

POST SHORTS

Recycling schedule

The residential and recycling pickup schedule for April 18 is plastic, glass and metal. Put items in blue bags and place them on the curb.

Noise alert

The U.S. Army Aberdeen Test Center will conduct several large detonations today and tomorrow which are likely to generate sound and/or vibration outside the installation boundaries.

If weather conditions are not favorable, firing may be rescheduled.

A firing program also is scheduled for evenings, 10 p.m. to 7 a.m. through May 25 (except Sundays).

For more information, call 410-278-1147 or 800-688-8705.

Specialty Meal April 17

The fifth annual Installation Food Service Office/SQFC Specialty Meal will be held April 17 in the APG North dining facilities, buildings 4503 and 4219 and the APG South dining facility, building E-4225, 5:30 to 7 p.m. During this event all military personnel, family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.65 applies to any officer, enlisted member, and family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$3.15 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

The IFSO/SQFC Specialty Meal Menu includes: Maryland crab soup, prime rib of beef with aujus, shrimp scampi, lemon baked fish, fried oysters, chicken cordon bleu, baked macaroni and cheese, garlic mashed potatoes, buttered corn, green beans almondine, zesty rotini salad, broccoli salad, cole slaw, salad bar with assorted toppings, hot rolls, assorted breads, big chocolate chip cookies, cheese cake with maple pecan sauce, soft serve ice cream with assorted toppings, assorted condiments and assorted beverages.

Note: Menu is subject to See SHORTS, page 6

ISSUE HIGHLIGHTS

- Page 2...** ASAP offers alcohol screenings
- Page 3...** Reporting spills
- Page 4...** KUSAHC Health Notes
- Page 7...** Community Notes
- Page 8...** NSPS on communication, feedback
- Page 9...** Commentary on taking sick leave
- Page 10...** MWR
- Page 14...** Army News
- Page 14...** Profiling the Adjutant Office

Former OC&S general inducted into Aberdeen High School Hall of Fame

Story by **HEATHER TASSMER**
APG News

A former chief of Ordnance and commanding general of the U.S. Army Ordnance Center and Schools returned to his roots when he became a member of the Aberdeen High School Hall of Fame during an induction ceremony April 2.

Maj. Gen. Mitchell H. Stevenson, commanding general of the U.S. Army Combined Arms Support Command and Fort Lee, Va., is a 1970 graduate of AHS who served as chief of Ordnance and OC&S commander from 2000 to 2003.

"The purpose of the Hall of Fame is to recognize prestigious members of Aberdeen's graduating classes who give back to the community," said Kersten Freda, school psychologist and chairperson of the AHS Hall of Fame committee.

"When choosing new members for the Hall of Fame, we look for graduates who are phenomenal examples for kids," she said.

Stevenson served as a positive role model when he talked to the students after the Sept. 11 terrorist attacks on the nation and spoke at the 2002 commencement, she said.

Maj. Gen. Vincent E. Boles, former OC&S commander, nominated Stevenson for the second annual Hall of Fame and wrote about his many contributions to the Ordnance Corps including "lead-



Maj. Gen. Mitchell H. Stevenson, commanding general of the U.S. Army Combined Arms Support Command and Fort Lee, Va., and Megan Smith, a senior at Aberdeen High School, listen attentively at the 2007 AHS Hall of Fame induction ceremony. Stevenson, a former commanding general for the U.S. Army Ordnance Center and Schools and 1970 Aberdeen High School graduate, was one of three to be inducted in the hall of fame for his contributions to the Aberdeen community. Rick Morris, the school's art teacher, painted Stevenson's and the other inductees' portraits.

ing the effort to have OC&S accredited by nationally recognized standards organizations such as the American Welding Society and the Electronic Technicians Association and continuing outreach programs to support recruiting efforts

of local reserve and Reserve Officers' Training Corps." During his opening remarks, Thomas Szerensits, AHS principal said, "Today we celebrate Aberdeen High School's illustrious past and also its promising

future. The inductees with us today stand as prime examples of the illustrious heritage of Aberdeen." He added that the student ambassadors who introduced the guest

See FAME, page 15

Protecting the future

Story by **AIDA E. RIVERA**
ACS

Nationally, the month of April is recognized as Child Abuse Prevention Month, and the Aberdeen Proving Ground community is joining the nation in commemorating the month with a series of events and activities aimed at heightening awareness and preventing child abuse.

Army Community Service kicked off this year's recognition at the ACS Egg Hunt Extravaganza, which took place at Capa Field March 31.

"Spiderman was there to help launch the month," said Aida E. Rivera, family advocacy program manager. "He conducted a child safety presentation and was available for photos with the children."

It was a great time for parents who came out and spent some quality time with their children, while gaining valuable information for keeping their children safe, Rivera said.

The Department of the Army's theme for this year's child abuse prevention and awareness campaign is "Today's Children are Tomorrow's Future."

The theme, said Celestine Beckett, ACS director, helps to remind us that we all have a vital role to play in shaping our children's future.

"What we deposit into our children today forms the foundation of who they will become tomorrow," Beckett said. "A better future for them means a better future for all of us."

Several other activities are planned throughout the month of April to include a special guest speaker, Ken Wooden, personal safety expert and founder of Child Lures Prevention.

