

POST SHORTS

Recycling schedule



The residential and recycling pickup schedule for Dec. 6, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

Holiday Extravaganza

This free ticketed event will be held at the Aberdeen Recreation Center, building 3326, 6:30 to 8:30 p.m., Dec. 5. Activities will feature a tree lighting ceremony at 6 p.m., pin the nose on the reindeer, face painting, cake walk, games, Christmas caroling, free photos with Santa, food, gifts and more.

For more information, call 410-278-4372.

RAB meeting tonight

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Nov. 30, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the O-Field Study Area.

Board meetings are open to the public; all APG employees and citizens are invited. For more information, call the Information Line, 410-272-8842 or 800-APG-9998.

NAF open season underway

The Nonappropriated Fund Limited Open Season for regular full-time and part-time employees ends Dec. 1.

Department of the Army NAF Benefits has forwarded information to qualified employees at their home address. All changes must be processed before the close of business Dec. 1.

To make an appointment to make changes to benefit elections or for answers to questions, call NAF Human Resources, 410-278-8994/5127.

War stories needed

Larry Cappelto, documentary filmmaker and director of the Normandy film, "Lest They Be Forgotten," will be in the area to interview veterans for his next documentary series.

Cappelto is looking for veterans of World War II, the Korean War, Vietnam, the Gulf War and the War on Terrorism in Iraq and Afghanistan.

Veterans who were
See SHORTS, page 5

ISSUE HIGHLIGHTS

Page 2

Veteran's Voices

Page 3

Well Being Council

Pages 4

Community Notes

Page 7

Domestic Violence

Page 8

MWR

Page 12

KUSAHC Health Notes

Page 13

Law

AMC exhibit spotlights programs and awards



Photo by LAMONT HARBISON

The Visual Information Services Division, Garrison Aberdeen Proving Ground, created this U.S. Army Materiel Command exhibit displayed at the annual Association of the United States Army convention Oct. 9-11 in Washington, D.C. The exhibit spotlighted some of AMC's ongoing programs and awards. Through the use of simulated environments, visitors to the exhibit were able to travel through laboratories, shops and a battlefield. There were numerous hands-on demonstrations to include a robotic display and the Soldier Rifle Targeting System that permitted people to mock-fire a handgun and an M-4 rifle with a CO2 cartridge to provide realistic kickback when fired.



Photo courtesy of ATC

A series of small charges are set off to demonstrate the Littoral Warfare Environment's ability to test both surf and beach mines at U.S. Army Aberdeen Test Center.

ATC's newest testing facility replicates 6-foot waves

Story by
SUSAN HAGAN
ATC

A ribbon cutting ceremony was held for the Littoral Warfare Environment, the U.S. Army Aberdeen Test Center's newest facility Sept. 21.

The LWE is a man-made, state-of-the-art test and training facility that can replicate the littoral region, or shore zone.

It is 400-feet wide and 450-feet long with a 150-foot reconfigurable beach. It has a maximum depth of 40 feet and is 20-feet deep in the wave channel. Equipped with a 100-foot custom wave generator, the LWE is capable of creating six foot waves, known as Sea State 3. The LWE is capable of handling under water explosions up to 500 pounds TNT equivalent as well as surface and beach mines.

"The ATC motto is Excellence in Testing," said Col. John P. Rooney, ATC commander. "The Littoral Warfare Environment is a giant leap forward in our testing capability, thus providing us the ability to better support the warfighter and achieve this excellence in testing."

The facility has been designed and approved for various testing and training scenarios. Some of these include dynamic and live fire testing of military vehicles up to 40mm, Department of Defense water craft, riverine boats, amphibious vehicles and modular causeway systems.

The beach can be reconfigured and the waterline altered to test mine coun-

termeasure systems and unexploded ordnance technologies in a repeatable environment.

The facility can also be configured for Special Forces live fire training in the littoral region.

Guest speakers Justin Hayes, assistant to Senator Barbara Mikulski; Jerry Sirmans, deputy project manager, Instrumentation, Targets and Threat Simulators; and Richard Lockhart, principal deputy director of the Defense Test Resource Management Center, all provided remarks during the ceremony.

A demonstration provided attendees with a first-hand look at some of the LWE's capabilities, including detonation of a series of surf and beach mines, firing an M240 7.62mm machine gun from a bridge boat at targets on the beach and a series of waves, including Sea State 3 conditions, were demonstrated.

"While testing in the open environment, the test parameters cannot be controlled. The sea state conditions are controlled by nature," said Bob McHugh, acting chief of ATC's Maritime Division. "At the Littoral Warfare Environment, we have an endless supply of consistent waves."

The LWE was one of the major capabilities developed by the Land Sea Vulnerability Test Capability and funded through the Central Test and Evaluation Investment Program. LSVTC was conceptualized to meet the need for conducting vulnerability testing in realistic and repeatable environments.

CFC campaign exceeds \$240,000

APG CFC Office

The Aberdeen Proving Ground Combined Federal Campaign exceeded the \$240,000 mark with 1,610 of the goal of 3,000 donors contacted.

The CFC Office congratulates the Plans and Integration Office (PAIO), TMDE, Staff Judge Advocate Office (OSJA) and Chaplain Office for exceeding both organization and APG goals.

We also congratulate the U.S. Army Ordnance Center and Schools Non-commissioned Officers Academy for 60 percent participation. Special thanks to AAFES Post Exchange for allowing us to host the CFC Information booth.

In addition to the complimentary gifts for CFC contributions, those who donate to the 2006 campaign also are eligible to participate in three raffle drawings for additional prizes. The prizes include a Chris White print of Fort McHenry, 1st place; a bag of CFC incentive gifts from the 2003 thru 2005 campaigns, 2nd place; a CFC water bottle, 3rd place; and a prize bag, 4th place.

To participate in the raffle drawings, place the contributor's name, organization and phone number on the back of the tear-off portion of the contribution form and submit it to a CFC key worker. Prizes can be picked up at building 4302.

The second raffle was held Nov. 21. The winners included Amy Burgess, Garrison Directorate of Safety, Health and Environment, 1st place; Larry McCaskill, RDECOM, 2nd place; Shawn Ramey, OC&S 16th Ordnance Battalion Company C, 3rd place; and Marquerite Soper, Northeast Civilian Personnel Operation Center, 4th place.

The final drawing will be Dec. 11. For more information, or to make a contribution, contact a CFC key worker, visit the APG CFC Office in building 4302, or call 410-278-0197/0199 or TTY: 800-201-7165 Ext. 410-278-0198.

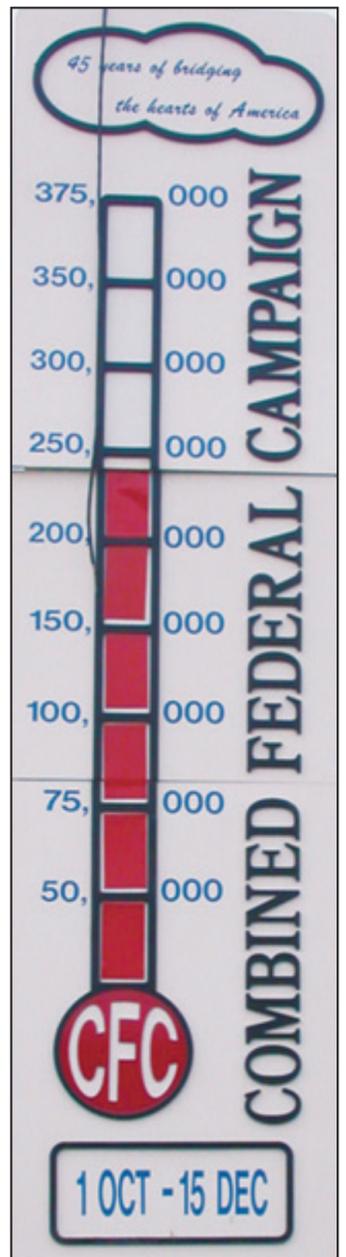


Photo by YVONNE JOHNSON

Veterans' voices

AMSAA's Vietnam veterans tell their stories

Story by
HEATHER TASSMER
APG News

U.S. Army Materiel Systems Analysis Activity Vietnam veterans shared their war time experiences during a Veterans Day ceremony Nov. 8.

After Dub Garrett, AMSAA military operations research analyst and Vietnam veteran, called the ceremony to order, the 16th Ordnance Battalion color guard posted the colors and Matt Ranney, mechanical engineer, sang the national anthem.

The ceremony opened with a short video about the Army Strong campaign.

AMSAA's Pat O'Neill served as master of ceremonies and thanked the 389th Army Band (AMC's Own) for playing prior to the ceremony and Bill Fisher, operations research analyst, for his work on the event.

O'Neill named AMSAA employees who served in Vietnam and Vietnamese expatriots "who experienced first hand the harrowing journey of the 'boat people' as they escaped from living under communist rule."

The speakers shared historical facts about the Vietnam War as well as some of their personal experiences.

Harvey Lee, an operations research analyst at AMSAA, presented a historical perspective on the Vietnam era, discussing a timeline of events that happened before and during the war.

Lee, who was a Specialist 5 assigned to the Infantry Board at Fort Benning Ga. during the Vietnam era, presented a timeline of what happened leading up to and during the war.

This included Ho Chi Minh and his People's Congress seeking independence from France in 1945, the beginning of the IndoChina war, the

Geneva peace conference and the support of anti-communist President Ngo Dinh Diem.

Although America supported Diem's efforts in Vietnam, his "attempts to control the Viet Cong grew more extreme and created growing discontent in South Vietnam," Lee said.

Lee also discussed Diem's overthrow by his own Soldiers and Diem's murder just weeks before the assassination of President John F. Kennedy.

He ended with the election of the National Assembly in 1976 that "paved the way for reunification of North and South [Vietnam] under Communist Rule."

