

POST SHORTS

Recycling schedule



The residential and recycling pickup schedule for March 22, is plastic, glass and metal. Put items in blue bags, and place them on the curb.

New hours set for Edgewood Area Health Clinic

Effective today, the clinic will be closed every Thursday after 1 p.m. for training.

For more information, call Sgt. Erin Massey, 410-436-7466.

Irish Specialty Meal tonight

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, DoD 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 toppings, and assorted beverages.

Menu is subject to change without prior notification.

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

Join the APG Black Employment Program

The Black Employment Program will hold its next meeting 2:30 p.m., March 23, in the Equal Employment Opportunity/Courthouse building 2043.

The BEP seeks a diverse group of interested, innovative, dedicated and driven managers, supervisors and employees from all racial and ethnic categories

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EUL agreement becomes official

Story by
YVONNE JOHNSON
APG News

A Memorandum of Agreement to proceed with plans to take development of the Lauderick Creek area of Aberdeen Proving Ground to the next level was officially endorsed during a signing ceremony at Top of the Bay March 9.

The U.S. Army Corps of Engineers, Baltimore District, and Aberdeen Proving Ground selected real estate developer APG Development Partners, which includes LCOR Operating Company, LLC and

Weston Solutions, Inc. on Feb. 17 to transform approximately 1,300 acres on APG into a state-of-the-art, anti-terrorism and law enforcement training center under the Army's Enhanced Use Leasing, or EUL, program.

Development Partners was named the "successful offeror" in February.

Under the agreement, the company will lease the parcel and develop world-class anti-terrorism law enforcement training facilities, operate and maintain the facilities and provide in-kind consideration to the Army at least equal to the

fair market value of the leased assets.

Col. John T. Wright, APG Garrison and deputy installation commander, James Turkel, chief, Army Corps of Engineers, Real Estate Division, and R. William Hard, executive vice president, LCOR Incorporated, affixed their signature to the MOA during the ceremony.

"This is another historic day for Aberdeen Proving Ground," Wright said. "It permits us to look at ways to offer land use leases to developers that will benefit the installation and the surrounding com-

munities."

"On behalf of the company, we are honored to work with the Garrison and APG," Hard said. "We have a strong history of partnering relationships and we thank you for the opportunity to serve this installation."

Turkel said that the proximity of the proving ground to the Chesapeake Bay, access to major highways and mass transit systems, as well as a supportive surrounding community, enables planners to be "a little more aggressive about utilizing this [EUL] authority." "This is the second condi-

tional award that has been made in the state, but APG really stands out ahead of the other installations," he said.

"The APG Development Partners put together a strong proposal against strong competitors. We are looking forward to great things from them," Turkel said.

The project concept includes facilities for indoor and outdoor law enforcement training, student lodging, and dining, fitness and recreational amenities.

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

APG joins DoD's campaign against domestic violence

ACS

The Department of Defense, in partnership with the National Domestic Violence Hotline, is launching a campaign against domestic violence designed to inform service members and their families about domestic violence and of programs and services available to help them be safe.

"Domestic violence can happen to anyone, regardless of race, age, religion or gender," said Celestine Beckett, Aberdeen Proving Ground Army Community Service officer. "And it certainly can and does happen in military families."

Domestic violence is defined as a

pattern of behavior used to get and maintain power and control over an intimate partner. The abuse can be physical, sexual, emotional or psychological in nature, and usually involves threats or actions that frighten, intimidate, terrorize, hurt, injure or fatally wound an intimate partner.

"There are some definite red flags that signal that you may be in an abusive relationship," said Aida Rivera, ACS Family Advocacy program manager. "All couples argue and have disagreements, but when arguments and disagreements include belittling and degrading remarks, threats to injure or kill, or pushing, shoving, and other types of aggressive behaviors, that is a

definite sign that you are in a violent relationship and it's time to get help."

Help is available in the community through the ACS FAP and through civilian agencies, such as the Harford County Sexual Assault and Spouse Abuse Resource Center, Inc.

The FAP is designed to provide child and spouse abuse prevention and education services, and to provide intervention in cases where abuse has already taken place.

"Individuals involved in violent relationships can get the help and support they need to enhance their quality of life and that of their children," Rivera said. "Options counseling, safe-

ty planning, emergency shelter, legal advocacy, support groups and relocation assistance are available for individuals who want to leave a violent relationship."

Individuals who want to use a confidential source can access help through SARC, Inc. at their 24-hour help line, 410-836-8430. Moreover, the National Domestic Violence Hotline provides 24-hour, seven days a week and maintains a nationwide database of programs and services for abused individuals and their families. They can be reached at 1-800-799-SAFE (7233).

The ACS FAP can be reached at 410-278-7478.

Military Health System notice of privacy practices available on TRICARE Web site

TRICARE Management Activity

The Department of Defense Health Information Privacy Regulation requires that TRICARE Management Activity make beneficiaries aware once every three years both of the availability of the military health system notice of privacy practices and how to obtain it. TRICARE beneficiaries may review this notice at www.tricare.osd.mil/tmaprivacy.

This notification process complies with the Health Insurance Portability and Accountability Act of 1996.

The Privacy Rule of the Health Insurance Portability and Accountability Act creates standard safeguards to protect the privacy and confidentiality of personal health care information for all U.S. hospitals, providers and health care organizations.

The military health system and all other U.S. hospitals, providers and health care organizations first notified their patients about the new privacy standards three years ago in April 2003.

"We encourage all of our beneficiaries to review the military health system notice of privacy practices and to share the information with members of their household who are covered by a TRICARE health plan (Prime, Extra or Standard) or receive medical care at a military treatment facility," said Sam Jenkins, privacy officer for the TRICARE Management Activity.

As a result of the privacy legislation, medical and dental information may be used and disclosed for such treatment, payment and health care operations, as scheduling appointments, billing patients, quality assurance activities and provider-to-provider referrals. Health information may also be disclosed when

required by law and in other permitted circumstances outlined in the privacy notice.

The privacy notice provides beneficiaries with clear guidance on how military treatment facilities will safeguard their personal health information from unauthorized access or disclosure. The notice also advises TRICARE beneficiaries of their rights to:

- Know when and to whom their medical information may have been disclosed,
- Request access to or receive a copy of their health information on file at the military treatment facility
- Request an amendment to correct wrong information on file, and
- File a grievance with the military treatment facility, the TRICARE Management Activity, or the Health Insurance Portability and Accountability Act privacy officer regarding any privacy concern.

"The Health Insurance Portability and Accountability Act requires that we inform beneficiaries of their privacy rights and ensure they understand their rights and the military health system's responsibility to protect their privacy," Jenkins said.

For more information about the Health Insurance Portability and Accountability Act or to get a copy of the privacy notice, beneficiaries may visit the TRICARE Web site, www.tricare.osd.mil/tmaprivacy, call a Health Insurance Portability and Accountability Act privacy officer at a military treatment facility or submit a written request to the TRICARE Management Activity Privacy Office, 5111 Leesburg Pike, Suite 810, Falls Church, VA 22041-3206.

