifestyle.

Each winning family will receive $500, and a $250 donation will be made in their name to a charity of their choice. Additionally, one winning family will be chosen as the NMFA Family of the Year and will receive $1,000 and a trip to Washington, D.C., where they will be honored at a reception with key military leaders and the program sponsors. They will also have the opportunity to present a check in the amount of $500 to the charity of their choice.

Eligibility for the award includes any active duty, Reserve component, or retired family of the Army, Navy, Air Force, Marine Corps, Coast Guard, or Commissioned Corps of the Public Health Service or National Oceanic and Atmospheric Administration, as well as surviving families, or families of wounded service members who were injured in the line of duty within the past three years and have since been discharged.

For more details visit Web site www.nmfa.org/familyaward. The NMFA is sponsored by The Association of Military Banks of America and Nestle’ USA.

The Installation Tax Assistance Program, directed by the Office of the Staff Judge Advocate, Client Services Division, provides free tax preparation and electronic filing for qualifying active duty military members, retirees, and family members. The Tax Center is located on the second floor in building 310, wing 9.

Hours of operation are 7 a.m. to 3 p.m., Monday through Wednesday, and 7 a.m. to 3 p.m. on Thursdays. Walk-in hours for simple tax returns are 7 to 11 a.m., Monday through Wednesday.

Prior to arriving at the Tax Center, patrons should access the agreement and questionnaire located at the bottom of the Aberdeen Proving Ground Web site, www.apg.army.mil. Click on the document for questionnaire and agreement.

Eligibility for the award includes any active duty, Reserve component, or retired family of the Army, Navy, Air Force, Marine Corps, Coast Guard, or Commissioned Corps of the Public Health Service or National Oceanic and Atmospheric Administration, as well as surviving families, or families of wounded service members who were injured in the line of duty within the past three years and have since been discharged.

For more details visit Web site www.apg.army.mil. The NMFA is sponsored by The Association of Military Banks of America and Nestle’ USA.