Arif Zaky, an AMSAA military operations specialist, spoke about the mission of his Special Forces unit, training the Montagnards, or "mountain people" in Vietnam.

Zaky joined the Army in 1946. He started as an infantry Soldier, went Airborne and finally, Special Forces. He fought in the Korean War from 1951 through 1953 and served multiple tours in Vietnam between 1963 and 1970. He worked his way up from private to sergeant major before earning a direct appointment to captain. He retired as a major after 30 years of service.

While in Vietnam, his unit's mission was to "organize, train, equip, support and advise indigenous [Montagnard] personnel," he said.

The Vietnamese wanted the Montagnards to join U.S. forces to help prevent the spread of communism in the Central Highlands (II Corps).

"Mobile training teams went from base to base training the Vietnamese rangers, the airborne and other Vietnamese army units. We trained the civilian [Montagnards] how to fight," Zaky said. "They were called civilian irregular defense groups, pro-

nounced 'cid gees'."

In order to get the CIDGs to fight we allowed them to bring their families to our camp, Zaky said. "You know if your family is with you, you're going to fight harder to protect them."

Zaky recalled a two-day march to the camp when he was going to help one of the ladies in the group.

"She looked like she was 80 years old carrying what we used to call an A-Frame in Korea. It's a big bucket carried on the back and must have weighed 60 or 80 pounds full."

He said he had to give it back to the woman after a while because she said "it made him look sick" because it was so heavy.

He explained it looked that way because in addition to carrying her A-Frame, he was also carrying a 40-pound child and 20 pounds of Army gear.

Garrett talked about his counterpart, a Vietnamese lieutenant colonel who was a political advisor to the district government and commander of all Vietnamese troops in the district.

"He had just been appointed so both of us were getting our feet wet," Garrett said.

He described the lieutenant colonel as a "good man."

"While many district chiefs left their families in a safe haven, his wife and five kids were there with him," Garrett said. "This was a good sign not only to me but also to the district people."

Garrett had been to Vietnam on two different tours. One was with the 1st Infantry Division in the III Corps zone in central Vietnam which is known as "3 COR." He also served with the Military Advisory Command Vietnam as a CIDG Conversion Team Leader.

He explained why he volunteered to go to Vietnam.



<http://www.fas.org/man/dod-101/sys/land/m102.htm>
Soldiers fire a 105mm M102 Howitzer. This weapon was used in Vietnam.

"I volunteered not because I thought the war had anything to do with our security and freedom, but rather because I was a professional Soldier and that is what professional Soldiers do," Garrett said.

He also talked about experiences in fighting while he was in Vietnam including "successful employment of combat units."

He explained the two kinds of landing zones for helicopter assaults - a cold LZ and a hot LZ.

"A cold LZ meant you landed, organized and went out to hunt the enemy," Garrett said. "A hot LZ meant you already had found the enemy and he was shooting at you while you were landing."

Bill Clay, a former artillery team leader, focused on the impact Vietnam had on artillery.

Clay served with the 23rd Infantry Division outside of Chu Lai and the 101st Airborne Division on his tour

in Vietnam. Clay was "a draftee" and his rank at the date of discharge was sergeant, E-5.

He said that the battlefield was nonlinear and that "you didn't know where you would have to fire next."

"It was difficult because it took the entire crew to turn the gun to fire in another direction," he said.

"The Army developed the M102 specifically for Vietnam because it could be rotated by just two Soldiers to a new firing direction."

"If any weapon system really came of age in Vietnam, it was the helicopter."

"The firebase was another concept designed for Vietnam. Because of the non-linear nature of the conflict you never knew where fire support would be required. Firebases sprung up all over the country."

Clay said, "The U.S. Army never lost a major battle during the war."

Clay said the message that

he wanted the audience to take away from his speech was "how the nature of the conflict in Vietnam affected weapon systems development, since our organization is in that business."

When asked about the transition back from Vietnam, Clay said "it wasn't too bad."

"I did have some problems with reacting to loud noises," he said. "This amused the folks here when I first came to APG."

Clay said that when he went to college there was "a strong veterans group on campus that not only won most of the intramural competitions but had the highest [grade point average] of any organization on campus."

He said being with other vets helped him a lot with transitioning after the war.

John Haker, an operations research analyst with AMSAA, showed personal slides from his service in Vietnam in the early 70s.

He focused on the impact of
See CEREMONY, page 12

Local Normandy veteran remembers deactivated unit

Story by
YVONNE JOHNSON
APG News

Elkton resident James L. Lockhart is one of only a few surviving members of Company B, 1st Battalion 115th Infantry Regiment, 29th Infantry Division - the storied unit that was a part of the second assault wave to land on Omaha Beach during the bloody Normandy invasion.

Lockhart has returned to France a number of times since then for unit reunions and at the invitation of government and historical groups from France and England including for the 60th Anniversary observances in 2004.

Accompanying him on one trip in 2005 was his wife Florence and her son, Md. National Guard Chaplain (Col.) William Sean Lee, who traveled with them earlier this year.

Lockhart said that American Soldiers are welcomed like heroes each time they venture back.

"The people still remember what we did for them and what it cost us," Lockhart said.

"They treated our guys like celebrities," Florence added. "They followed them around and thanked them over and over for what they did."

Lockhart's memoirs are included in the book "They Were on Omaha Beach - 175 witnesses," written by French historian Laurent Lefebvre, which includes stories from Normandy survivors from the 29th Infantry Division.

The stories can be found on Lefebvre's Web site, www.americandday.org, and www.29infantrydivision.org.

Lockhart was the Post Commissary manager at Aberdeen Proving Ground from 1975 to 1987. His daughter, Chris Lockhart is the marketing manager for the Garrison's Morale, Welfare and Recreation Directorate.

To learn more about the 115th, visit the 29th Division Association Web site at www.cibasoc.com; write Daniel R. Sankoff, National Membership officer, 236 Danby Road, Lehigh



Photo courtesy of JIM LOCKHART
Jim Lockhart, third from right, and fellow veterans accept flower bouquets from French schoolchildren during a memorial ceremony at a World War II war memorial in Normandy.

Acres, FL, 33936-7531; or e-mail: silverfox236@aol.com.

Lockhart's regiment, the storied 115th Infantry was deactivated during a ceremony at Fort Meade Aug. 19, which he and his wife attended. Lockhart was proud to have helped in placing the regimental flag in a 650-year old church in Berry Pomeroy, England where it will be honored indefinitely.

The 115th dates its lineage back to the earliest militia units formed to protect the frontier of Western Maryland. These units became the 115th Infantry Regiment prior to World War I as part of the 29th Infantry Division. The 115th Regiment landed in the second assault wave on Omaha Beach, Normandy, in the thick of the

fiercest fighting and was awarded the Presidential Unit Citation for this action.

The battalion was called to active federal service as part of Operation Noble Eagle in October 2001, protecting U.S. federal installations from threats to national security.

In January 2005, Company B, 1/115th Infantry mobilized for Operation Iraqi Freedom as part of the 48th Infantry Brigade (Mechanized). They served in Baghdad and in western Iraq.

A portion of Lockhart's narrative from the book "They Were on Omaha Beach - 175 witnesses," follows.

"My job was to be the eyes and ears of the platoon. That meant I was the first one out in the

front to get off the ramp of the LCI when we landed. Every man in the platoon squad had been told over and over what he had to do and why he had to do it. As First Scout, my assigned detail was to make a pathway through concertina wire by setting of a charge to blow it away or doing a body bridge so the others following me could get through the barriers the enemy had erected to prevent us from making a landing.

By June 5, 1944 a really heavy storm hit the English Channel and the invasion was postponed due to the rough seas until the following day, June 6, 1944. When morning came most all of Company B was seasick for the D-Day Landing. I made a trip to the galley and had a meal of baked beans & bacon, which I enjoyed, alone.

As the LCI started in for a landing on DOG Red area, Captain Phillip Alston told the men he would land them on dry sand if it took him all day. He made one attempt to land, but had to try another area. All of B Company was lined up facing the ramps preparing to walk ashore, but just before they did they were told the landing area was a new one and they might have to fight before they got off the beaches. By this time the LCI was taking heavy machine gun fire on the left side of the ship near the ramp. Everyone near the ramp moved over to the right side of the ship. Then, as the ramp went down everyone moved off the LCI without hesitation. The Captain of LCI #619 had kept his promise and everyone made it to shore without getting their shoes wet. My unit did not spend anytime on the Normandy Beach, we kept moving off the beach to get away from machine guns firing at us. We made our way up a draw to keep from being killed where we landed. Soon as we got off the beach it was green fields with land mines everywhere."

Lockhart was wounded near St. Lo, France during a counter attack by the German army on July 11, 1944, and was awarded the Purple Heart.

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,800.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser,

user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised.

For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, IMNE-APG-PA, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@apg.army.mil.

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

Staff

APG Commander Maj. Gen. Roger A. Nadeau
APG Garrison Commander Col. John T. Wright
Public Affairs Officer George P. Mercer
Editor Debi Horne
Editorial Assistant Marguerite Towson
Contract Photojournalists Yvonne Johnson
..... Heather Tassmer
Graphic Designer/Web Designer Nick Pentz
Web site www.apgnews.apg.army.mil

November Well-Being focuses on holiday events

Story by
HEATHER TASSMER
APG News

The Well-Being Council met Nov. 16 at the Main Post Chapel at Aberdeen Proving Ground focusing on holiday events.

Joseph Craten, APG Garrison's deputy to the commander, and Gina Dannenfesler, Morale, Welfare and Recreation's acting director, conducted the meeting.

Dannenfesler announced there would be no meeting in December and the next meeting would be Jan. 18.

Commissary

Anne Morrison, Commissary manager, distributed handouts showing Thanksgiving holiday hours.

The only change pointed out for the December holiday is on Dec. 24, 9 a.m. to 3 p.m.