Officer Candidate School Board announced

U.S. Army Garrison, Aberdeen

The U.S. Army Garrison, Fort Meade, will convene a board for Soldiers applying for attendance at the U.S. Officer 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, Ga.

APG Soldiers who wish to become commissioned officers should prepare their applications early.

The key prerequisites for eligibility are:

- Be a citizen of the United States.
- Pass the Army Physical Fitness Test, minimum of 180.
- Meet the height and weight standards of AR 600-9.
- Pass the Scholastic Aptitude Test (SAT), minimum of 850 or American College Test (ACT), minimum 19.
- Have at least 90 semester hours of college study.
- Achieve a score of 80 or higher on the English Comprehension Level Test (ECLT); if primary language is not English.
- Must be between 18 and 30 years of age (can waive age up to 42).
- Have a complete physical exam six months prior to date of application.

Completed packets must be submitted to Headquarters and Headquarters Company, U.S. Army Garrison, Aberdeen, building 305, no later than April 17.

Each application consists of one packet containing all original documents, and three photocopies of the original packet.

Additional information may be found in Army Regulation 351-5 (Officer Candidate School) or the OCS Web page, <http://www.armyocs.com/home/>.

For OCS application information, call Headquarters and Headquarters Company, Garrison APG, 410-278-9820/3000 or e-mail deidre.taylor@usag.apg.army.mil.

Up and running



Photo by YVONNE JOHNSON

After sustaining heavy damage by a fallen tree, the foot bridge commonly used by joggers on Plumb Point Loop that traverses a deep ravine near Top of the Bay stands restored after workers from the Directorate of Installation Operations carpentry shop completed a nearly month-long restoration project March 13.



Andrew Williams wears a Cat-in-the-Hat hat along with his native Scottish kilt as he reads the book "Glad Monster Sad Monster: A Book About Feelings" 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.

CDC celebrates Read Across America Week

Story and photo by
YVONNE JOHNSON
APG News

Parents, service members and staff members at the Aberdeen Proving Ground Child Development Center combined forces to make Read Across America, the annual observance which encourages reading for children, one to remember during two weeks of festivities Feb. 27 to March 10.

Along with members of the Parent Child Care Association, the CDC staff solicited volunteers and organized reading times for their young clients. Normally one week, the activities were extended to two weeks due to the level of participation, said Jennifer Eyet-Kunkel, PCCA president.

"Read Across America is celebrated in honor of Dr. Seuss's birthday on March 2," Eyet-Kunkel said. "This year we decided to schedule readers over two weeks instead of the traditional one week," she added.

During Military Week volunteers from the U.S. Army Materiel Operations Division, the National Ground Intelligence Center and the U.S. Marine Corps Detachment volunteered their time to read to children, while parents volunteered the second week.

"We were very pleased to have such great participation," Eyet-Kunkel said.

Eileen Campbell, CDC training and curriculum specialist, said that other events highlighting the observance included two parent Read-to-Me activities during which parents read to their infant or toddler nightly then sent in red

and white strips to create Cat in the Hat-style hats for the children. In addition, the CDC and PCCA purchased new books for each preschool and pre-kindergarten classroom and encouraged parents to keep a calendar of minutes that they read to their child to earn free pan pizzas from the Pizza Hut 'Book It!' program during March and April.

"This year's program was so successful thanks to our many volunteers," Campbell said.

One volunteer was not much older than the toddlers she came to read to.

"Xiara Long, a first grader and the daughter of Kim and Matt Long of the Directorate of Law Enforcement and Security, captivated the 2-year olds with her expressions and wide eyes," Campbell said. "And, Andrew Williams, who is a native of Scotland, wore a traditional Scottish kilt when he read to his son Wyatt's class."

Williams, a volunteer facilitator for Army Family Team Building and the husband of Maj. Kate Williams of the National Ground Intelligence Center, spent more than an hour reading the books 'Purple Dragon,' 'Glad Monster Sad Monster' and 'Bombaloo' to the toddlers in Room 6. The children seemed to enjoy the stories as well as Williams' smooth accent and interesting accessories.

He said that he was happy to volunteer for the facility which had done so much for his son.

"I've seen him grow so much since he started coming here," Williams said. "This was my chance to give something back. My wife stays involved and I try to do the same."

Read Across America

www.nea.org

Approaching its ninth year of sponsoring Read Across America, the National Education Association focuses the country on the importance of motivating children to read and helping them to master basic skills.

NEA launched the Read Across America

program in 1998. The nationwide reading celebration takes place each year on March 2, the birthday of children's author Dr. Seuss, who epitomized a love of learning. Dr. Seuss's use of rhyme makes his books an effective tool for teaching young children the basic skills they need to be successful readers.

VFW Post 10028 hosts state-wide competitions

Harford County teen wins first place for Buddy Poppy

Story and photos by
YVONNE JOHNSON
APG News

Twenty youths representing 16 Veterans of Foreign Wars posts from around the state competed in the annual Buddy Poppy and Loyalty Day competitions held at the Veterans of Foreign Wars Aberdeen Memorial Post 10028 Feb. 25.

The post hosted the District 5 competition in January.

Terry Robinson, Department of Maryland VFW Loyalty Day chairman from VFW Post 6054 in Perryman, hosted the program, assisted by Sandi Kriebel, Ladies Auxiliary chair and Harry Gaunt, Buddy Poppy department chairman.

The competition drew dignitaries from around the state. They included D. Harvey Cunningham Jr., VFW Department state commander; Phyllis M. Cooks, state president; Bob Miedzinski, state honor guard and Sgt. at Arms, Kenneth Brittner, state chaplain and Brenda Owings, Ladies Auxiliary state chaplain.

Alexander K. Kammerer, representing VFW Post 11377 in Churchville, won the state of Maryland Buddy Poppy Competition and Morgan C. Henson, VFW Post 10076 in Mount Airy, won the Loyalty Day Competition.

A 9th grader at C. Milton Wright High School, Kammerer also won the District 5 competition, which also was held at the post in January.

He said winning the competition "feels really nice."

"I really didn't care about the outcome I just wanted to do well for everyone who supported me," he said.

He thanked his mentor, English teacher Howard Passe, his mother, and Carlton Chenowith, senior vice commander, District 5, VFW Post 11377.

Kammerer is the son of Aberdeen Proving Ground employees Kenneth Kammerer, with the Joint Program Manager Bio Detection, and Nancy Kammerer, with the Joint Program Manager Contamination Avoidance office.

Nancy Kammerer said she was glad to see her son's hard work pay off.

"He did a great job," she said. "He worked really hard at it and we couldn't be more proud."

"We're as happy as we can be for Alex," Chenowith said, adding that Kammerer came in second place at the district level last year.



Morgan Henson, winner of the state of Maryland Loyalty Day competition, is escorted before the board of judges by Bob Miedzinski, Department of Maryland honor guard and Sgt. at Arms, during the Feb. 25 competition at VFW Post 10028 in Aberdeen.