Wooden will be presenting a Child Safety and Lures Prevention Seminar, 6 to 8 p.m., April 24, at the Edgewood High School Auditorium. This seminar is based on 20 years of investigative reporting by Wooden that included interviews with hundreds of convicted child predators.

"The event is being brought to the community as a collaborative effort between the ACS Family Advocacy Program and Harford County Public Schools, and is open to the general public," Beckett said. "This is a great seminar. Ken's positive approach leaves participants feeling educated, prepared and optimistic. He keeps everything in its proper perspective and stresses that crimes against children are largely preventable."

Wooden has been featured on "Oprah," "The Today Show," "CNN," and more recently on the popular morning talk show, "The View." Registration for the event is required and is limited to 750 participants. Register by calling the ACS Family Advocacy Program, 410-278-7478 or 410-278-2435.

Everyone is encouraged to learn more about child abuse prevention and resources available on and off APG by contacting the ACS Family Advocacy Program, 410-278-7478, and to report known or suspected child abuse to the APG Reporting point of contact, 410-306-2222.

What child maltreatment means to society

- A child who is abused or neglected is 59 percent more likely to be arrested as a juvenile than other children.
- Abuse and neglect increases the likelihood of adult criminal behavior by 28 percent and violent crime by 30 percent.
- As many as two-thirds of the people in drug treatment programs reported being abused as children.
- An estimated one-third of abused and neglected children will eventually victimize their own children.
- It is estimated that \$94 billion is spent each year in out-of-home care, health and mental health care, special education, juvenile justice, and adult crime to address the effects of child maltreatment.

(Editor's note: Source is Long-Term Consequences of Child Abuse and Neglect, April 2006. Retrieved from <http://www.childwelfare.gov/>)

APG to celebrate Law Day

Story by **HEATHER TASSMER**
APG News

The commander of Aberdeen Proving Ground and the U.S. Army Research, Development and Engineering Command signed a proclamation April 3, making April 26 the official date for Law Day on the installation.

Law Day is observed to celebrate how the law and the legal process contribute to Americans' freedoms.

This year's theme, chosen by the American Bar Association, is "Liberty Under Law: Empowering Youth, Assuring Democracy."

"All youth need to understand their rights and responsibilities under the law to become effective participants in our nation's civic life," the proclamation reads. "We all play a role in assuring America's future by addressing the needs of youth and focusing on the issues that affect them today."

Maj. Gen. Roger A. Nadeau, commander of APG and RDECOM, commented on the importance of the observance after signing the proclamation. "The value of recognizing Law Day publicly is to cause

people in the profession to think about the profession," Nadeau said.

He said the day is also to recognize law professionals.

"These special proclamations and special days are to highlight those who do things that go invisible to most but the benefits of which are enjoyed by the masses," Nadeau said.

Lt. Col. Don F. Pollack, staff judge advocate, said, "Thomas Jefferson said, 'the law serves the people,' and Law Day is a testament of that."

"Law Day is important because so many people have a limited knowledge of the legal system and how it works," said Marie Antoinette Joiner, acting chief and supervising attorney of OSJA's Client Services Division. "Celebrating Law Day empowers the public at large."

Law Day Luncheon April 26

The OSJA is hosting a Law Day luncheon for the APG community 11:30 a.m. to 1:30 p.m., April 26, at Top of the Bay.

Joiner and Maj. Grace Moseley, civil law attorney with the Administrative and Civil Law Division, are coordinating the event.

See LAW DAY, page 4

Easter celebrated during sunrise service

Story and photo by **YVONNE JOHNSON**
APG News

Early risers gathered to celebrate the Christian resurrection during the Aberdeen Proving Ground Easter Sunrise Worship service at the Post Theater April 8.

Hosted by APG chaplains and the U.S. Army Ordnance Mechanical Maintenance School, the program featured an Easter message by Chaplain (Maj.) Damon Onellion, 61st Ordnance Brigade.

The OMMS was prominently featured in the annual observance. Col. Bobby A. Towery, commander of the 61st Ordnance Brigade, delivered a scripture reading from the Old Testament and Brigade Command Sgt. Maj. Anthony Slater read from the New Testament. In addition, Chaplain (Capt.) Scott Thompson delivered the call to worship



From left, 61st Ordnance Brigade commander Col. Bobby A. Towery and Command Sgt. Maj. Anthony Slater, 143rd Ordnance Battalion, chaplain (Capt.) Scott Thompson and chaplain (Capt.) Randy Thomas, 16th Ordnance Battalion, sing "Because He Lives" during the Easter Sunrise Worship service at the Post Theater April 8.

and Chaplain (Capt.) Randy Thomas gave the benediction. The two also led the Eucharist service.

In addition, the APG Gospel choir performed "O Magnify the Lord" and the Protestant choir sang "Arise, Shine."

Onellion focused his remarks on what life must have been like for the first disciples. He reviewed historic events and leaders like Moses, Joshua and Solomon, who led followers centuries before the birth of Christ, and described their devotion to the Messiah and his teachings which they carried on after the crucifixion and resurrection.

"The disciples saw freedom as a sign of God, so when Jesus began to free them, they accepted him as the Messiah," Onellion said.

He said that the succession of miracles performed by Christ only increased that faith and that even when threatened with crucifixion most disciples did not deny Christ.

"Two thousand of his followers were put to death, hung on crosses on roads going in and out of Rome for weeks [after the crucifixion]," he said.