KUSAHC

Deborah Dodsworth, patient advocate, was the representative from Kirk U.S. Army Health Clinic and told attendees that she was fairly new to Aberdeen Proving Ground.

She said that during the summer "patients had difficulty acquiring a timely appointment for routine matters" and now "access to care has improved considerably because Kirk is fully staffed."

"With more providers on board, it is much easier to get an appointment with your primary care manager," Dodsworth said.

She reminded attendees that the pharmacy will move temporarily to the C-corridor or main hallway on Dec. 9 and will be 2.5 times larger than it was before.

"The [health clinic staff] will be able to stock more items," Dodsworth said.

She also discussed the capabilities of the TRICARE site, www.tricare.com.

"It's one of the best medical Web sites I've seen," Dodsworth said.

The Web site is beneficial to use because beneficiaries can check prescriptions, appointments, claims and new services online, Dodsworth said.

She discussed flu shots explaining that as of that date the health clinic still had not received the injectable shots. Beneficiaries ages 5 to 49 are eligible for the flu mist.

Peggy Horne, a nurse with Child and Youth Services said that parents with infants or special needs children should talk to their provider before the child receives the flu mist because "it may not be appropriate for children with asthma or other health issues."

DMWR

Dannenfesler summarized MWR's Thanksgiving schedule.

Staci Umbarger, manager of the MWR's Leisure Travel Services, discussed various events.

Umbarger talked about the Magictainment show scheduled for 7:30 p.m. Dec. 2 at the APG North Recreational Center. The show features magic and a lot of illusions, Umbarger said.

The cost is \$10 for active duty and adults. Tickets for children ages 6 to 12 are \$5.

Tickets for advanced Individual Training students' also include admission to the Exodus Christmas Party that follows the Magictainment show, Umbarger said.

Umbarger also talked about a contest to win an Australia trip for two. Those who are interested can go to the Web site, www.itt.australia.com, to enter or find out more details.

For more information on these or other MWR-ticketed events, visit the Leisure Travel Services.

DLES

Robert Krauer, director of Law Enforcement and Security, reminded attendees to be safe during the holidays.

If one is attending a holiday party or other function and consumes alcohol, he or she should have a designated driv-

er, Krauer said.

"We don't need anyone locked up during the nice holidays," Krauer said. "We want everyone to get home safe."

Krauer also said the APG police are continuing to enforce traffic safety at APG South. The police have issued a lot of tickets there for speeding, he said.

He said the APG police will continue enforcing traffic safety at both gates.

DIO

Garrison Command Sgt. Maj. Elvis Irby discussed the safety hazard of Soldiers running along the main roadways.

"There is no formation running whatsoever on Aberdeen Boulevard and Maryland Boulevard," Irby said.

Irby said he had concerns that someone will get hit since Soldiers run in the morning when it is still dark and the roadways are busy.

He said that Soldiers should only run on roads that are blocked and designated for physical training or PT running.

"If the road is not blocked off, it has not been an approved area for PT," Irby said.

In addition, Irby distributed a memorandum about fall cleanup procedures. He apologized about not distributing it earlier. The memorandum included the dates for clean up. They are as follows:

- Installation Housing Areas - Dec. 9 to 15
- Common use areas on the installation used by all organizations and normal police call areas - all units except the U.S. Army Ordnance Mechanical Maintenance School Nov. 27 to Dec. 1; all OMMS units Dec. 4 to 8.
- Garden equipment, trash

bags, grass seed and fertilizer are available in each of the Re-Nu-It centers, buildings 5413 (APG North) and E-5185 (APG South).

The memorandum also notes that both Re-Nu-It centers are scheduled to be open Dec. 5, 12 and 19.

Irby said that those who are borrowing tools from the centers need to sign in and out. He said that some people who have borrowed items from the centers have not returned them.

Leaf maintenance will occur today, according to Pat Hector, housing manager. This is when residents should have their leaves raked out in piles for fall cleanup.

ACS

The Army Community Service Holiday Extravaganza will be from 6:30 to 8 p.m. at the APG North Recreational Center Dec. 5. The celebration will feature Santa, food and gifts.

The 2006 Gift Wrap Program will run through Dec. 23 at AAFES. The program is sponsored by AAFES and coordinated by the APG Army Volunteer Corps coordinator. AAFES is providing the gift wrapping materials.

Volunteers from various participating organizations will wrap gifts for donations.

The money raised from the donations will benefit the participating organizations.

The organizations that are participating are APG Youth Center, Headquarters and Headquarters Company 16th Ordnance Coffee Group, HHC 61st Ordnance Brigade, HHC 143rd Ordnance Battalion, HHC 20th Support Command, U.S. Army Medical Research Institute of Chemical Defense, Noncommissioned Officer Association, U.S. Army Warrant Officer Association, 9th Area Medical Laboratory, Sergeant Automotive Club and Protestant Women of the Chapel.

The next Newcomer Orientation is scheduled for Feb. 7 from 1 to 3 p.m.

Chapel

The APG Protestant Choir will perform a Christmas Cantata at 10:15 a.m. Dec. 10. For more information, call 410-278-4333.

OSJA

The Office of the Staff Judge Advocate has moved from building 310 to the third floor in building 4305.

The next Well-Being Council meeting will be 9:30 a.m. on Jan. 18 at the Main Post Chapel.

The February meeting will be 9:30 a.m. Feb. 15 at the Main Post Chapel.

Community Notes

THURSDAY NOVEMBER 30 PARK SCHOOL HOLIDAY CRAFT FAIR

The Parents' Association of

the Park School, located on 2425 Old Court Road, Baltimore, will hold a Holiday Craft Fair, 4 to 7 p.m. in the Davison Lobby. Featured artists include members of

the Park community – parents, alumni, faculty, staff and students. A wide variety of items including fiber arts, jewelry, ceramics and two-dimensional art will be sold. Refreshments and drinks will be available for sale.

For more information, call 410-339-4145.

WAR STORIES NEEDED

Larry Cappetto, documentary filmmaker and director of the Normandy film, "Lest They Be Forgotten," will be in Abingdon Nov. 30 to interview veterans for his next documentary series.

He is looking for veterans of World War II, Vietnam and the Korean War, particularly those who were involved in helicopter warfare or served as pilots, crew chiefs, door gunners, infantrymen, or who supported the air mobile divisions in supply, logistics, medical, etc., during the Vietnam War; Korean War veterans who fought at

the Chosin Reservoir or Pork Chop Hill; and World War II veterans from all branches who fought in or supported the battle of Iwo Jima, Normandy or the Battle of the Bulge, as well as World War II nurses and chaplains who served overseas during the war.

Cappetto will conduct all veteran interviews Nov. 30 at McComas Funeral Home, 1317 Cokesbury Road on the corner of MD Route 7. This event is being hosted by McComas Funeral Home. Call in advance to register, 410-676-4600.

SATURDAY DECEMBER 2 CREATE A HOLIDAY CRITTER

Explore outside and collect natural items that will be turned into a critter to take home and use as a gift or decoration. This program is from 2 to 3 p.m. and costs \$5

per person for all ages. Registration is required. For more information, for registration, or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

SUNDAY DECEMBER 3 TRADITIONAL GERMAN HOLIDAY WREATH

Craft a decorative wreath to adorn a wall or door. Bring candles to create a candle wreath if desired. This program is from 1 to 3 p.m. and costs \$8 per person, for ages 12 to adult. Registration is required. For more information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

MONDAY DECEMBER 4 GUNPOWDER TOAST- MASTERS MEET

Gunpowder Toastmasters Club 2562 will hold its regular meeting at 11:40 a.m. at the Gunpowder Club. The club is open to anyone on or off post who wants to learn how to speak in public and improve their communication and listening skills. Lunch will be available.

For more information, call Len Kolodny, 410-734-6573.

SATURDAY DECEMBER 9 PARADE OF PINE

Create holiday treats for wildlife at the Anita C. Leight Estuary Center and at home using cones and seed pods. This program is from 2 to 3 p.m. and costs \$3 for all ages. Reservations are required. For more information, to make reservations or

for directions to the Center, call 410-612-1688 or 410-879-2000, extension 1688.

SUNDAY DECEMBER 17 CHRISTMASTEA

The Chesapeake Heritage Conservancy will host a Christmas Tea, 1 p.m., at the Vandiver Inn, 301 South Union Avenue, Havre de Grace. Tickets cost \$30 per person in advance (tickets are limited) and include four-course meal, tea, door prizes and a silent auction. This is an elegant tea fit for royalty (hats optional). Proceeds will benefit the Conservancy and the Skipjack Martha Lewis.

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

MOVIES

**ADMISSION:
ADULTS \$3.50,
CHILDREN \$1.75**

**Building 3245
Aberdeen Boulevard**

**To verify listing,
call 410-272-9008,
or visit**

**www.aafes.com
and click on
"Movie Listing."**

THE GRUDGE 2

Friday, Dec. 1, 7 p.m.

Starring: Sarah Michelle Gellar, Amber Tamblyn

In Tokyo, Aubrey Davis (Tamblyn) is exposed to the same mysterious curse that afflicted her sister Karen (Gellar). The supernatural force, which fills a person with rage before spreading to its next victim, brings together a group of previously unrelated people who attempt to unlock its secret to save their lives. (Rated PG-13)

THE PRESTIGE (FREE ADMISSION)

Saturday, Dec. 2, 7 p.m.

Starring: Hugh Jackman, Christian Bale, Michael Caine

It all begins in rapidly changing, turn-of-the-century London. At a time when magicians are idols and celebrities of the highest order, two young magicians set out to carve their own paths to fame. The flashy, sophisticated Robert Angier (Jackman) is a consummate entertainer, while the rough-edged purist Alfred Borden (Bale) is a creative genius who lacks the panache to showcase his magical ideas. They start out as admiring friends and partners. But when their biggest trick goes terribly awry, they become enemies for life - each intent on outdoing and upending the other. (Rated PG-13)

THE TEXAS CHAIN- SAW MASSACRE: THE BEGINNING

Saturday, Dec. 2, 9 p.m.