A resident of Mount Airy, Morgan Henson is a senior at Lingamore High School in Frederick. She said she got involved in the competition after her sister completed it last year.

"It was pretty much what I expected," she said. "It feels good because all that preparation paid off."

"I want to thank my mom for helping me," she added.

Henson's parents, Karen and Gary, also were in attendance.

"I was a nervous wreck," Karen Henson said. "When they called her name, I jumped for joy."

Robinson thanked Post 10028 commander Luis Fernandez for hosting the competitions, and the department heads and family members who supported the youths.

"This was one of the best years for this program thanks to you," Robinson said. "Keep in mind, that all these young people are winners just for making it this far."

Planning for the annual competition begins six months in advance, Kriebel added.

"The planning is intense," she said. "It includes organizing committees and gathering information from every district in the state. But it's all worth it," she added, "because it instills pride and patriotism in our youth."

Loyalty Day runners up

included Katelyn N. Malchester, VFW Post 5244, Baltimore, second place, and Mary Elizabeth Dent, VFW Post 10081 in Bel Alton in third.

Contestants for the Loyalty Day competition included John W. Cephas, Post 3626, Landover; Ashley R. Glacken, Post 5118, Easton; Brittany Kinnear, Post 9083, Parkville; Shelly L. Pezzella, Post 10146, Street; Shawn Sha'Pree Pinder, Post 10159, Salisbury; Kaitlin Schwarzmann, Post 7472, Ellicott City and Brittany M. Taylor, Post 3217, Baltimore.

Contestants for the Buddy Poppy competition included Alexander Boyd Crouse, Post 2678, Baltimore; Heather Renee Deane, Post 10081, Bel Alton; Dominic Deludos III, Post 2916, Baltimore; Le'Shante' Fairell, Post 10048, Pocomoke; Kathleen M. Hand, Post 10076, Mount Airy; Justin P. Isbell, Post 3626, Landover; Savannah Lipscomb, Post 7472, Ellicott City; Amber L. North, Post 652, Millington and Chelsey N. Simmons, Post 434, Glen Burnie.

Marine Cpls. Christopher Siburt and Nicholas Boice, 4th Combat Engineer Battalion in Baltimore, and Loucille Covelli, retired director of Operation Consignments at SAK's 5th Avenue in Aberdeen, served as judges for both competitions.



Nancy Kammerer, far left, a civilian with the Joint Program Manager Contamination Avoidance Office, looks on as her son Alexander K. Kammerer, center, is congratulated by Carlton Chenowith, senior vice commander of VFW Post 11377 in Churchville, after he won the state of Maryland Buddy Poppy Competition at VFW Post 10028 in Aberdeen Feb. 25.

APG News

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MRICD officer seminar features The Big Talker from WPHT radio

Story by
CINDY KRONMAN
MRICD

The U.S. Army Medical Research Institute of Chemical Defense's monthly Officer Professional Development seminar for January featured Philadelphia radio personality Dom Giordano, the host of The Big Talker on WPHT, 1210 AM.

A former elementary school and high school teacher who began his broadcasting career over 15 years ago, Giordano is, according to his Web site, www.domtalk.com, recognized as one of the country's leading experts on education and parenting. He is a frequent guest commentator on MSNBC, the Fox News Channel, CNN's Talkback Live, Court TV, Comcast Cable's It's Your Call, and WHYY-TV 12 News. He has also been interviewed on C-SPAN, the British Broadcasting Corporation and Sunday Live on WPVI-TV 6, as well as numerous newscasts and public affairs programs.

To MRICD, he brought his advice for raising "positive, well-adjusted kids," along with a message of thanks and appreciation from his listeners to the Soldiers at the institute.

Giordano said that he had over 150 e-mails from listeners conveying their support for U.S. troops when he announced on his show that he would be speaking at a military installation.

In a casual, informal style, Giordano talked about some of the difficulties confronting parents today, provided some pointers for successful parenting 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 suggested taking the time to create family memories and rituals, providing as an example his own family vacation tradition of a 90-hole miniature golf tournament.

Telling stories to one's children and having them tell stories 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 do well in life.

Giordano responded to

audience questions concerning disciplining children, the importance of religion in child-rearing, and teaching children financial responsibility.

When it came to discipline, Giordano is a firm believer in the parent as the authority figure.

"Too many of today's parents," he said, "have given up that [authority]. Today's culture has told them to give up on that."

He cited as evidence the portrayal in TV sitcoms of fathers as bumbling and ineffectual.

Giordano, the father of two sons, recommended following the example of one's parents when it comes to raising children.

"Don't feel you have to divorce yourself from the things and phrases they used," Giordano said. "There's a 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 this concept can

go a long way to helping children do what is right, admitting that to this day it is still important to him to make his father proud.

Secondly, he believes that "the family is a body as a whole, an ongoing thing, continuing from generation to generation." The idea that each generation makes sacrifices so that the next generation can go further, that there is a progression of family, were important ideas to pass on to a child.

Giordano was presented with a Certificate of Appreciation from MRICD as well as an institute mug. After his seminar, Giordano took a few moments to interview two

Soldiers, Maj. Cindy Landgren and Sgt. 1st Class Jeffrey Dawson, for broadcast later on his radio show.

Tips for parenting teens--managing anger, conflict

National Wellness Institute

Anger is a way for teens to assert their independence as they prepare for adulthood, but the struggle can be trying for parents. Parents may respond with their own anger.

Resolving conflict with a teen constructively is a big challenge, but it is important for the well-being of every member of the family.

When anger gets out of control, step back, calm down, and identify more positive, healthy ways to deal with it.

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."
- Reframe 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 hurtful.

Self analysis of anger management

- Do parents express anger in positive and constructive ways?
- Do parents resolve conflict well?
- Have parents taught their children to accept and express their anger constructively?

Tips for resolving conflict

When calm, can the parent better deal with the issues that caused the conflict? Here are some tips:

- Give parent's point of view. State the problem as a parent sees it; speak clearly and calmly—don't yell.
- Ask to hear the teen's point of view.
- Pay attention, listen, and carefully consider what the teen is saying.
- Discuss ways to solve the dispute without a battle.
- Practice the art of compromise. Find a middle ground that parent and teen can both live with comfortably.
- Assert authority, when appropriate, but in a calm, yet firm manner.

If parents find that anger

becomes a chronic problem for someone in the family, get help from a mental health professional.

(Editor's note: Source is "Helping Your Children Navigate Their Teenage Years: A Guide for Parents" by Dr. Robert Schwebel, White House Council on Youth Violence.)

POST SHORTS

to join and support the mission and goals of the APG EEO Program, which impact the entire APG workforce. Grades GS-15 and below, including military EOA and EOR personnel from all tenant activities are encouraged to join.

For more information and membership call Kimberly Alcorn, EEO Office, 410-278-1145 or e-mail kimberly.alcorn@us.army.mil.