"Jesus died the death for us," he said. "Since death came through a human being, the resurrection also had to come through a human being."

Onellion said that he chose the morning theme to promote an understanding that the disciples were also human.

"I feel that these were real people with real lives and real emotions and that God would have me tell what was going on with their lives," he said.

Listeners said that the lesson was not lost on them.

"I thought it was pretty detailed," said Pvt. Chris Rhodes, 16th Ordnance Battalion. "He brought up some pretty good points."

"It was very nice," added Pvt. Deon Barrington, Company C, 16th. "I got more information out of this than from any other service."

Preventing substance abuse on APG

Maintaining alcohol awareness

ASAP Office

"The Army Substance Abuse Program continues to provide up-to-date and important alcohol use and abuse information to ensure that our community members have the best information to make the best choices," said Cindy Scott, ASAP Prevention coordinator. "The questionnaire below is another awareness tool to help people realize if they have a problem."

Questionnaire

Do you have alcohol use concerns about a family member or friend?
How can you recognize signs of an alcohol problem in someone you care about?

Check all that apply:

- Guilt about drinking
- Drinking to calm nerves, forget worries or boost a sad mood
- Unsuccessful attempts to cut down/stop drinking
- Lying about or hiding drinking habits
- Causing harm to oneself or someone else as a result of drinking
- Needing to drink increasingly greater amounts in order to achieve desired effect
- Feeling irritable, resentful, or unreasonable when not drinking
- Medical, social, family or financial problems caused by drinking
- Spending a great deal of time getting alcohol or drinking alcohol
- Drinking in risky situations such as before driving or engaging in unwanted/unprotected sex

(Source: Adapted from Greenfield, S. Educational Lecture for National Alcohol Screening Day, 1999. Updated by Richard Saitz, MD, MPH.)

Interpretations

If any of the questions were checked, consider talking with a health care professional or contacting the Army Substance Abuse Program Employee Assistance Program manager, Bill Sanchious, 410-278-5319, for assistance.

Helping friends or family member

Let the friend or family member know that risky drinking can lead to more severe alcohol problems including alcohol dependence (alcoholism), as well as injuries and unwanted/unprotected sex.

Seek out resources in the local community such as AA, Al-Anon, and Alateen, as well as mental health clinics, therapists, clergy, doctors and social workers who are knowledgeable about alcohol problems. Don't let pride or fear block efforts to get help for anyone.

Use the resources. Encourage friends or family members to get help, but remember the only person who can change is the person with the problem. Don't hesitate to use available resources.

Don't make excuses for the drinker. Family members often try to protect a loved one from the consequences of his or her drinking by making excuses to others. Making excuses allows the loved one to avoid changing for the better.

Choose a good time to talk with the drinker, such as shortly after an alcohol-related problem has occurred. Choose a time when he or she is sober, when both parties are calm and speak privately.

Be specific. Express concern to the friend or family member and be supportive in getting help. Back up concerns with examples of the ways in which his or her drinking has caused problems for both parties, including the most recent incident.

Seek out the people and resources for support. There is hope and practical help available.

For information, educational materials, or prevention education training or classes, contact Scott, 410-278-3784, Cynthia.Scott1@apg.army.mil, or William Sanchious, Employee Assistance Program manager, 410-278-5319, William.Sanchious@apg.army.mil, stop by building 2477, and speak with someone on the ASAP staff or visit the ASAP Web site <https://apgrc2gag-intra.apg.army.mil/apg/ASAP/>.



Retired Lt. Col. Randy Conlon, an intelligence analyst with the Edgewood Chemical Biological Center, left, fills out a survey as Army Substance Abuse Program prevention specialists Samson Robinson, center, and Cindy Scott look on at the National Alcohol Screening Day booth in the APG South Shoppette April 5.

Organizations host alcohol screenings

Story and photo by **YVONNE JOHNSON**
APG News

To celebrate Alcohol Awareness Month the Army Substance Abuse Program held National Alcohol Screening Day information booths at four locations.

It was the first time the screenings branched out to other locations according to Cindy Scott, prevention specialist.

Along with booths at the Main Exchange and the Edgewood Shoppette, personnel at Kirk U.S. Army Health Clinic held screenings in the clinic's foyer and the U.S. Army Center for Health Promotion and Preventive Medicine sponsored a lunch session, Scott said. Volunteer screeners included personnel from the 16th and 143rd ordnance battalions.

Scott said that this year's theme focused on interactions of prescription and over-the-counter drugs and alcohol use.

"People don't realize a lot of over-the-counter medicines were once prescription medicines," Scott said.

The questionnaires tested participant's knowledge about alcohol use and its effects and queried their consumption habits. Scott said passers-by were enthusiastic about participating.

"Some even suggested that we do this at the fitness centers and gyms," she said.

National Alcohol Screening Day provides information about alcohol and health as well as free, anonymous screening for alcohol-use disorders at community, college, primary health care, military and employment settings.

OWN THE EDGE SAFETY
Composite Risk Management

Reminding cyclists of clothing requirements

DSHE

Warmer weather means riding season for motorcyclists.