Starring: Jordana Brewster, Taylor Handley, Diora Baird

It's 1969. The conflict in Viet Nam has exploded to immeasurable proportions, and 18-year-old Dean Hill's (Handley) number is up. Dean's brother Eric, who has already seen his share of combat, plans to take Dean to enlist in his beloved Marine Corps in hopes of keeping an eye on him rather than letting him take his chances at the local induction center. But Dean plans to confront Eric about dodging the draft after the boys and their respective girlfriends, Bailey and Chrissie, head across Texas for a final fling of serious fun. (Rated R)

POST SHORTS

involved in helicopter warfare or served as pilots, crew chiefs, door gunners, infantrymen, or who supported the air mobile divisions in supply, logistics, medical, etc., during the Vietnam War; Korean War veterans who fought at the Chosin Reservoir or Pork Chop Hill; and World War II veterans from all branches who fought in or supported the battle of Iwo Jima, Normandy or the Battle of the Bulge, as well as World War II nurses and chaplains who served overseas during the war are encouraged to come share their stories.

Cappetto will conduct all veteran interviews Nov. 30 at McComas Funeral Home, 1317 Cokesbury Road on the corner of MD Route 7 in Abingdon.

Those wishing to participate may pre-register by calling Cappetto at 970-254-9262.

This event is being hosted by McComas Funeral Home.

Veterinary Clinic closed today

The APG Veterinary Treatment Facility will be closed today for inventory.

For more information, contact the VTF, 410-278-3911/4604.

Garrison unit holds coat drive

Winter is fast approaching and there are many in need of a winter coat or jacket. Help someone in need by donating a new or gently used coat to Headquarters and Headquarters Company, U.S. Army Garrison APG winter coat drive through Dec. 15.

Coats, winter clothing and food items can be dropped off at Army Community Service building 2754, the Post Chapel, the Commissary, Top of the Bay, and in buildings 4305 and 305.

Coats and clothing should be clean and food items non-perishable. Items will be donated to Harford County Social Services.

For more information, call

Sgt. Anthony Cirillo, 410-278-3000 or Staff Sgt. Michael Sauer, 410-278-2634.

Green-to-Gold briefing

A Dec. 4 briefing on the Army Green-to-Gold program, which allows enlisted members to attend college full-time and emerge as commissioned officers upon graduation, will be held 3 to 4 p.m. at the Conference Center in the Edgewood Area, building E-4810. An R.O.T.C. representative from Loyola College will present information and answer questions.

Active duty, enlisted Soldiers and noncommissioned officers are encouraged to attend.

For more information, contact Sgt. 1st Class Maria Hamelers, career counselor, 20th Support Command (CBRNE), 410-436-7031.

Office Products Expo Dec. 7

The Directorate of Contracting, U.S. Army Contracting Agency will host the fourth annual Office Products Expo 10 a.m. to 2 p.m., Dec. 7, in the Recreation Center, building 3326, Erie Street. Refreshments will be served.

For more information, contact Dennis Bolen, U.S. Army Contracting Agency, 410-278-0849, DSN 298-0849 or dennis.bolen@us.army.mil.

Statistical Association hosts luncheon speaker

The Chesapeake Chapter of the American Statistical Association will host a lunch presentation by Fred Brundick of the Army Research Laboratory, who will speak on "A Statistical Approach to the Generation of Documents for Evaluating OCR Software" at the ORSA Corporation, 11:30 a.m., Dec. 14. Brundick will discuss using bootstrap techniques to generate groundtruth

documents as a means to assess the optical character recognition module for FALCon, a portable, field-operated, translation system designed to assist in intelligence collection.

The meeting is open to the public and starts with pay-as-you-go lunch. For more information or to register, call Eric Snyder, 410-278-0260, by Dec. 11.

Mandatory Sexual Harassment training

The biennial Prevention of Sexual Harassment training for appropriated and non-appropriated fund supervisors and all other civilian employees serviced by the U.S. Army Garrison, Equal Employment Opportunity Office will be held at the Post Theater, building 3245, March 7, and Sept. 12, 2007 and at the Edgewood Area Conference Center, building E-4810, Dec. 6, 2006 and June 6, 2007.

Supervisor training is scheduled 8 to 10 a.m. Employee training is scheduled 11 a.m., 1 p.m. and 3 p.m.

Request for sign language interpreter must be coordinated through Roxanne Conley, 410-278-1100.

The training schedule is also available on the APG Garrison Intranet Homepage and the EEO Office Web site.

For more information, call Neslie Etheridge or Roxanne Conley, EEO Office, 410-278-1131/1100.

MCSC memberships available

The Military and Civilian Spouses' Club is offering memberships for the 2006-2007 year at a cost of \$20.

Those interested, can download a form from the MCSC Web site, www.apgmcsc.org or contact Dawn, 410-297-6727.

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

Five selected for military graduate study program

Story by
LARRY D. MCCASKILL
RDECOM

Five U.S. Army Research Development and Engineering Command employees have been selected to attend the Naval Postgraduate School, a highly competitive school with more than 40 programs and based on academic and military records, performance, and potential for continued service.

The five accepted students are contract or grants and agreements specialists in the RDECOM Acquisition Center. Debra Morrow, APG; Jacob Chieffo, APG; Brian Lauterbach-Hagan, APG; Travis Clemons, Research Triangle Park, N.C.; and Debra Matthews, Research Triangle Park will participate in the school's distance learning program for the next session.

The NPS has 1,800 resident students each year with more than 6,000 other students participating in online and short

term programs yielding everything from certificates to bachelor's, master's and doctorate degrees. The five RDECOM members will attend the school as both residents and nonresidents.

"Competition for these slots was keen," said Jim Warrington, director, RDECOM Acquisition Center. "Our high acceptance rate is indeed indicative of the quality of our workforce of whom I am extremely proud."

Chieffo, a contract specialist, believed applying for the two year master's degree in contract management program made a lot of sense from an educational standpoint and fiscally.

"It is an extremely convenient avenue to attaining the next level of education. Given that tuition and books are fully funded by the government, and the classes are transmitted via VTC partially during working hours, the practical situation is ideal," he said. "The majority of effort is still taking place during one's personal time, but that's

the case in any degree program."

Most programs are 12 to 18 months in length. However some programs, particularly those with more technical disciplines, may require 24 months to complete a graduate degree.

Matthews knows the rigorous nomination process only too well.

"I have wanted to get into this program for at least 10 years, but never had the opportunity. It's federal contracting exclusive and was difficult to get approved," said Matthews, who was accepted in to the Masters of Science and Contract Management program as a nonresident student.

"I want to be a knowledge leader in my field, and having an MS degree in contracting will give me the tools and confidence to work on complex issues and programs," Lauterbach-Hagan said. "In addition, having a master's degree in my chosen career field is a big plus when working for the government."

Scholarships for Military Children Program opens for 2007

Story by
BONNIE POWELL
DeCA

Gas prices are biting into the family budget, interest rates are rising, and college tuition is outpacing inflation. At least some relief is in sight for military families as the Scholarships for Military Children program opens for 2007.

Applications for the \$1,500 scholarships are available at 264 commissaries worldwide, or can be downloaded through links at <http://www.commissaries.com>, <http://www.militaryscholar.org>, or <http://www.dodea.edu>.

"Scholarships for Military Children is a wonderful military community program," said Patrick Nixon, DeCA director and chief executive officer.

"Nearly 3,000 scholarships totaling over \$4 million have been awarded since the first awards were given in 2001."

The \$1,500 scholarships are available for children of military active-duty, retired, and Guard and Reserve service

members.

Most of the funds are donated by manufacturers, brokers and suppliers selling groceries in commissaries, and every dollar donated to the program by industry or the general public goes to fund the scholarships.

The program is administered by the Fisher House Foundation.

A significant number of scholarships, about 10 percent every year, go to high school students at DoD

schools overseas.

"Every cent that community organizations can mobilize to support college-bound students is an investment in the future," said Joseph Tafoya, director of the Department of Defense Education Activity.

"With college costs soaring, our DoD students and their parents appreciate every available scholarship to help defray the cost, and the scholarships enable many of our families to better afford the tuition and provide an incentive for students to work hard," Tafoya said. "They also demonstrate that military communities are committed to education and increased opportunities for all students."

The scholarship program has also made inroads to increasing support from the "nonmilitary" community. California high school students sponsoring golf tournaments in 2006 raised thousands of dollars to donate to the program, and already for 2007, a private foundation has made a substantial donation.

"We're excited to see this

See CHILDREN, page 7

Army help available for domestic violence

Story by

MAJ. MICHELLE CARROLL
USACHPPM

Do you find it difficult to reintegrate into your family after deployment?

Do you want to yell at your spouse/partner after a bad day at work?

Do you feel like your life is out of control?

Are you critical of your spouse/partner?

Anyone who answers yes to any of these questions could be at risk for committing domestic violence.

Domestic violence has been defined by many different organizations in different manners.

The Department of Defense defines domestic violence in the following way:

- An offense under the U.S. Code, the Uniform Code of Military Justice or state law.

- The use, attempted use or threatened use of force or violence against a person of the opposite sex.

- A violation of a lawful order issued for the protection of a person of the opposite sex who is a current or former spouse, a person with whom the abuser shares a child in common, or a current or former intimate partner with whom the abuser shares or has shared a common domicile.

The good news for Soldiers and their family members who experience domestic violence is that help is available. The Army has established a Family Advocacy Program to assist in coping with domestic violence.

Specifically, FAP was designed to achieve these

goals:

- Prevent spousal/partner and child abuse.

- Encourage reporting of all cases of abuse.

- Ensure that assessments and investigations of suspected abuse are completed in a timely manner.