MCSC Scholarships available

The Military and Civilian Spouses' Club will be administering two scholarships this spring for the 2006-2007 academic year. The First Command Educational Foundation

Scholarship 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, the club administers MCSC 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 MCSC member or the dependent of an MCSC member. Applications for all scholarships are available from the MCSC Web site at www.apgmcsc.org 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.

Registration ends May 1. Applications are available on the NMFA Web site, <http://www.nmfa.org/site/PageServer> along with a list of campsites.

ASE exam time approaching

Registration for the Automotive Service Excellence Examinations closes tomorrow for testing dates on May 9, 11 and 16.

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.

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

USAF ensemble to perform in Havre de Grace Saturday

Join the USAF Rhythm in Blue Jazz Ensemble for a memorable evening of musical entertainment, 7:30 p.m., March 18 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 HdG Arts Commission, and is open to the public. Free tickets are available at the HdG Visitor Center, 450 Pennington Avenue and at Preston's Stationery, 319 S. Main Street, Bel Air.

For more information, call Joyce Root, 410-939-7436.

SAME Chesapeake holds meeting

The Society of American Military Engineers Chesapeake Post monthly meeting will be held 11:30 a.m., March 23, at Top of the Bay.

The featured speaker will be Don Green of the Environmental Division, Directorate of Safety, Health and Environment. Green will present a briefing on "Performance Based Contracts Awarded for Installation Restoration Sites on Aberdeen Proving Ground."

RSVP by March 21 to Donna Vareb, 301-670-5485

or Tony Price, 301-732-1154.

Temporary closure of APG Maryland Job Service Office

The APG Maryland Job Service Office is temporarily closed until further notice.

For immediate assistance call the Bel Air Office, 410-836-4603, and ask to speak to a veterans representative.

Additionally, the March 2006 Transition Assistance Program Class is cancelled; but the April class is expected to run.

RAB meeting scheduled

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., March 30, at the Edgewood Senior Center on Gateway Road.

The topic of the meeting will be an update on the Canal Creek and J-Field Study Areas.

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

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

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/>.

KWVA chapter seeks members

Chapter 271 of the Korean Wars Veterans Association, KWVA, is looking for a few good members.

Korean War veterans or any service member who has served in Korea is encouraged to attend the monthly meetings to learn about the latest goings on in the state and federal legislatures regarding veterans' benefits, to participate in community service projects, and to enjoy the camaraderie of fellow veterans.

Group members meet at VFW Post 10028, the fourth Tuesday of each month at 7 p.m.

For a membership application or more information, contact Nick Guerra, chapter president, 410-272-0458.

Community Notes

**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. 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.harford-countykids.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 410-612-1688 or 410-879-2000, extension 1688.

**SUNDAY
MARCH 12
BEAKS AND BILLS**

Why do birds have different shapes of beaks. Participants will 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, reservations or directions to the Anita C. Leight Estuary Center, 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 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.

GRASSES TO THE

MASSES 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 adult or 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. All 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 410-612-1688 or 410-879-2000, extension 1688.

BASKET BINGO

Basket bingo to benefit VFW Post 8185 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 at 410-378-3338 or Kathy at 410-378-3594.

PRIZE BINGO LUNCHEON

The Pilottown Rod and Gun Club, located on Belle Manor Road, Conowingo, will hold a Prize Luncheon Bingo 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 \$5 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.

For more information or to purchase tickets, call 410-378-2221, 410-658-5628 or 410-378-0096.

COMEDY NIGHT AT THE AMERICAN LEGION

American Legion Susquehanna 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 classics 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 \$1 draft beer will

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

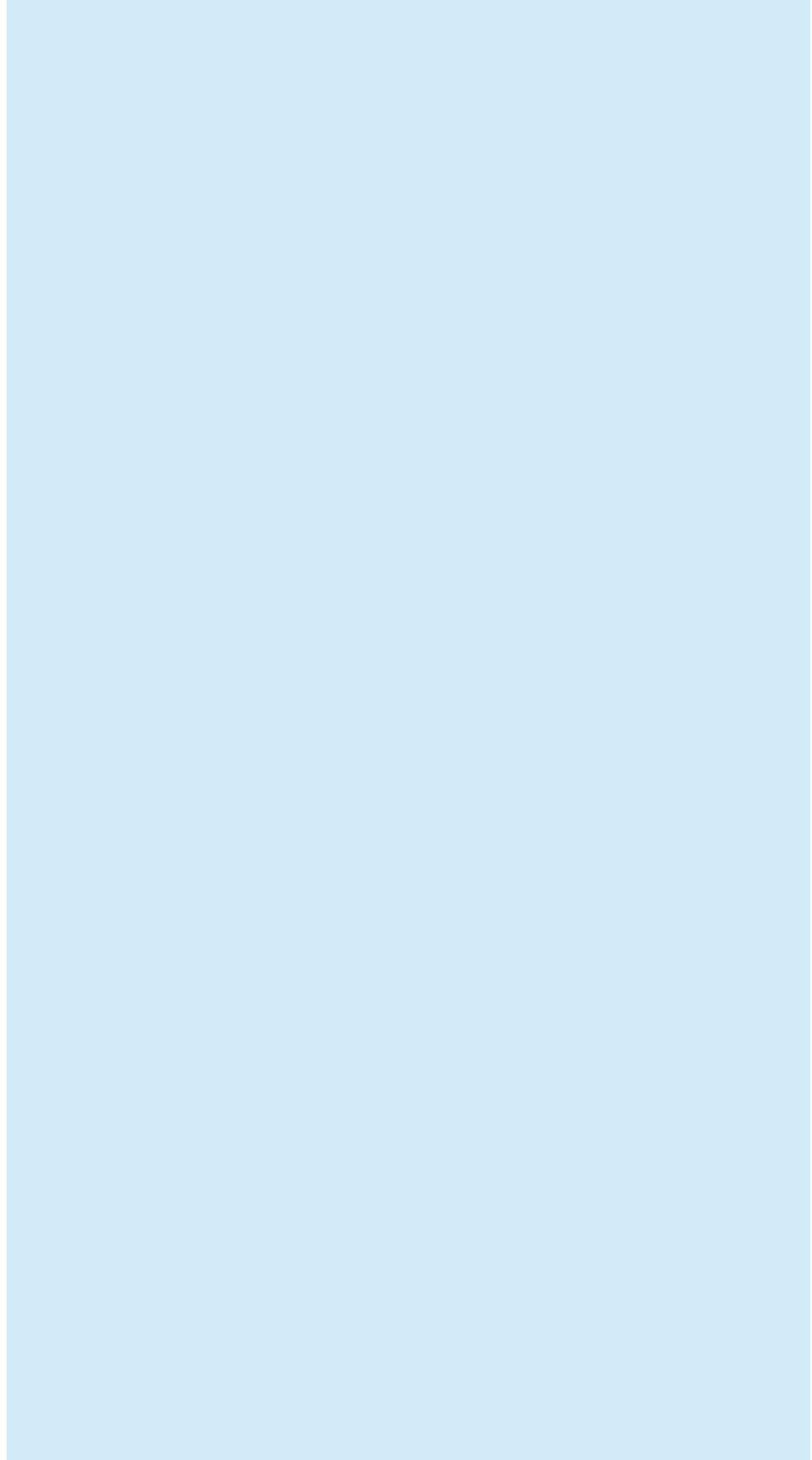
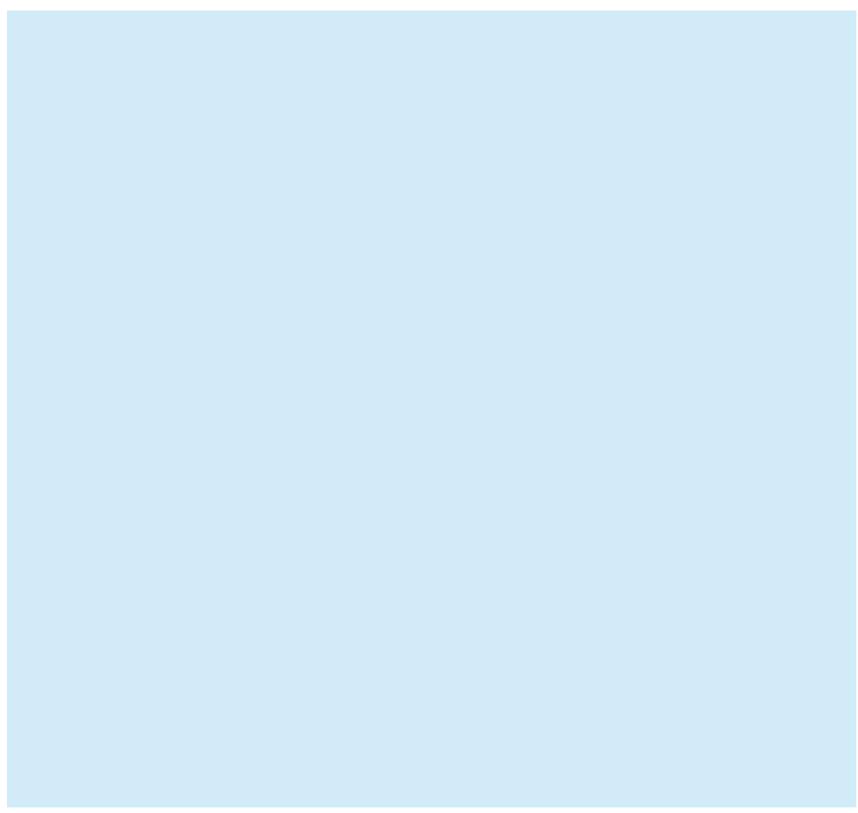
MOVIES