Approved and required clothing for motorcyclists on APG includes:

- During the daytime, the upper body must have some type of bright colored garment. Belt and arm bands do not meet the daytime use for highly visible standards, nor do they with the requirement for brightly colored upper garments. These arm bands and belts can be used in darkness, if they are reflective. This applies to the operator and passengers when in operation.
- Rider and passenger can wear a long sleeved bright and highly visible shirt.
- If a backpack is worn during day light hours, the garment or reflective vest must cover it.
- Rider and passenger can wear a bright and highly visible jacket, or the rider can wear the orange or green retro-reflective vest over dark or unacceptable colors e.g., a rider may wear a brightly colored reflective vest over BDU. A



dark colored jacket or vest with integral retro-reflective stripes is not a brightly colored upper garment for daytime visibility.

- The bright color of the garment must be dominant or it will not meet the criteria.
- At night, the rider and passenger must have an upper body retro-reflective material/garment. This can be retro-reflective material such as a full jacket or vest, running/jogging belt worn diagonally over back and chest, or armbands on (both arms) only if they are of retro-reflective material. If a backpack is worn at night, the garment or reflective vest must cover it.

APG offers basic, experienced rider's courses

Local traffic Hazards Course II, basic, Intermediate, Basic and Experienced Riding Courses are scheduled through the next several months at building 5442, room 7, Range at Susquehanna Avenue and Havre de Grace Street. The courses are mandatory for any Soldier, civilian, or dependent who wants to operate a motorcycle on base.

Local Traffic Hazards Course II, noon to 12:30 p.m.

- April 30
- May 29
- June 18
- July 2 and 30
- Sept. 4
- Oct. 1 and 29
- Nov. 19
- Dec. 13

Intermediate Drivers Training IIIA, 12:30 to 3 p.m.

- April 30
- May 29
- June 18
- July 2 and 30
- Sept. 4
- Oct. 1 and 29
- Nov. 19
- Dec. 13

Basic Rider Course, 8 a.m. to 4 p.m., two-day course, building 5442 room 7, Range at Susquehanna Avenue and Havre De Grace Street.

The course is designed for novice riders who hold a learner's permit and his/her own motorcycle.

- May 1 and 2
- May 30 and 31
- June 19 and 20
- July 3 and 5
- July 31 and Aug. 1
- Sept. 5 and 6
- Oct. 2 and 3
- Oct. 30 and 31
- Nov. 12 and 20

Experienced Rider Course, 7 a.m. to noon, at Range at Susquehanna Avenue and Havre De Grace Street

- May 3 and 4
- June 1, 21 and 22
- July 6
- Aug. 2 and 3
- Sept. 7
- Oct. 4 and 5
- Nov. 1, 2 and 23

For more information or for registration, call H. Mike Allen, 410-306-1081 or e-mail mike.allen@apg.army.mil.

Some Del Monte, Nestle Purina products targets of pet food recall

DeCA

Commissaries worldwide have been directed to remove from their shelves certain categories of Del Monte and Nestle Purina PetCare pet products listed in separate voluntary recalls. In both instances, the recalls resulted from the discovery that the affected products contained melamine, a substance not approved for use in food.

The Food and Drug Administration had already announced the finding of melamine in pet food products related to the March 16 Menu Foods recall. In this instance, the FDA advised Del Monte and Nestle Purina that some of their products could also have been contaminated.

On March 30, Nestlé Purina announced its recall of all sizes and varieties of its ALPO® Prime Cuts in Gravy wet dog food with specific date codes. The following ALPO products have been pulled from commissary shelves:

- Prime cuts – beef (24/13.2 ounces)
- Prime cuts – beef and liver (24/13.2 ounces)
- Prime cuts – chicken (24/13.2 ounces)
- Prime cuts – turkey and bacon (24/13.2 ounces)

- Prime cuts – gourmet dinner (24/13.2 ounces)
- Prime cuts – beef, bacon and cheese (24/13.2 ounces)
- Prime cuts – London grill (24/13.2 ounces)
- Prime cuts – beef and gravy (12/22 ounces)
- Prime cuts – beef and rice (24/13.2 ounces)
- Prime cuts – lamb and rice (24/13.2 ounces)
- Prime cuts – lamb and rice (12/22 ounces)
- Prime entrée beef (24/13.2 ounces)

The recalled 13.2-ounce and 22-ounce ALPO Prime Cuts cans and 6-, 8-, 12- and 24-ounce can ALPO Prime Cuts Variety Packs have four-digit code dates of 7037 through 7053, followed by the plant code 1159. Those codes follow a "Best Before Feb. 2009" date. This information should be checked on the bottom of the can or the top or side of the multi-pack cartons.

Purina's 5.3-ounce Mighty Dog® pouch products, manufactured by Menu Foods, were previously withdrawn from the market as a precaution on March 16 as part of the Menu Foods recall.

Del Monte issued its recall March 31 for several products of which Jerky Dog Treats ("Best By" dates of Aug. 5, 7, 8, 9, 10,

15, and Sept. 2 and 3, 2008) and Pounce Cat Meaty Morsels ("Best By" dates of Sept. 4 and 9, 2008) are sold in the commissary.

The following Del Monte products have been pulled from store shelves:

- Jerky Dog Treats Beef Strips 7.5 oz.
- Jerky Dog Treats Beef 11.25 oz.
- Pounce Cat Meaty Morsels Chicken 2.3 oz.

Consumers who have any of these products should immediately stop feeding them to their pets. Pet owners whose dogs or cats have eaten the suspect feed and show signs of illness (such as loss of appetite, lethargy and vomiting) should consult with their veterinarian.