- Protect victims of abuse and provide treatment to all family members affected by the abuse.

Most people think that domestic violence could not happen to them. The first step for any victim that experiences physical harm should be to go to the nearest emergency medical treatment facility.

A new change in the FAP allows for confidential reporting in cases of spouse/partner abuse. Effective April 22, 2006, the adult victim of domestic violence can request a "restricted report." This report must be made to a medical provider (FAP clinical social workers are considered to be medical providers) within the medical facility, the victim advocate, or the victim advocate's supervisor. The final decision on whether a restricted report can be supported must be made in conjunction with the FAP clinical social worker. If the risk for further injury to the victim is assessed to be too high, or if the injury is very serious (shooting, stabbing, etc.), then a restricted report will not be granted.

The Army favors unrestricted reporting of domestic violence for several reasons. Unrestricted reporting allows for protective measures to be put in place for the victim,

such as "cooling off periods," military protective orders or restraining orders. Unrestricted reporting also provides an opportunity to hold the offender accountable for his/her actions and to provide necessary intervention for the offender.

If the victim chooses to request restricted reporting, he/she may elect to receive medical care or supportive nonclinical counseling (including a safety plan, normalizing, and information on community resources) through the victim advocate, or the victim may receive clinical counseling through the FAP clinical social worker. These choices do not trigger the investigative process.

If the victim chooses the unrestricted reporting option, medical and counseling services are available to the person, but law enforcement and the abuser's command will be notified of the abusive incident

and an investigation will be initiated.

The use of violence to resolve differences occurs in all social strata, across all ethnic groups and within all age groups.

For more information on domestic violence intervention, contact:

- The ACS Family Advocacy Program, 410-278-7478/ 2435.

- APG Domestic Violence and Sexual Assault Hotline, 410-322-7154.

- Harford County Sexual Assault and Spouse Abuse Resource Center (SARC), Inc. 24-Hour Hotline, 410-836-8430.

- The National Coalition Against Domestic Violence, 1-800-799-SAFE (7233).

- APG Directorate of Law Enforcement and Security, 410-306-2222.

- Military OneSource, 1-800-464-8107.

- Civilian Law Enforcement, 911.

Children

From page 6

worthwhile program gaining recognition and funding from the community at large, said Jim Weiskopf, vice president of communications at Fisher House Foundation. "Commissary industry support has been amazing and increased public support can only help ensure that the Scholarships for Military Children program continues to benefit the military community for many years to come."

Donations can be made through the link at militarscholar.org, the official program Web site.

Applications for 2007, which includes an essay on "how and why" the applicant would change an historical event, must be turned in at a

commissary by close of business on Feb. 21, 2007. At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants.

The program is open to unmarried children under the age of 21 (23 if enrolled in school) of military active-duty, Reserve, Guard and retired personnel. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database.

Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card.

The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2007, or enrolled in a program of studies designed to transfer directly into a four-year program.



MORALE, WELFARE & RECREATION

MWR artists win national recognition

Story by
YVONNE JOHNSON
APG News

Several Aberdeen Proving Ground artists who won awards in the 2006 Morale, Welfare and Recreation 2006 Army Arts and Crafts Contest in May at the local level have been recognized at the national level.

The annual contest is sponsored by the U.S. Army Community and Family Support Center. All authorized MWR patrons are eligible to enter. Local winners were forwarded to the Installation Management Agency which then selected the entries for national and Army-wide competition.

Vincent Minichiello, an engineering manager for General Physics, a government contractor with the Chemical Materials Agency, won first place for his submission of The Battle of Stalingrad. Minichiello used a lacquer-in-the-wash technique in the Novice Prints Category.

A self-trained artist with no formal training since high school,

Minichiello said he was "blown away" by the win.

"I really couldn't believe it," he said. "Just to see my work with a ribbon on it at the local level blew me away. Apparently, the judges were looking more for creativity than expertise."

He thanked his co-worker, Phil Bowman, for telling him about the contest and the APG Arts and Crafts shop managers Debbie-Brooks Harris and Holly Shisler, for helping him prepare his works for the competition. "They helped me get it framed and matted encouraged me to continue my work," he said.

Although Minichiello hadn't used the Arts and Crafts center prior to the contest, he said he is a frequent visitor now.

"I'm just so grateful to them for their help and encouragement," he said.

Kyoko Fukushima, the spouse of an Army retiree and a seamstress in the Post Cleaners, placed third in the

Novice Textiles and Fibers category for her crocheted tablecloth.

Fukushima said she has been crocheting more than 25 years and has used the Arts and Craft facilities for more than 10.

"I do a little ceramics and I also make my own clothes," she said.

She thanked her co-worker, Thiro Vanakan, for encouraging her to enter the contest and the Arts and Crafts staff for their assistance.

Karen Hileman also came in third in the Novice Oil Base Painting category for an untitled sailboat painting.

Honorable mention went to Marian Brooks, an editorial assistant with the U.S. Army Materiel Systems Analysis Agency for her "Baby Quilt" wall hanging in the Novice Textiles and Fibers category. The only "accomplished" artist recognized from the installation, Robert Drager drew honorable mention for his "Yellow Lab" in the Drawings category.

Brooks who tied for first place at the local level, said she was "totally

surprised" by the recognition then and now.

"I'm still pretty shocked," she said. "I thought so many of the other entries were outstanding."

She said she began sewing when her children "were still little" and that she's been quilting for "several years." "I've taken classes but I pretty much taught myself," she said.

Debbie Brooks-Harris and Holly Shisler, managers of APG's Arts and Crafts centers said they were excited for the winners and for the future of the Arts and Crafts program.

"APG was very well represented," Brooks-Harris said. "We were very proud to submit fifteen beautiful works of art to the national competition. The arts and crafts facilities are very lucky to have such dedicated and enthusiastic patrons and it was our privilege to have [them] represent us."

The first place prize of \$300 and third place prize of \$100 each will be presented to the winners at a future date.

The judges for the national competition included Donna Kirk, a senior architect at the National Gallery of Art in Washington, D.C.; Laura Peery, an independent studio artist from Chevy Chase, Md. whose nationally recognized works include a sculptural piece in the permanent collection of the Smithsonian Institution; and Jean Walsh, a free lance artist from Burke, Va., and former MWR Arts and Crafts Director for Panama and the Stuttgart and Kaiserslautern, Germany military communities.

The APG MWR Arts and Crafts centers are located in buildings 2407, APG North and E-4440, APG South. The centers offer custom framing and engraving services and classes in woodworking, ceramics, stained glass, framing and more. For more information call 410-278-4207, 410-436-2153, visit <http://www.apgmwr.com>, or email debbie.brooksharris@apg.army.mil or holly.shisler@apg.army.mil.

Activities

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

MWR Registration, Tickets and Leisure Travel is located in building 3326. They may be contacted at 410-278-4011/4907, by e-mail at mwr_registration@apg.army.mil or on the Web site, www.apgmwr.com.

Radio City Christmas Spectacular

Travel to New York City to see the Radio City Music Hall Christmas Spectacular featuring the Rockettes.

Tickets for Dec. 2, 3, 9, 10 and 16 cost \$135 each; The bus will depart 8:05 a.m., building 3320, and depart New York at 11 p.m. Seats are limited, register early. Cost includes charter bus transportation and a

ticket for the show. There will be time before the show for shopping and lunch. Open to all Department of Defense ID card holders.

For more information or to make reservations, call MWR Registration, 410-278-4011/4907, e-mail mwr_registration@apg.army.mil, or visit www.apgmwr.com.

Military Family Appreciation Month

In honor of the month of the Military family, MWR offers discount tickets to Medieval Times Dinner Theater and Show located in Hanover, Md. The cost of tickets for adults is \$40 per person, and \$34 for children.

Discount tickets also are available to the Martina McBride: The Joy of Christmas Tour, Dec. 21. The concert starts 7:30 p.m. at the Verizon Center in Washington, D.C. Tickets cost \$74 per person on the 100 level and \$62.50 per person on the 200 level.

For more information or to purchase tickets, call MWR Tickets and Leisure Travel, 410-278-4011.

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

Social Hour Friday at Ruggles Club House

The evening Social at Ruggles Golf Course will be held 4:30 to 7 p.m., Friday. Light snacks will be provided; beer and sodas and additional food will be available for purchase.

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

For more information, call 410-278-4794.

For all SKIES Unlimited programs contact Central Registration for details and

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

Volunteers needed

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

For more information call 410-278-4589.

Jujitsu

Through the practice of jujitsu students will learn the best form of self-defense defending themselves against bigger, stronger and faster opponents. Students will develop leadership and teamwork skills. All students will advance their skills no matter their gender, size, or natural ability.

Classes are thru Dec. 8, Tuesdays and Thursdays, 6 to 7 p.m. at the Aberdeen Youth Center. Cost is \$85.

Babysitting classes

Training to become a Red Cross Certified Babysitter will be held 9:30 a.m. to 3:30 p.m. Dec. 28, Jan. 22 at Army Community Services, building 2754. Bring a bag lunch.

Participants must be between the ages of 13 and 15.

Piano lessons for youths

Sessions are 30-minutes per week on Fridays, 3:30 to 7:30 p.m., at the Aberdeen Youth Center. Every six weeks a new session starts. Cost is \$102 for six sessions for youths 4 to 18 years of age.

Parents choose which session they want to sign-up for. Students will be responsible for purchasing the required books for the course as recommended by the instructor.

For information on these or any other division of sports and fitness, call Earlene Allen, 410-278-3854.

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

Coaches needed

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

Arts & Crafts

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

APG Bowling Center Snack Bar specials

Building 2342

Week of Nov. 27

Special #1: Grilled ham and cheese, soup, one cookie and soda for \$5.25.