ADMISSION: ADULTS \$3.50, CHILDREN \$1.75

Building 3245 Aberdeen Boulevard

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

<p>ANNAPOLIS</p> <p>Friday, March 17, 7 p.m.</p> <p>Saturday, March 18, 9 p.m.</p> <p>Starring: James Franco, Tyrese Gibson, Jordana Brewster, Donnie Wahlberg</p> <p>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 competition known as the Brigade Championships, where he faces off against Midshipman Lt. Cole (Gibson). (Rated PG-13)</p>	<p>NANNY MCPHEE (FREE ADMISSION)</p> <p>Saturday, March 18, 7 p.m.</p> <p>Starring: Emma Thompson, Colin Firth, Kelly MacDonal, Thomas Sangster</p> <p>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 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)</p>
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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	Renee Gaffney	Patricia Milwicz
Sarah Blevins	Susan Gorhan	Mary Pettaway
Jeanie Bowman	Shirley Gross	William Sebra
Gerald Brown	Melanie A. Hoffman	Barbara Seker
Robert Brown	(paranasitis, fibromyalgia condition)	Cynthia Shelton
Leroy Carter	Lydia Langley	Linda Shoaf
Barbara Cascio	Robyn Lee	Alison Tichenor
Barbara Crossley	Wayne Kaiser	Gary Tudor (heart valve replacement)
Lola Daniels	Beverly King (caring for husband)	Jerry Williams
Shelia Davison (benign paroxysmal positional vertigo)	William B. McLean (kidney failure)	Louis Winters
Lawrence Eaton	Sandra Miller	Billie Wooten
Gregory Fox		

Scholarship applicants enter waiting period

DeCA

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.

Commentary: Cyber Patrol--careless keyboards can kill

Commentary by
ED BEEMER
Army News Service

Fewer people would know about a deployment or operation if you screamed 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 Baghdad. 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 theater posted when his unit's laundry runs were. 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 travel, planning issues and any classified material. But it also includes any personal information – information that could be used to put you, 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 your next blog entry or site update. More information on OPSEC can be found at https://opsec.1stiocmd.army.mil/io_portal/Public/Pages/Sections.cfm?Section=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 fine; it could get your fellow Soldiers killed and even put your family members in harm's way.

Psychologically, keeping information tightly guarded is a challenge, especially for Soldiers in a wartime environment a long way from friends and family. 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.

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 – watch what you blog.

(Editor's note: Information provided by the G6 Information Assurance Office.)

Commentary—Navigating in a changing world

Book review: Carpe Aqualis!—'Seize the Wave' by Frank F. Lunn

Commentary by
JOHN BRAND
Special contributor

Normally I have no use for self-help books, but I will make an exception for this one.

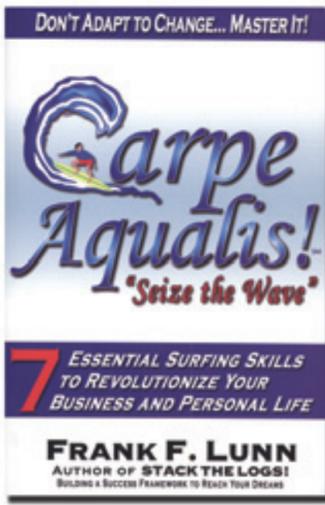
The suggestions for riding the waves of change in this book are sometimes a bit cute, but they do address the problem of navigating in a changing world pretty well. The basic thesis seems to be that change is inevitable and that it generates opportunities that can be seized and exploited to one's betterment. Capitalizing on change depends on the insight to evaluate it correctly, on daring and initiative.

I would be surprised if the book were not based on lecture notes. Everything points to 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 modest number of catchy slogans. They range from Rule 1: Your competition is not the other surfers; it's only you (p. 43) to Rule 7: Go big or go home! To be great, you have to be willing to wipe out! (p. 91).

What is absolutely hilarious is the author's tendency to let picturesque language get the better of him. For example, he illustrates Rule 1 with a story whose punch line is the guy who doesn't have to out swim

the shark, just his fellow swimmer. Now, the author's explanation of the story is: "Don't focus on the shark and don't focus on the other surfers...focus on the only thing in your control, your ability to get out of danger." (p. 43)



True, but he should have used a better story.

I think the numerous little slogans, or "Surf-titudes" are pretty well taken, such as "Live your life on purpose rather than by default. Design it, build it, live it, enjoy it!" (p. 82)

Some of the author's pieces of advice are, in my opinion, not well thought out.