Any commissary customers who have this product at home are asked to return it to the store from which they purchased it for a full refund. Any unused portions of the product should not be consumed.

The APG Commissary has removed the products from their shelves, according to Tammy Spickler, APG store manager.

APG News

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Environmental spills cost more than money

Reporting pollution is everyone's business

Story by
YVONNE JOHNSON
APG News

The discovery of an unknown substance on the installation that went unreported for several days has prompted emergency responders to remind residents, employees and guests about the importance of reporting spills - the presence of hazardous or foreign materials in the air, water or on the ground.

In this case, the unidentified substance was determined to be harmless but costly.

Spills can be paint, gasoline, oils, cleaning products or any pollution-related substance.

"It's everyone's responsibility to report instances of pollution," said William B. Streaker, APG Fire and Emergency Services environmental protection specialist.

Streaker said that there are proper ways to dispose of paints and hazardous chemicals, and those questions should be directed to the environmental or housing office.

"No one should be pouring anything hazardous down the drain," he said.

For example, residents should go to the Automotive Crafts Center to change their oil, an activity that is not authorized in the post housing areas.

Spills impact fish, wildlife,



Photos courtesy of BILL STREAKER, DSHE

This photo and the photo below show damage to the water, soil and vegetation sustained following an accidental spill behind building E-3300 in APG South in 2004 when underground fuel tank lines ruptured leaking oil into surrounding streams and tributaries.

vegetation and the microorganisms that inhabit the bay, as well as recreational activities and the fishing industry, Streaker said.

"We want everyone to be aware that we are all owners and protectors of the environment and its infrastructure. Whether through water or soil, everything finds its way into the bay," he said.

"Prevention is the key," added James B. Budnick, assistant fire chief. "The cost for cleanup is also a big factor because a lot of resources and funds are involved in cleanup efforts.

"Although the cost has yet to be totaled for the most recent incident, identifying the product and locating the source involved the use of significant resources from the fire department for several hours," Budnick said.

"Do not hesitate to report a spill or unknown substance by calling 911," said Tim J. McNamara, director of Safe-

ty, Health and Environment. "While the situation may not seem like an emergency, calling 911 is the process we use to initiate a response and get the appropriate assets to the scene quickly. No one will be chastised for making a good-intent call."

The Directorate of Safety Health and Environment works with the Maryland Department of the Environment and the Environmental Protection Agency and reports incidents under the Clean Water Act.

To report a spill on APG, call 911.



The government spent more than \$500,000, about \$7,000 in absorbent pads alone, for the cleanup from this 2004 oil spill in APG South.



Your health is KUSAHC's goal



Register now for Force Health Protection Conference

Story by
JANE GERVASONI
CHPPM

Registration is open for the largest Department of Defense public health gathering, the Force Health Protection Conference, held this year Aug. 4 through 10 at the Galt House Hotel, Louisville, Ky.

The multidisciplinary conference, hosted by the U.S. Army Center for Health Promotion and Preventive Medicine, is open to the military and civilian public health community, including active duty military, reservists, Department of Defense civilians, Veterans Affairs and U.S. Public Health Service professionals,

educators and business partners.

The conference will provide attendees with the opportunity to increase knowledge and awareness of current issues, attend short courses for professional development, mentor, network and earn continuing education credits or continuing medical education credits.

The first three days of the conference, Aug. 4 through 6, will be skills workshops designed primarily for, but not limited to, DoD conference attendees.

The core conference begins on Aug. 7. Conference tracks will include behavioral health, dental health promotion, deployment health care, environmen-

tal health sciences and engineering, health physics and nuclear/radiological/medical sciences, health promotion for readiness, occupational and preventive medicine, veterinary sciences, science and technology, and Safety, Health and Return-to-Employment, or SHARE. Each track offers a variety of breakout sessions.

"The FHP conference is an invaluable training and networking event," said Alex Giambone, an Army Reservist and sanitary engineer currently attending The Wharton School of the University of Pennsylvania. "Personnel of all ranks will benefit from the multitude of presentations and the wide range of subjects. From operational

lessons-learned to career updates to technical training, the FHP conference offers something for everyone."

Giambone's opinion was seconded at the 2006 conference by plenary speaker Addison D. (Tad) Davis IV, deputy assistant secretary of the Army for Environment, Safety and Occupational Health.

"This conference is a great opportunity for each of you to learn a tremendous amount from other people, not just in the lecture halls, but also on the breaks and in the evening hours," Davis told conference attendees.

Last year, more than 1,700 professionals attended the conference. There were 536 presentations in 10 tracks of

study, plus 21 workshops to choose from and more than 90 exhibitors and almost 100 poster presentations.

"We expect two 2007 to be another exceptional year for the Force Health Protection Conference," said Col. Sally Hoedebeck, conference director.

There is no registration fee to attend the conference.

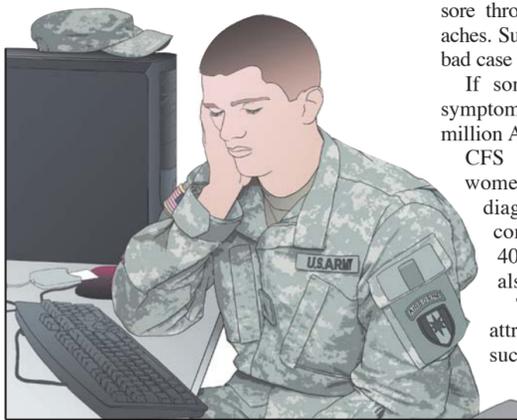
Technical presentations also are being solicited via the site, as are military and civilian exhibitors.