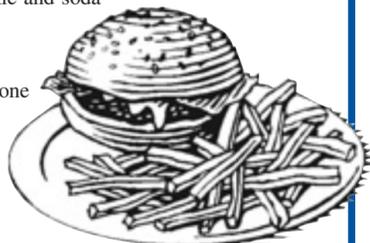
Special #2: Two hot dogs, potato chips, one cookie and soda for \$4.25.

Week of Dec. 4

Special #1: Chicken tender wrap, potato chips, one cookie and soda for \$4.45.

Special #2: Double bowlerburger with cheese and bacon, potato chips, one cookie and soda for \$7.85.

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



SCHOOL LIAISON

Science, Math Academy holds meetings for prospects

The Science and Mathematics Academy at Aberdeen High School will hold two informational meetings for prospective students and their parents 7 to 9 p.m., Nov. 29 and Dec. 11 in the auditorium. The Science and Math Academy is an accelerated and enriched program of studies in science, mathematics and technology.

Students and parents may attend either meeting as the program is repeated. Information about the SMA program and

application process will be the focus of these meetings. Tours of the SMA will be given by current students and parents.

Applications for the freshmen class of 50 students for 2007-2008 will become available in early December 2006. The deadline for application to the class of 2007-2008 is Jan. 19.

For more information, visit the SMA Web site <https://hcpsowa.hcps.org/exchweb/bin/redir.asp> or <http://www.scienceandmathacademy.com>.



Channel 21 features Pentagon Channel programming

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

Monday

ATS Reloaded, 5:30 a.m.
American Veteran, 9:30 a.m.
Army Newswatch, 11 a.m.
Inside Afghanistan/FJ Iraq, 1 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.
RECON, 11 a.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.

Wednesday

Around the Services, 8 a.m. and 8 p.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.
RECON, 3:30 p.m.
Focus on the Force, 6:30 p.m.

Thursday

Around the Services, 8 a.m. and 8 p.m.
Army Newswatch, 9 a.m. and 9 p.m.
Freedom Journal Iraq/Inside Afghanistan, Noon
Focus on the Force, 1 p.m.
RECON, 3:30 p.m.
American Veteran, 5 p.m.

Friday

Around the Services, 8 a.m. and 8 p.m.
Army Newswatch, 10:30 a.m.
RECON, Noon
American Veteran, 2:30 p.m.
Freedom Journal Iraq/Inside Afghanistan, 4 p.m.
Focus on the Force, 6:30 p.m.
ATS Reloaded, 7 p.m.

Saturday

Around the Services, 5:30 a.m.
News Reel Anaconda, 7:30 a.m.
American Veteran, 1:30 p.m.
Army Healthwatch, 2 p.m.
ATS Reloaded, 5:30 p.m.
Battleground, 7 p.m.
RECON, 8 p.m.

Sunday

ATS Reloaded, 5:30 a.m. and 9:30 p.m.
Freedom Journal Iraq, 10:30 a.m. and 4:30 p.m.
Today's Military, 1 p.m.
Around the Service, 7:30 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 informa-

tion 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.

OC&S International Students honored by Rotary

Story and photo by
**ANDRICKA THOMAS
HAMMONDS**
OC&S Public Affairs

The Aberdeen Chapter of Rotary Club International honored international students attending the U.S. Army Ordnance Center and Schools at Aberdeen Proving Ground Nov. 13 during a Holiday Inn dinner in Aberdeen.

Aberdeen Mayor S. Fred Simmons and Harford County Executive David Craig were in attendance.

"It's about giving the best possible support system to our service members," said Craig.

Craig expressed the importance of supporting American troops, and their mission of building and maintaining international relationships, much like the relationships OC&S has developed with allied countries, through the International Military Student and Field Studies Program.

The program belongs to the Ordnance Corps, 16th Ordnance Battalion, Echo Company at Aberdeen Proving Ground.

Capt. Tymeeka Lewis, Echo Company commander, deems international students a valuable asset to her organization.

"International students give a unique flavor to our training environment," said Lewis. "It allows Soldiers to get acclimated to working with our foreign allies in training, before they deploy to other countries where they will interact

with our coalition forces."

The Rotary International mission is to promote world peace and understanding, said Pat Kasuda, district governor for Rotary Club district 7260.

Brig. Gen. Rebecca S. Halstead, chief of Ordnance and commandant of the Ordnance Center and Schools, feels that understanding different cultures builds relationships and bridges the gaps between people from various backgrounds.

Having traveled to close to 40 countries, Halstead values the Rotary motto 'Service Above Self.'

"For us [Soldiers], service is a value we are willing to die for, but more importantly service is a value we are willing to live for," Halstead said.

Halstead spoke about the organizations and place she has been while serving in the military, and one ideal remained constant—the importance of cultivating relationships with various cultures around the world.

Rotary International cultivates international relationships through the activities through 31,936 Rotary clubs in 166 countries. Reaching out to the OC&S international military students is one of those activities.

In fiscal year 2006, OC&S had 71 international students representing 42 different countries. Six countries were represented at the dinner that night. The Aberdeen chapter of Rotary International recognized eight students from OC&S attending the dinner.

"I'd like to say thank-you on



Rotary Club District Governor Pat Kasuda presented guest speaker, Brig. Gen. Rebecca S. Halstead, chief of Ordnance and commandant of the Ordnance Center and Schools a certificate of appreciation Nov. 13 at the Rotary Club International dinner honoring OC&S military international students in Aberdeen.

behalf of the international students here tonight," said 2nd Lt. Naif Al Sahali, international student from Saudi Arabia. He is attending the Basic Officers Leadership Course at OC&S.

OC&S offers 20 courses to its international students. Courses range in topics from being an officer, warrant or ordnance, to gaining skills in mechanics and repair on a variety of systems like artillery, small arms or power generators.

OC&S provides a learning environment in the classroom and in the surrounding community via trips

with the Field Studies Program in the International Military Student Office at the school.

"Our goal is to provide a well-rounded experience for the students while they are guests in our country," said Ron Seldon, Field Studies Coordinator at OC&S.

The dinner concluded with the Rotary Four-Way Test consisting of four questions members ask themselves when they take action: Is it the truth? Is it fair to all concerned? Will it build good will and better friendships? Will it be beneficial to all concerned?

Push 'OS' for outer space in this elevator



Photos courtesy of MATTHEW ABRAMS
Matthew Abrams, far right, and friends make preparations on Abrams climber at the recent space elevator competition at the Las Cruces, N.M. airport. The competition was sponsored by NASA and the Spaceward Foundation.

Story by
DAVE DAIVSON
ARL Public Affairs

An elevator that will lift you into outer space may seem pretty far-fetched, but NASA wants one and Dr. Matthew Abrams is working on it.

Abrams, a post doctoral researcher working at the Ordnance Materials Branch of the U.S. Army Research Laboratory's Weapons and Materials Research Directorate at Aberdeen Proving Ground, designed and built a working concept model of a space elevator climber and participated in his second NASA-sponsored Centennial Challenge competition held at the Las Cruces, N.M., airport last month.

"The competitions are intended to encourage the development of climber technology for future space elevators," he said.

Hypothetically, a space elevator is a structure that could transport humans and cargo from the earth's surface up a tether to a satellite in

geosynchronous orbit above the planet (a circular, equatorial orbit about 20,000 miles or more high that matches the rotation of the Earth), Abrams explained. As the planet rotates, the inertia at the end of the tether counteracts gravity and keeps the cable taut by centrifugal force. Climber vehicles can then climb the tether and escape the earth's gravity without the use of rocket propulsion carrying loads that can be picked up by a ship or space station.

NASA's challenge offered \$150,000 to the team whose climber could carry the most weight up a ribbon-like tether in the fastest time. A minimum speed of 1 meter per second was required.

Twelve teams participated including Abrams' Starclimber team.

The rules also required that instead of carrying fuel, the climbers had to be powered by energy beamed to it in some form. The

competing teams used spotlights, lasers and, in one case, microwaves to power their climbers. Abrams, however, chose to use solar power.

"My team felt solar power was a better long-range concept since ground-based light sources lose intensity as the climber gets farther from earth while sunlight remains strong, he explained.

The teams financed, designed and built their climbers. Costs varied with some climbers costing more than \$30,000. Abrams' climber was the least expensive costing \$7,000 and featured flexible solar cells stretched across a kite-like design.

"We received some contributions but mostly it was my money," Abrams said.

In the end, none of the teams won the big prize although a team from the University of Saskatchewan came close by climbing 55 meters in 57 seconds just missing the one meter per second minimum, Abrams said.

Higher than anticipated winds tore up Abrams kite-like climber as it climbed the tether in the finals and it was unable to finish.

"It needed to be more robust," he said. However, Abrams said he was happy to have done well in the qualifying run to get into the finals. It was an improvement over his first competition in the 2005 Challenge at which he didn't qualify.

NASA/Spaceward Foundation

will sponsor another Challenge next year with prize money of one-half million dollars but Abrams doesn't know if he will compete.

"Without sponsorship, we probably won't be able to afford it," he said.

Although it put a dent in his bank account and required hundreds of hours of late night and weekend work, Abrams said "it was worth it to compete."

He found the technical challenges of the competition interesting and said he gained some crossover knowledge that he can apply to his job at ARL where he works on high temperature materials and electromagnetic systems.

Abrams said he was especially impressed with the camaraderie between the participants.

This was particularly important to Abrams since his teammates, Alan Diaz of Georgia and Ash Gokhale from the District of Columbia, weren't able to make the trip to Las Cruces so he went alone. However, he said he got a lot of help from Team Recens from Barcelona, Spain. That team's climber was lost in shipping and never arrived for the competition so they kind of became unofficial members of Abrams Starclimber team. He added that all of the teams at the competition were willing to help each other.

"We all want to get out in space and whoever can do it, it's a good thing," he concluded.



Matthew Abrams works on his climber in the workshop area at the competition.

Ceremony

From page 2

the Vietnam War as it has affected the world today.