"The secret of upward corporate mobility (Getting promoted)" turns out to be "Can you pinpoint the key factors that will determine how far you can go in your job?...If you do, you can transform your skill set to...make yourself invaluable." (p. 118)

I suspect that may be so for a small organization where an individual's contribution to corporate income can be distinguished, when seen from the heights of top management. If an organization is so big that the individual contribution is invisible to top management or management is uninterested in individual workers, excellence may not be the route to success. It all depends on what your context happens to be: the dynamics are different for small businesses compared to big corporations like General Motors, or dead big corporations such as Packard, or Hudson Automobiles, or the Pennsylvania Railroad, or Bethlehem Shipyards. Others may disagree, of course, but Scott Adams has become a wealthy man satirizing the dynamics of large organizations.

If you like self help books, this book is worth reading. It certainly can be entertaining, and may prove useful.



Morale, Welfare & Recreation

Activities

Registration

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

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.

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.

Ringling Brothers and Barnum & Bailey Circus

'Ladies and Gentlemen, come see the Greatest Show on Earth.' Tickets are available for shows through March 19 at 1st Mariner Arena Baltimore. Tickets are \$17.25.

A day in Washington

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.

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.

A day in NYC

Enjoy the day in New York City April 8. There is no set agenda--see a show, shop, sight see or just relax in the park. The bus will leave at approximately 8:15 a.m. and return around 10 p.m. The cost is \$39 and space is limited.

Cape May Lighthouse cruise

Visit historic and picturesque Hereford Inlet Lighthouse on April 19. The lighthouse was a beacon of safety and assurance to the 19th century mariners and has become a focal point for residents and visitors of this seashore resort community. Next, step aboard the Delaware Bay Lighthouse Adventure for a three-hour cruise. Lunch will be served onboard. After the cruise, enjoy a guided coach tour of Cape May Point and lighthouses. Cost is \$140 and includes transportation, cruise, lunch and tour.

African-American heritage tour

This 85-minute walking

tour highlights the African-American Heritage of Cape May through architecture, stories and photos. After the tour, enjoy lunch at Yesterday's Heroes. Then onto a trolley tour of Cape May's Historic District. Browse the colorful shops of the quaint outdoor Washington Street Mall searching for antiques, unique crafts, clothing and creative jewelry. The trip costs \$85 and will leave at approximately 6:50 a.m. April 23.

The Color Purple on Broadway

MWR will sponsor a trip to Broadway, New York City, April 23 and Aug. 12. The cost is \$160.50 and includes tickets and roundtrip transportation. There will be time for shopping.

The Color Purple is an inspiring family saga that tells the unforgettable story of Celie, who, through love, finds the strength to triumph over adversity and discover her unique voice in the world.

A limited number of seats are available. The bus will depart 7:50 a.m. and return at approximately 9:30 p.m.

For more information or to purchase tickets, call 410-278-4011.

Cape May Victorian era tour

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

Cost is \$88 and includes transportation, tour and lunch.

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.

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.

Riverdance

Riverdance is the internationally acclaimed celebration of Irish music, song and dance. This production returns to the Lyric Opera House 2 p.m., May 20. Tickets are available through MWR Registration for \$65.50.

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.

The Lion King on Broadway

On May 27, watch as giraffes strut, birds swoop and gazelles leap. The entire plateau comes to life, as the music soars and Pride Rock slowly rises out of the stage. This is "The Lion King." Marvel at the breathtaking spectacle of a blaze of fabulous imagination. Thrill to the pulsating rhythms of the African Pride Lands and an unforgettable score including Elton John and Tim Rice's Oscar-winning "Can You Feel the Love Tonight." Before the show, there will be time to shop and explore in New York City. Tickets are \$175 and the seating is limited.



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:

False Impression by Jeffrey Archer

When an old lady is brutally murdered in her English country home on the night before Sept. 11, 2001, it will take all the resources of the FBI and Interpol to work out the connection between her death and a priceless Van Gogh, which is stolen that night

Strivers Row by Kevin Baker

This novel imagines the early days of Malcolm Little - the man who became Malcolm X. This young Malcolm is quick-witted, eager, reckless and impulsive, but also sensitive and possessing a strong sense of justice.

The Templar Legacy by Steve Berry

A purse snatcher flings himself from a Copenhagen tower to avoid capture, slitting his own throat on the way down for good measure. Further snooping by Cotton Malone introduces him to an ancient Knights

Templar archive that supposedly disproves the Resurrection.

Of Rice and Men: a novel of Vietnam by Richard Galli

Guy Lopaca's company has been assigned to win Vietnamese hearts and minds by helping local farmers grow rice and peanuts. The novel unfolds with tenderness and humor as it follows the efforts of GIs and locals to make sense of one another and of the nightmare in which they've all found themselves.

The Fallen by T. Jefferson Parker

Detective Brownlaw suffers a head trauma that causes his senses to get mixed up. The sounds of conversations are accompanied by colored shapes that reflect the speakers' emotions. But the confusion turns into an asset, as it helps Brownlaw recognize when suspects and witnesses are lying to him.

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 Web site, www.spacecamp.com.



Commander's Cup point standings

The Commander's Cup is awarded each December to the unit that scores the most points in intramural sports during the year. Units accumulate points by participating in Basketball, the Bench Press Competition, the 3-on-3 Basketball Tournament, Racquetball, Volleyball, Softball, Golf, the Deadlift Competition, Soccer and Football. Points are awarded for unit participation and division and post championship wins. The following is the current Commander's Cup point totals.

The logo represents the first place team.

Unit	Points
USMC	26
Company C 143rd	22
HHC 16th	13
22nd Chemical Bn.	10
ATC	10
USAF	10
MRICD	7
Company C 16th	6
AML	5
CHPPM	5
Company A 143rd	5
Company B 143rd	5
HHC 61st	5
HHC 143rd	5
KUSAHC	5
National Guard	5
20th Support Cmd.	4
Company E 16th	1

All-Army Sports registration moves online

Soldier-athletes can now apply to participate in All-Army Sports via the Internet at <https://armysports.cfsc.army.mil>.

The Web site provides detailed information about the program, competition calendar, selection criteria and points of contact in the Army Sports office.

Interested participants can go to the Army MWR Web site at <http://www.armymwr.com>, select Recreation, and click on the Army Sports link to see what sports are available and to view the criteria for selection. Applicants still must fax (703-681-7245) or scan and e-mail additional qualifying information, such as competitive results.



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 U.S. 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 World War II, 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 viewers updated on information that's important to them.

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 non-organic 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.

Veterans preference eligibility changes

CPAC

Congress passed the fiscal year 2006 National Defense Authorization Act Jan. 6, which expanded the definition of a veteran for purposes of preference eligibility.

The new definition now includes individuals who served on active duty for more than 180 consecutive days, other than for training, any part of which occurred during the period beginning Sept. 11, 2001, and ending on the date prescribed by Presidential proclamation or by law as the last day of Operation Iraqi Freedom. This change is retroactive to Jan. 6, 2006.