Registration, the call for papers and the exhibitor prospectus are available at <http://chppm-http://www.apgea.army.mil/fhp>.

Commentary--Chronic fatigue syndrome goes beyond 'tired'

Story by
KELLY L. FORYS
CHPPM

For Soldiers or their family members who suffer from chronic fatigue syndrome, being



CHPPM VISUAL INFORMATION DIVISION

tired is a way of life.

CFS is not due to laziness, and it is more than just fatigue—individuals with this disorder have endured six or more months of problems including difficulty with memory and concentration, sore throat, muscle pain, joint pain and headaches. Suffering from CFS is similar to having a bad case of the flu that will not go away.

If someone you know experiences these symptoms, he or she is not alone. More than a million Americans are also suffering.

CFS affects men and women, although women are four times more likely to be diagnosed with CFS than men. CFS most commonly affects individuals in their 40s and 50s; however, teenagers are also vulnerable.

The symptoms listed above can be attributed to many normal daily activities such as job duties, stress related to work, caring for family members and not getting enough rest.

Because it is easy to explain

away the symptoms, most who experience this intense fatigue outside of heavy training or deployment do not seek treatment. Less than 20 percent of those who have the cluster of symptoms required to diagnose CFS have actually received a diagnosis from their doctors.

A specific test to diagnose CFS does not exist. Rather, CFS is often diagnosed after conditions with similar symptoms such as thyroid disorders, cancer, depression and mononucleosis have been ruled out.

Perhaps even more devastating than the actual symptoms of CFS are the effects that the symptoms have on an individual's daily life. Those who feel tired and achy all of the time are less likely to socialize with friends and family, less likely to be productive at work and less likely to be happy with life.

In garrison, Soldiers with CFS might find that their fatigue makes it difficult to maintain the rigorous pace of training.

During deployment, the physical symptoms and fatigue that Soldiers with CFS experience

might prevent them from keeping up with the physical demands on the body that result from an increase in operational tempo. This situation can be very frustrating to both Soldiers and their commanders.

Although scientists suggest that a combination of genetic and environmental factors contribute to its development, the cause of CFS is not known. As a result, CFS cannot be readily prevented; however, maintaining a healthy lifestyle (including a diet rich in fruits, vegetables and lean protein; participating in daily exercise; and building supportive relationships) is always a good suggestion for achieving optimal health.

There is no known cure for CFS; however, medications and lifestyle changes can reduce pain and fatigue. Lifestyle changes that are recommended to improve symptoms of CFS include stress-reduction activities, gentle stretching, healthy foods, adequate sleep and moderate amounts of exercise (walking, biking, jogging, etc., for 30 minutes per day.)

Oral health of teens threatened

Story by
LT COL GEORGIA DELA CRUZ
and **JEANNIE DALMAS**
CHPPM

Tooth decay is common in teenagers, and is mainly caused by soda and sugary or starchy convenience snacks. The average teenage boy in the United States consumes 81 gallons of soft drinks each year.

Peer pressure is one reason teens drink too much soda.

One dictionary definition of peer pressure states, "Peer Pressure (n.) Pressure from one's peers to behave in a manner similar or acceptable to them."

Peer pressure overrides teens' and tweens' good health habits and causes them to make unhealthy choices just to fit in. If the "in crowd" carries soda around all day and eats sugary snacks, that becomes the standard.

Peer pressure also causes many other threats to the oral health of teens and tweens. Oral and facial piercing, grills, smoking and purging are a few.

Oral piercing (tongue, lips, cheeks or uvula) can be dangerous if not done properly. The ornaments worn usually interfere with speaking, chewing and swallowing.

Common complications of oral piercing are drooling, infection, chipped or cracked teeth, injuries to the gums, damage to fillings, scar tissue and nerve damage. Tongue studs are often accidentally bitten, causing chipped, cracked or broken teeth.

Grills are decorative covers that snap over teeth. Teens wear them to emulate celebrity icons. However, they tend to trap bacteria and food under them, causing bad breath and tooth decay. These grills have also been known to cause gum irritation, damage to the enamel of the teeth that bite against them, and even chipped teeth. Grills may be today's trend, but can cause permanent damage.

Teens and tweens also feel pressure to be physically perfect. Some even develop eating disorders such as purging, which is self-induced vomiting designed to undo the effects of binge eating. Purging can significantly impact dental health. The stomach acid that digests our food comes up with the food when a person makes himself/herself vomit. These stomach acids irritate the gum tissues and soften the hard outer layer of the tooth (enamel). The enamel will gradually dissolve (erode) after repeated exposure to stomach acid. Over time, this erosion leaves the inner, yellow tooth struc-

ture, called dentin, exposed, and sensitive. Dentin is very vulnerable to decay, and may develop multiple cavities and maybe lead to a root canal.

A dentist can easily spot the signs of purging. When acid splashes up against the teeth, it leaves a distinct wear pattern in the enamel. Purging is a serious medical problem that needs immediate attention.