Haker said the number of advisers under Kennedy increased from a few hundred to nearly 17,000 and later in 1965 the "first ground troops arrived as Johnson increased the U.S. involvement."

He said during the mid to late 60s there were 3.5 million in uniform compared to about one million in uniform today.

In 1968, the U.S. census was about 200 million and there were 535,000 stationed in Vietnam, he said.

Today there are 300 million peo-

ple in the U.S. and there are about 140,000 in Iraq "so the impact of knowing someone serving or killed in Vietnam was much more probable," he said.

In Haker's high school class of 98, two people were killed within 18 months of graduating and two more died two years later, he said.

Haker explained he joined the military because of the draft. The Reserve Officers Training Corps at his school offered options.

"My decision to complete the college ROTC program was easy, either be drafted upon graduation or sign up for college and earn commission as a lieutenant," he said.

He made the Army a career retiring as a lieutenant colonel.

Haker was assigned to the 101st

in the Hue and Quang Tri areas of Vietnam.

He said replacement Soldiers were deployed, taking 30 days of leave before leaving for overseas.

Deploying to and returning from Vietnam was different because that was done "on an individual basis versus the unit deployment conducted for most units today," Haker said. "We left and returned individually with no fanfare."

He also showed a photo of his wife placing a tiger's tooth on a chain around his neck. It had been given to him by his company commander while assigned to the 82nd Airborne prior to his departure in August, 1971.

The tiger's tooth was a good luck charm, Haker said.

He said he gave the tiger's tooth to his daughter and son-in-law who wore it during three deployments in Afghanistan and Iraq.

Haker also talked about the monsoons he experienced while serving as an infantry company commander with the 101st Airborne at Quang Tri near the Demilitarized Zone.

"It would drizzle for most of the day and rain the rest," he said. "You couldn't stay dry. It was very miserable."

Haker touched on the transition after his return saying "it was somewhat easier than most as I remained in the Army and delayed my transition back to civilian life until retirement."

O'Neill gave the veterans RDE-COM and AMSAA coins for participating in the ceremony.



Your health is KUSAHC's goal



Active duty survivor benefits enhanced

Refunds follow for TRICARE claims paid at retiree rate

TRICARE Management Activity

Section 715 of the National Defense Authorization Act for fiscal year 2006 extends transitional survivor status at the active duty family member payment rate for surviving children of service members who died while serving on active duty for more than 30 days.

The law also enhanced TRICARE benefits for surviving children and spouses of deceased active duty service members.

The enhancements are retroactive for dates of death on or after Oct. 7, 2001, and apply only to medical benefits and payments rates.

The Department of Defense and TRICARE Management Activity will implement these changes on Nov. 1, 2006.

Under the new law, minor children and unmarried dependent children remain in transitional survivor status, at the active duty payment rate, until

they reach age 21, or up to age 23 if they are enrolled full-time in a secondary school or institute of higher learning (and if, at the time of death, they relied on their sponsor for more than 50 percent of their financial support). These children remain transitional survivors until they reach the eligibility age limit, marry or otherwise become ineligible for TRICARE.

Children and unmarried dependent children incapable of self-support because of a mental or physical disability (incapacitated) remain in transitional survivor status for the longer of: three years from the sponsor's death, age 21, or up to age 23 if they are enrolled full-time in a secondary school or institute of higher learning (and if, at the time of death, they relied on their sponsor for more than 50 percent of their financial support).

During the transitional survivor time period, eligible children and surviving spouses are eligible to enroll in TRICARE Prime, the TRICARE

Prime Remote for Active Duty Family Members program, Overseas Prime and Global Remote. Normal TRICARE Prime enrollment rules apply.

Transitional survivors are also eligible for active duty-specific programs such as the Extended Care Health Option and hearing aids. Eligibility for these additional programs and benefits is retroactive to Oct. 7, 2001, or the day TRICARE implemented the program, whichever is later.

TRICARE will reprocess medical claims originally processed and paid at the retiree payment rate for affected surviving family members and refund the difference in enrollment fees, cost shares or copayments paid at this rate and the transitional survivor active duty family member payment rate that now applies.

TRICARE began mailing letters Oct. 20 to the homes of all active duty survivors, children and former

active duty survivors listed in the Defense Enrollment Eligibility System whose active duty sponsor died between Oct. 7, 2001, and Oct. 31, 2006.

The letter notifies family members of their retroactive eligibility for transitional survivor benefits. It also asks them to contact their TRICARE regional contractor for guidance on reprocessing medical claims and any potential refunds due.

End of Transitional Survivor Status and Active Duty Benefits Transitional survivor status at the active duty family member payment rate for surviving spouses ends three years from the date of death of their active duty sponsor. At that time, DEERS will reflect their status as active duty survivors at the retiree payment rate. As retired family members, survivors are not eligible for TRICARE benefits under the TRICARE Prime Remote for Active Duty Family Members program,

Overseas Prime. They remain, however, eligible for TRICARE Prime, Extra and Standard benefits at the retiree family member payment rate.

Survivors (retirees) are also not eligible for active duty-specific programs and benefits such as ECHO and hearing aids as these programs are not available to retirees.

After the transitional survivor period ends, surviving spouses and incapacitated dependent children who become entitled to Medicare Part A due to age (65), disability or end stage renal disease, must purchase Medicare Part B in order to remain TRICARE eligible. To avoid the Medicare surcharge for late enrollment, surviving active duty family members must purchase Medicare part B coverage when they first become eligible.

For more information, see the TRICARE Survivor Web page, www.tricare.osd.mil/survivors/default.cfm.

Walking - a step in the right direction

Story by
LISA YOUNG
USACHPPM

Walking is one of the safest ways to be physically active. It is a low-impact exercise for people of all ages. It is inexpensive and can be done almost anywhere, at any time. Hippocrates said that "walking is man's best medicine."

Walking can:

- Increase energy.
- Tone muscles, easing back pain.
- Reduce stress, helping to relax and sleep better.
- Manage body weight by burning more calories and controlling appetite.
- Reduce risk of heart attack and type 2 diabetes.
- Manage high blood pressure and diabetes.
- Slow osteoporosis bone loss.

Before starting on a walking program, consult a healthcare provider to be sure there is no health problem or physical reason that would limit plans. Keep the following points in mind for a safe and effective walking program:

- Choose safe places to walk with several different walking routes for variety.
 - Schedule time in the daily routine that will be the most consistent.
 - Find a partner or group of people to walk with.
 - Wear walking shoes that will cushion the feet and absorb shock.
 - Wear clothes that will stay dry and are comfortable.
 - Wear a hat—a warm knit cap in the winter and a baseball cap or visor in the summer.
 - Begin with a warm-up, walking slowly for three to five minutes. Gradually increase speed to a moderate pace for the main routine. Cool down by ending with a slow walk for five minutes.
 - Do light stretching afterwards for the calf, front and back of the thigh, hip and lower back.
 - Walk at least three to five times per week. Increase effort by walking faster, going further or walking longer. To prevent injury, do not increase intensity and distance or time in the same week. If walking less frequently, progress more slowly.
 - Drink water before, during and after the walk.
 - Do not wear headphones and stay aware of surroundings.
 - Wear bright colors or reflective tape after dark for better visibility to motorists.
- Walking is a great exercise because it's so



simple. However, if posture is poor or movements are exaggerated, risk of injury increases.

To avoid injury, use a walking technique that will keep the chin up, shoulders slightly back, heels touching the ground first with toes pointed forward and weight rolling forward, and arms swinging at the sides. While speeding up, it may be more efficient and comfortable to bend the elbows up to 90 degrees.

A successful walking program that lasts a lifetime takes commitment. As motivation, keep a record of how many steps taken, the distance walked or how long it takes. Using a pedometer makes it easy and fun. Pedometers attach to the waistband, detect body motion, count footsteps, and display calories burned, distance walked and time elapsed.

Sometimes interruptions may occur to the walking program. Don't let a few days off sabotage a plan for fitness and improved health. Keep from getting discouraged by setting realistic goals such as 15 minutes three times a week, gradually progressing to 30 minutes five days a week.

Include simple lifestyle changes that will increase daily walking time, like taking the stairs, parking at the end of the parking lot, or walking the dog twice a day.

Even though the first steps of any new habit can be difficult, keep goals in mind.

Once that first step is taken, the way to a worthwhile and beneficial journey to better health is only steps away.

For more information on walking, visit <http://win.niddk.nih.gov/publications/walking.htm>, <http://www.hooah4health.com/body/fitness/startwalkin.htm> and <http://www.mayoclinic.com/health/walking/HQ01612>.

Flu shots available for high risk patients at Kirk

Story by
DR. CHARLES E. MCCANNON
KUSAHC

Kirk U.S. Army Health Clinic recently received a limited supply of influenza vaccine, including single dose preservative-free vaccine. Kirk will be offering the influenza vaccine to all high risk beneficiaries, as defined by the CDC, on a first come, first serve basis. Patients will need to call the Immunization Clinic at 410-278-1746 before coming to KUSAHC for the sole purpose of getting an injectable influenza vaccine.

The current CDC recommendation for inactivated influenza vaccine is for the following persons who are at increased risk for severe complications from influenza and/or increased clinic/hospital/ER visits due to influenza:

- Children (ages 6 to 59 months).
- Children and adolescents (ages 6 months to 18 years) who are receiving long-term aspirin therapy and, therefore, might be at risk for experiencing Reye syndrome after influenza virus infection.
- Women who will be pregnant during the influenza season.
- Adults and children who have chronic

disorders of the pulmonary or cardiovascular systems, including asthma (hypertension is not considered a high-risk condition).

- Adults and children who have required regular medical follow-up or hospitalization during the preceding year because of chronic metabolic diseases (including diabetes mellitus), renal dysfunction, hemoglobinopathies, or immunodeficiency (including immunodeficiency caused by medications or by human immunodeficiency virus [HIV]).