Veterans preference is provided to veterans who separated from active duty in the armed forces with an honorable or general discharge.

Veterans preference provides for hiring preference on initial appointment only.

Employees with veterans preference compete equally with all other candidates for subsequent in-service placements.

In addition to preference in hiring, employees with veterans preference who are not retired military, have higher retention standing than others for reduction-in-force purposes.

Five point veterans preference is granted to veterans who served:

- During any war (this means a war declared by Congress, the last of which was World War II); or

- During the period April 28, 1952, through July 1, 1955; or

- For more than 180 consecutive days, any part of which occurred after Jan. 31, 1955, and before Oct. 15, 1976; or

- During the Gulf War period beginning Aug. 2, 1990, and ending Jan. 2, 1992; or

- In a campaign or expedition for which a campaign medal has been authorized, including El Salvador, Lebanon, Granada, Panama, Southwest Asia, Somalia, and Haiti, or

- On active duty for more than 180 consecutive days, other than for training, any part of which occurred during the period beginning Sept. 11, 2001, and ending on the date prescribed by Presidential proclamation or by law as the last day of Operation Iraqi Freedom. (New change).

Ten point veterans preference is granted to:

- Veterans who served at any time and who has a compensable service-connected disability rating of at least 10 percent but less than 30 percent; or

- Veterans who served at any time and who have a compensable service-connected disability rating of 30 percent or more; or

- Veterans who served at any time and have a present service-connected disability or are receiving compensation, disability retirement benefits, or pension from the military or the Department of Veterans Affairs but does not qualify as a CP (10-Point Compensable Disability Preference) or CPS (10-Point 30 Percent Compensable Disability Preference); or

- A veteran who received a Purple Heart; or

- The spouse of a disabled veteran who is disqualified for a federal position along the general lines of his/her usual occupation because of a service-connected disability; or

- A widow or widower of a veteran who was not divorced from the veteran, has not remarried, or the remarriage was annulled, and the veteran either:

- served during a war or during the period April 28, 1952, through July 1, 1955, or in a campaign or expedition for which a campaign medal has been authorized; or

- died while on active duty that included service described immediately above under conditions that would not have been the basis for other than an honorable or general discharge.

- The mother of a veteran who died under honorable conditions while on active duty during a war or during the period April 28, 1952, through July 1, 1955, or in a campaign or expedition for which a campaign medal has been authorized; and

- she is or was married to the father of the veteran; and

- she lives with her totally and permanently disabled husband (either the veteran's father or her husband through remarriage); or

- she is widowed, divorced, or separated from the veteran's father and has not remarried; or

- she remarried but is widowed, divorced, or legally separated from her husband when she claims preference.

- The mother of a living disabled veteran if the veteran was separated with an honorable or general discharge from active duty performed at any time and is permanently and totally disabled from a service-connected injury or illness; and the mother:

- is or was married to the father of the veteran; and

- lives with her totally and permanently disabled husband (either the veteran's father or her husband through remarriage); or

- is widowed, divorced, or separated from the veteran's father and has not remarried; or

- remarried but is widowed, divorced, or legally separated from her husband when she claims preference.

When referral is made from external recruitment sources, such as the Office of Personnel Management Certificates, Veterans Recruitment Appointment or outside the register authority for temporary appointment, candidates are ranked and referred in veterans preference order. This order of referral often restricts the supervisor's ability to select. Normally, veterans preference eligibles listed above nonpreference eligibles on a referral list must be selected before any nonpreference eligibles can be selected.



Your health is KUSAHC's goal



Colorectal cancer - the silent killer

Story by
CAPT. DARIUSZ G. MYDLARZ
KUSAHC

Colorectal cancer is the second leading cause of cancer-related deaths in American women. It is third in men after lung and prostate cancers.

The legacy of colorectal cancer is staggering. In the United States alone there will be roughly 160,000 new cases of colorectal cancer and approximately 60,000 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 inherited. The only other known risk factors are a high-fat, low-fiber diet and presence of certain intestinal diseases, mainly ulcerative colitis.

Most colon cancers are present without any

symptoms at all. If present, the most common symptoms are fatigue, constipation and possibly weight loss. These symptoms are often attributed to benign causes such as stress or poor eating habits.

Occasionally, the first symptom may be severe abdominal pain and bloating accompanied by nausea, vomiting and constipation. This sudden presentation is most often the result of partial or complete blockage of the large intestine by a massive tumor, an advanced stage of the disease.

Because the symptoms of colorectal cancer are usually few (if any) and vague, diagnosis is usually made at a relatively advanced stage. Consequently, the cancer is often incurable or requires major surgical interventions, radiation and/or chemotherapy to achieve remission.

The most effective ways to combat this "silent" disease are prevention and regular

screening.

The staple of prevention is eating a healthy, low-fat and fiber-rich diet, which means vegetables.

As most colorectal cancer develops after age 50, standard screening recommendations call for an annual rectal examination and stool studies starting at age 40 and a first colonoscopy at age 50.

Quick rectal examination alone can detect up to 10 percent of all colorectal cancers. The stool studies require placing a small sample of stool on a stool card at home and mailing it to a laboratory for testing. This test is designed to detect minute amounts of otherwise invisible blood in the stool shed by most colorectal cancers.

Colonoscopy, performed under sedation, is a procedure where a thin flexible tube containing a camera is inserted through the anus into the

large intestine to allow direct visual inspection of the colonic and rectal lining. Any polyps, which are often precursors to colorectal cancers or actual tumors, can be clearly visualized. Smaller polyps can be removed entirely, while larger polyps and any tumors can be sampled (biopsy) by utilizing small flexible instruments passed through the inside of the colonoscopy tube. This quick outpatient procedure can often prevent development of cancers from polyps or identify early cancers for which a cure can be achieved.

If everyone adopted these preventive and screening measures, the incidence of colorectal cancer and its mortality would only be a small fraction of what it is today.

Working together with a physician, anyone can reduce his or her chance of developing colorectal cancer and minimize the impact of this important public health problem.

Studies help Soldiers cope with lack of sleep during operations

Story by
KAREN FLEMING-MICHAEL
U.S. Army Medical Research and Materiel Command

Though it's been studied for about a century, why people need sleep remains a mystery.

"We know we need air, food and water, but unlike those other needs we don't know why we need sleep," said Dr. Thomas Balkin of the Walter Reed Army Institute of Research. "We do know we're a mess without it."

Troops in garrison need it just as much as troops in the field, but because of unpredictable schedules sleep can be elusive for the latter group.

"Due to the mission, you've got a brief period, maybe six to 12 to 18 hours to kind of refit, get some sleep and go back out again," said Staff Sgt. Sean Byard, who deployed to Afghanistan twice and now works at WRAIR.

During combat operations, it wasn't unusual for him and his squad to stay away for 24 to 30 hours at a stretch. To keep awake, he'd walk up the side of the mountain or do push ups, encouraging his troops to do the same.

Persuading Soldiers to sleep isn't too difficult, Byard said.