Teens may also feel peer pressure to begin using tobacco. There is no safe form of tobacco. Tobacco harms the mouth, as well as the rest of the body. Smokeless tobacco wears away gums and increases risk of tooth decay and gum disease. Smokeless tobacco causes white leathery patches that can turn into mouth sores or oral cancer. Everyone knows that smoking causes yellow teeth, bad breath and wrinkles.

Smoking can also cause gum disease, jaw-bone loss, tooth loss and oral cancer. Smokers also tend to have more tooth decay than nonsmokers do.

It is difficult for teens and tweens to resist peer pressure from friends, but understanding what the consequences of poor oral health behaviors can be will help them do so. By avoiding threats to their oral health, their smiles can last a lifetime.

Law Day

From front page

The luncheon will feature four speakers: Randy Rudy, Aberdeen Police Department; Theodore Hart, Harford County Circuit Court; Peter Buckless, Maryland Department of Juvenile Services; and Don Mathis, Harford County Boys and Girls Clubs.

Theodore Hart

Hart has 30 years of professional law experience and works as a juvenile court master for the Harford County Circuit Court.

Hart said as a juvenile court master, he sees delinquency and neglected or abused children cases.

After facts are presented at the delinquent cases, he makes recommendations to the court on whether the person was responsible for the crime.

If they are found responsible for the act, he recommends to the court that the offender be placed in a detention facility or on probation, Hart said.

For the neglect or child abuse cases, he makes recommendations to the court as to whether the victims should stay at home or be placed in social services, he said.

Hart said he is excited to attend the Law Day luncheon where he will discuss how juvenile law differs from adult

law, advantages of the juvenile system and goals the court is trying to achieve with juvenile proceedings.

"Any opportunity to enlighten the community is helpful to our administration as well as the community's perception of the juvenile court," Hart said. "Law Day opens up what we do in the courtroom to the public."

"A lot of parents think it's just a slap on the hand if a child gets in trouble," he said. "Parents and victims don't understand until they go through the system and get a perspective on how it works."

Moseley discussed why she and Joiner asked Hart to speak at the luncheon.

"Since this year's theme has to do with juveniles, we chose Master Hart as a speaker," she said. "He is a key expert because he hears all the juvenile cases in the county."

In the past, Hart has worked in Domestic Relations for the Circuit Court and as district court commissioner for Harford County District Court as well as many other jobs in the legal sector. He received his Juris Doctor Degree from the University of Maryland in 1978.

Randy Rudy

Rudy has been the police chief of the Aberdeen Police Department since 2000. Before joining the department, he spent 28 years working for the Maryland State Police.

He is responsible for starting

a community policing program or partnership between the department and members of the Aberdeen community including the APG police department's community policing officer, Mike Farlow.

"We have worked with the Aberdeen Police Department's school resource officers and helped them with questions about children and internet safety," Farlow said.

He said the departments have also teamed up for the "Tools Four Success" youth workshop at APG on March 10, the Special Olympics Torch Run and the Click it or Ticket program.

The topic Rudy will focus on for the luncheon is law enforcement's role in the juvenile law system.

This year is not the first Law Day celebration for Rudy. He said in the past, he has attended local schools and colleges' Law Day events.

"In my mind, Law Day should celebrate the constitution and how it works," Rudy said. "It is important for the public to understand how entities of the legal sector work together to better our society."

Rudy commented on how today's parents may contribute to children and teen issues due to lack of discipline.

"Back in the day, if children got in trouble in school, they were disciplined at home," he said. "Nowadays, parents

will defend their children even if they know they are dead wrong."

"We chose Chief Rudy to speak at the luncheon because he is the top policeman for issues that happen right outside the gate," Moseley said. "His twenty-eight years of experience as a state policeman and seven years as a police chief made him a perfect candidate to give both perspectives of law enforcement."

In addition to serving the public in law enforcement, Rudy served in the U.S. Navy from 1967 to 1971 as a Federal Aviation Administration certified air traffic controller. He received his bachelor's degree in criminal justice and master's degree in criminal justice administration from Columbia Southern University in Orange Beach, Ala.

Law Day History

Law Day dates back to 1957 when American Bar Association president Charles S. Rhyne came up with the idea for a special day to honor the legal system. In 1958, President Dwight D. Eisenhower established Law Day as "a day of national dedication to the principles of government under law," according to the ABA. Congress designated May 1 as the national date for honoring Law Day in 1961.

(Editor's note: See next week's APG News to read speakers' Mathis' and Buckless' profiles.)

Contributing to the AER annual fund campaign

AER

Army Emergency Relief is the only organization dedicated solely to helping Soldiers and their families in time of emergency financial need.

Since AER is the Army's own organization, a separate campaign is conducted once a year for AER (March 1 through May 15). This is the only time Soldiers are asked to help their own organization and their fellow Soldiers.

"Your contributions remain important to allow AER to fulfill its mission of helping Soldiers in time of distress and misfortune," said Marge Fissel, AER officer. "Contributions will assure continued



availability of AER funds to meet increasing assistance needs for Soldiers."

All military units should by now have an AER unit representative who will solicit campaign contributions from their comrades in their own unit and then turn in the collected contributions to the AER officer on Thursdays, 9 a.m. to noon, in building 2754, Rodman Road, room 201.

Military contributions may be submitted as allotments, cash or check.