- Adults and children who have any condition (e.g., cognitive dysfunction, spinal cord injuries, seizure disorders, or other neuromuscular disorders) that can compromise respiratory function or the handling of respiratory secretions or that can increase the risk for aspiration.

- Residents of nursing homes and other chronic-care facilities that house persons of any age who have chronic medical conditions.
- Persons over 50 years of age.

The Immunization Clinic hours for flu vaccinations are Monday and Thursday, 7:30 a.m. to noon, Wednesday, 7:30 a.m. to noon and 1 to 4 p.m., and Friday 1 to 4 p.m. The telephone number is 410-278-1746.

Understanding HIPAA privacy, security at TRICARE

OSD

On Aug. 21, 1996, Congress enacted the Health Insurance Portability and Accountability Act of 1996 to combat waste, fraud and abuse; improve portability of health insurance coverage and simplify health care administration.

Who must comply with HIPAA?

All military and civilian health care plans, health care clearinghouses and health care providers who electronically conduct certain financial and administrative transactions must comply with HIPAA. TRICARE, military treatment facilities, providers, regional contractors, subcontractors and other business associate relationships fall within these categories.

What is protected health information?

HIPAA protects your identifiable health information, including demographics, in paper, electronic or oral form. Protected health information is not limited to the documents in your official medical record. It may also include your name, address, Social Security number and other data that may reveal your identity.

TRICARE'S notice of privacy practices

The Notice of Privacy Practices establishes basic patient rights regarding how military treatment facility staff may use and disclose protected health information and how to protect health information. Patients may get a copy in their military treatment facility or on the Web at <http://www.tricare.osd.mil/TMAPrivacy/hipaa/hipaacompliance/NOPP.cfm>. The notice is available in a large print edition, 10 other languages, Braille and an audio version.

Privacy officers

All military treatment facilities have privacy officers who serve as an advocate for privacy issues. They respond to questions about protected health information. For questions about the notice of privacy practice or rights, contact your local Privacy Officer. For more privacy information on the TMA Privacy Office Web site, visit <http://www.tricare.osd.mil/tmaprivacy>

How the Privacy Rule protects the patient

The HIPAA Privacy Rule lets medical staff use and disclose protected health information for treatment, payment and health care operations without written authorization. Most other uses and disclosures require a patient's permission. Under the Privacy Rule, patients have the right to:

- Receive a military health system Notice of Privacy Practices.
- Request access to protected health information.
- Request amendment of protected health information.
- Request an accounting of protected health information disclosures.
- Request restriction on protected health information use and disclosure.
- File a complaint regarding privacy infractions.

For more information about HIPAA, visit the TRICARE Web site at <http://www.tricare.osd.mil/hipaa> or contact the local military treatment facility privacy officer. Enrollees may also send specific HIPAA questions to hipaamail@tma.osd.mil.

HIPAA security rule

The security rule specifies a set of business processes and technical requirements that providers, health plans and healthcare clearinghouses must follow to ensure the security of private health care information. The security rule addresses three areas:

- Administrative safeguards: Practices designed to manage the selection and implementation of security measures and the conduct of personnel that access, view, process and distribute electronic protected health information.
- Physical safeguards: Processes that protect physical equipment and related buildings from natural and environmental hazards as well as from physical intrusions.
- Technical safeguards: Technical mechanisms and processes designed to protect, control and monitor access to information.

For HIPAA Security information, visit the TMA Privacy Office Web site at <http://www.tricare.osd.mil/tmaprivacy> or send questions to PrivacyMail@tma.osd.mil.

LEAVE DONATIONS

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

Employees eligible for donations in the Voluntary Leave Transfer Program

James Addas
Sarah Blevins
William Bond
Debra Bonsall (daughter has brain tumor)
Janet Cannedy
Leroy Carter
Rogelio Chevannes
John Daigle
Shelia Davison (benign paroxysmal positional

vertigo)
Marc Devecchio
Susan Gorhan
Shirley Gross
Hester Hayes
Rick Jernigan
Carolyn Johnson
Beverly King (caring for husband)
Lydia Langley
Louis McCarter

(kidney failure)
Sandra Miller
Trudie Norman
Mary Pettitway
DeAnna Sampson
Barbara Seker
Joan Tæuber
Alison Tichenor
Christine Wheaton
Louis Winters
Charles Young

LAW

Active duty reservists get relief on retirement plan payments Refunds of 10 percent tax available back to 2001

IRS

Military reservists called to active duty can receive payments from their individual retirement accounts, 401(k) plans and 403(b) tax-sheltered annuities, without having to pay the early-distribution tax, according to the Internal Revenue Service.

"More than 26,500 reservists and National Guard troops serve in Maryland," said IRS spokesperson Jim Dupree. "Reserve and National Guard troops called to active duty after Sept. 11, 2001, are eligible for tax relief."

The newly-enacted Pension Protection Act of 2006 eliminates the 10-percent early-distribution tax that normally applies to most retirement distributions received before age 59. The new

law provides this relief to reservists called to active duty for at least 180 days or for an indefinite period.

Eligible reservists activated after Sept. 11, 2001, and before Dec. 31, 2007, qualify for relief from this tax. This tax is often referred to as the 10-percent early-withdrawal penalty. Regular income taxes continue to apply to these payments in most cases.

Early distributions from both Roth and traditional IRAs received by a reservist while on active duty qualify for this relief. Likewise, a reservist's elective contributions and earnings distributed to him or her by employer-sponsored 401(k) plans and 403(b) tax-sheltered annuities also qualify for this relief.

Because this relief is retroactive, eligible reservists who already paid the 10-percent tax can claim a refund by using Form 1040X to amend their return for the year in which the retirement distribution was received. Eligible reservists should write the words, "active duty reservist," at the top of the form. In Part II Explanation of Changes, the reservist should write the date he or she was called to active duty, the amount of the retirement distribution

and the amount of early-distribution tax paid.

Reservists can choose to re-contribute part or all of these distributions to an IRA. Ordinarily, these special contributions must be made within two years after the reservist's active-duty period ends. However, if the reservist's active duty ended before Aug. 17, 2006 (the date the new law was enacted), he or she will have until Aug. 17, 2008, to make these special contributions. No deduction is available for these contributions.

ATTENTION ALL SOLDIERS

Soldiers charged and found guilty of a crime, could face confinement, loss of rank and discharge from the Army.

The APG Trial Defense Service office handles all types of military criminal matters, including felonies, misdemeanors and summary offenses against Soldiers.

Any Soldiers questioned by their chain

of command or the police, advised of their rights or apprehended, should immediately request to speak to an attorney. With so much at stake, it is important to contact an attorney as soon as possible to protect a Soldier's rights and liberty.

Until given the opportunity to consult with an attorney, remember the "4 No's:"

NO

Waiver of rights
Statements (oral or written)
Polygraphs
Consent to be searched

For more information regarding these issues, or a Soldier's rights involving a military criminal matter, call the APG Trial Defense Service office, 410-278-2156 or DSN 298-2156.

IRS announces 2007 Standard Mileage Rates

IRS

The Internal Revenue Service issued Nov. 7 the 2007 optional standard mileage rates used to calculate the deductible costs of operating an automobile for business, charitable, medical or moving purposes.

Beginning Jan. 1, 2007, the standard mileage rates for the use of a car (including vans, pickups or panel trucks) will be:

- 48.5 cents per mile for business miles driven,
- 20 cents per mile driven for medical or moving purposes, and
- 14 cents per mile driven in service to a charitable organization.

The new rate for business miles compares to a rate of 44.5 cents per mile for 2006. The new rate for medical and moving purposes compares to 18 cents in 2006. The primary reasons for the higher rates were higher prices for vehicles and

fuel during the year ending in October.

The standard mileage rates for business, medical and moving purposes are based on an annual study of the fixed and variable costs of operating an automobile. Runzheimer International, an independent contractor, conducted the study for the IRS.

The mileage rate for charitable miles is set by statute.

A taxpayer may not use the business standard mileage rate for a vehicle after using any depreciation method under the Modified Accelerated Cost Recovery System, after claiming a Section 179 deduction for that vehicle, for any vehicle used for hire or for more than four vehicles used simultaneously.

Revenue Procedure 2006-49 contains additional information on these standard mileage rates.

2007 inflation adjustments widen tax brackets, expand tax benefits

IRS

Personal exemptions and standard deductions will rise, tax brackets will widen and income limits for IRAs will increase in 2007, thanks to inflation adjustments announced Nov. 9 by the Internal Revenue Service.

By law, the dollar amounts for a variety of tax provisions must be revised each year to keep pace with inflation. As a result, more than three dozen tax benefits, affecting virtually every taxpayer, are being adjusted for 2007.

Key changes affecting 2007 returns, filed by most taxpayers in early 2008, include:

- The value of each personal and dependency exemption, available to most taxpayers, will be \$3,400, up \$100 from 2006.

- The new standard deduction will be \$10,700 for married couples filing a joint return (up \$400), \$5,350 for singles and married individuals filing separately (up \$200) and \$7,850 for heads of household (up \$300). Nearly two out of three taxpayers take the standard deduction, rather than itemizing deductions, such as mortgage interest, charitable contributions and state and

local taxes.

- Tax-bracket thresholds will increase for each filing status. For a married couple filing a joint return, for example, the taxable-income threshold separating the 15-percent bracket from the 25-percent bracket will be \$63,700, up from \$61,300 in 2006.

In 2007, for the first time, inflation adjustments will raise

the income limits that apply to the retirement savings contributions credit, contributions to a Roth IRA and deductible contributions to a traditional IRA where the taxpayer or the taxpayer's spouse is covered by a retirement plan at work.

Revenue Procedure 2006-53, containing a complete run-down of inflation adjustments is posted on the IRS Web site.

Visit APG
News
online at
[www.
apgnews.
apg.army.mil](http://www.apgnews.apg.army.mil)