"If you let a Soldier know that in the next 24 hours he's going to be awake for 16 of them, he's going to take time and go back and crawl in his sleeping bag," he said.

Not getting enough sleep, on the other hand, can cause problems. First, it affects mood, making sleep-deprived people as cranky as overtired children. Second—and most important during military operations—is its effect on mental performance.

"You tend to process information more slowly," Balkin

said. "People do make errors when they're sleepy, but primarily what they do is slow down. In time-critical tasks, like target acquisition, every second counts, every millisecond can count."

As anecdotal evidence, Balkin points to a March 2003 CNN report on the 507th Maintenance Company convoy that was ambushed in Iraq. One report said the vehicles that took a wrong turn and ended up in Nasiriya had been on the move for 60 hours straight. Though he can't verify the CNN report, Balkin did say that sort of error would be "very typical" for someone who is sleep deprived.

"This occurs almost universally in adults and anybody who has ever driven when they're sleepy," he said, "What usually happens is we zone out, we focus narrowly at the primary task at hand of keeping the car on the road. The secondary task of paying attention to where you are or reading the signs ... as you go by sort of falls by the wayside, so you end up driving past your exit and you sort of come to with a 'where am I?'"

Compounding the mental slow down that occurs when there's a sleep deficit is the fact that sleep-deprived people don't often know they're sleepy.

"People are not good judges of their own capacity to perform—just like drunks are not good judges of their capacity to drive," Balkin said. "One of the abilities that is decremented by sleep loss is the ability to judge just how well you're doing."

Military sleep researchers use lessons gleaned from sleep studies done in the civilian world but must take their work a step further because the two

environments don't provide an apples-to-apples comparison.

"Unlike shift work, in the military operational environment, you're responding to operational exigencies. What the enemy happens to be doing at that time might dictate that you're going to have to stay awake. You may get to sleep in an hour or 20 hours from now, you don't know," Balkin said. "That's one of the challenges that we face, to optimize performance sort of on the fly instead of ahead of time."

One of WRAIR's research efforts to help perfect performance uses a device called an actigraph. Worn on the wrist like a watch, the actigraph measures motion and records it. From the data it generates, sleep and wakefulness can be scored in a mathematical model.

That model, which is still a work in progress, Balkin said, should be able to predict a Soldier's ability to perform his or her job. It should also be able to tell users if they need a little jolt to stay awake and on task if they can't fit in a nap.

"We're applying studies to develop the model to be able to predict how much benefit people are going to get from say 200 milligrams of caffeine, which is about the equivalent of a Vivarin tablet or two cups of coffee," he said.

Caffeine, Balkin said, does a great job of keeping its users awake and works as well as any stimulant that could be prescribed. It's also prevalent in the operational environment, Byard said.

"They probably have three or four coffee pots in every TOC [tactical operation center] going at the same time because those are also 24-hour ops," he said, adding that caffeinated sodas are usually



Photo by U.S. AIR FORCE TECH. SGT. ANDY DUNAWAY
U.S. Army Soldiers with Troop C, 4th Battalion, 14th Cavalry, 2nd Platoon, Fort Wainwright, Alaska, get some sleep inside their Stryker vehicle Oct. 5, 2005.

available as well.

Another way caffeine is making its way to the field is through Stay Alert chewing gum. Each piece of the gum contains 100 milligrams of caffeine, which is about the amount found in a six-ounce cup of coffee.

"Because it's chewed, it delivers caffeine to the body four to five times faster than a liquid or pill because it's absorbed through tissues in the mouth—not the gut, like in traditional formulations," said Dr. Gary Kamimori, who works in Balkin's department at WRAIR.

Byard, the noncommissioned officer in charge of the Division of Psychiatry and Neuroscience at WRAIR, volunteered to participate in studies at WRAIR's sleep suites for the caffeine gum after hearing his co-workers talk about it. He and three other Soldiers, not knowing if they received the caffeine gum or a placebo, were tasked to stay

awake for 60 hours while frequently performing tasks on handheld computers. As it turned out, he was chewing the placebo gum, so he wasn't getting any help except for the motivation of being with other Soldiers.

"We managed. The hard part was staying awake and not hallucinating," said Byard with a laugh.

Kamimori's staff validated the gum's physiological effects in both single and multiple doses. The staff was able to determine the best dosing regimens for Soldiers who, because of their mission, aren't able to go to sleep.

The gum, Kamimori said, doesn't interfere with the ability to sleep when the opportunity arises.

The cognitive performance model that Balkin's group is working on may also help commanders and medical professionals zero in on psychological problems.

"With depression and

PTSD (post-traumatic stress disorder), you often get changes in sleep patterns that are indicative that someone is depressed or is becoming depressed," Balkin said. "Once everyone is wearing these things (as a proposed sports watch), it's possible that the data will automatically red flag anyone or any unit that's having a problem."

Nothing in this world is certain but death and taxes, Benjamin Franklin once said. If Balkin had his way, sleep would be added to that list.

"It's generally thought that sleep loss is something you can will yourself through: If you're tough enough you can perform at optimum levels even though you're sleepy," he said. "But nothing replaces sleep. Nothing is as good as sleep for maintaining cognitive performance and mental acuity. No drugs restore it; there's no substitute. Eventually you've got to go to sleep."

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

More complex returns may require an appointment.

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.

Questions about the Tax Center services should be directed to 410-278-2127.

The Tax Center will not prepare tax returns after April 12. The Tax Center will officially close on April 13. The deadline to file tax returns to the Internal Revenue Service is April 17.

Military families eligible for NMFA Family Award

NMFA

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.

Chapel Services
Holy Season schedule

<p>Aberdeen Area</p> <p>Protestant services Regular worship is Sunday, 10:15 a.m. April 9, 10:15 a.m., Palm Sunday service April 13, 7 p.m., Maundy Thursday Living Last Supper Sunrise service, 7 a.m. Fanshaw Field, hosted by Ordnance Center and Schools 61st Ordnance Brigade; all invited</p> <p>Latter Day Saints Regular worship is Sunday, 1 p.m.</p> <p>Gospel Regular worship is Sunday, noon</p> <p>Catholic services Regular mass is Sunday, 8:45 a.m. 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 mass 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 mass</p> <p>Edgewood Area</p> <p>Protestant Services Regular worship is Sunday, 9:15 a.m. April 9, 9:15 a.m., Palm Sunday service</p> <p>Catholic Services Regular mass is Sunday, 10:45 a.m. March 15, 7 p.m., Stations of the Cross</p>	<p>March 29, 7 p.m., Stations of the Cross April 9, 10:45 a.m., Palm Sunday mass April 13, 7 p.m., Holy Thursday mass, Washing of the Feet April 16, 10:45 a.m., Easter Sunday mass</p> <p>Latter Day Saints Regular worship is Sunday, 10:30 a.m., in the Edgewood Conference Center, building E-4810.</p> <p>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.</p> <p>Islamic services April 11, Mawlid an 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.</p> <p>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.</p>
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