For information on donating to AER, contact the unit representative, AER Campaign Coordinator Maj. Octavious Gibbons, 410-278-3000, or Fissel, 410-278-2508. If a unit does not have an AER representative, contact the AER Campaign coordinator or the AER officer.

Bringing the Chemical Corps' best to the table

RDECOM

The Annual National Capital Region Green Dragon Ball is celebrating the 89th anniversary of the Chemical Corps and the 90th anniversary of Aberdeen Proving Ground July 20 at Top of the Bay at Aberdeen Proving Ground.

Brig. Gen. Stanley H. Lillie, director of the Integration Office of the Deputy Chief of Staff, G-8 U.S. Army, will host the ball.

"This year's National Capital Region Green Dragon Ball will bring together more than three-hundred Dragon Soldiers, civilians and their spouses from

throughout the D.C. area for collaboration as colleagues and friends," Lillie said. "The National Capital Region's Green Dragon Ball is an excellent opportunity to link the past, present and future of the Chemical Corps at one event.

"The National Capital Region Green Dragon Ball is not just a dinner; it is an inspiration for all involved in the chemical community. It is a chance to unite our country's bravest Soldiers," Lillie said.

This joint celebration will include displays, formal festivities and induct several attendees

into the prestigious Chemical Corps Order of the Dragon.

"The skill and courage of our Green Dragon Soldiers and civilians is recognized around the world, and they are truly a national asset," said Maj. Gen. Stephen Reeves, Joint Program Executive Office Chemical Biology Defense. "The annual National Capital Region Green Dragon Ball is an opportunity to bring together the diverse talents and people from across the CBRN [chemical, biological, radiological and nuclear] community and share an evening of camaraderie."

For more information, visit <http://www.rdecom.army.mil/greendragonball/>.

To make a reservation, call 410-436-4803.

Military retirees to save big 'Still Serving' catalog announced

AAFES

In conjunction with its annual "Still Serving" event scheduled this year for the weekend of Sept. 28, the Army & Air Force Exchange Service is creating a catalog geared specifically to the unique needs of military retirees.

This first-time, 24-page issue will include special "Still Serving" weekend sales and sweepstakes, select merchandise available through the Exchange Catalog or Exchange Online Store, exchange benefits information, as well as an invitation from the AAFES Commander to attend special activities at BXs and PXs worldwide.

"At more than two million, retirees account for approximately forty percent of AAFES' 5.9 million authorized households, the most of any group," said AAFES' Senior Enlisted Advisor Chief Master Sgt. Bryan Eaton. "The new catalog, combined with annual 'Still Serving' events, should create plenty of incentive for retirees to come out and take advantage

of their exchange benefit."

Scheduled to hit mailboxes in mid-September, the "Still Serving" catalog will reach across all AAFES shopping channels, including the BX/PX, Web and catalog, to give retirees multiple opportunities to participate in exclusive "Still Serving" savings.

AAFES' annual salute to retirees, featuring unique specials and events, will take place Friday, Sept. 28 through Sunday, Sept. 30, at BXs and PXs throughout CONUS, Alaska, Hawaii, Puerto Rico and Guam, as well as participating European and Pacific locations. Planned events during the weekend will include drawings, free refreshments, product samples, vendor demonstrations, door prizes, makeovers, fashion shows and much more.

The Aberdeen Proving Ground PX will host a special weekend for the retirees in-store but it is still in the planning stages, according to Debbie Armendariz, store manager.

If customers cannot find the merchandise in the store, they can go to the on-line mall at www.aafes.com and place their orders, and it will be sent to their home.

AAFES is expanding its business partners online and it has a large number of new stores to visit. There are also several free periodic catalogs to assist with special merchandise not carried at the store to include baby, outdoor living, jewelry and Christmas items.

Contact information for all AAFES BXs and PXs is available online through the "store locator" link at www.aafes.com.

POST SHORTS

change without prior notification.

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

MCSC plans Bingo fundraiser

The Military and Civil-

ian Spouses' Club will hold a basket bingo 7 p.m., April 20, at the Aberdeen Fire Hall. Doors open at 6 p.m. Tickets are \$12 (three cards) and can be purchased at the door or by calling 410-272-8271 or 410-273-1926. Food, baked goods and drinks will also be available.

CBRN Defense Course offered at Fort Bragg

The Fort Bragg CBRN (Chemical, Biological, Radiological and Nuclear) Defense School unit CBRN Defense Course is open to all military personnel regardless of rank. The target audience is personnel that currently or will fill the positions of unit CBRN officer, noncommissioned officer or enlisted alternate.

Units are encouraged to send additional Soldiers.

The course consists of classroom instruction and hands-on training in chemical and biological agent identification, toxic industrial chemicals and toxic

industrial materials identification, CS chamber operations, CBRN room operation, reporting, and equipment operation. A new addition to the course is a scenario-driven CBRN exercise.

To attain slots for the course, contact the CBRN Defense School, 910-396-8991/9143 (DSN 236) or a unit schools NCO. For more information, visit the CBRN Defense School Web site, <https://airborneteam.bragg.army.mil/cbrn>.

Registration closes three days before course start date.

Course number	Course dates
05-07	April 20 - May 4
06-07	June 1 - 15
07-07	July 26 - Aug. 10
08-07	Sept. 7 - 21

Child Lures Prevention seminar

In recognition of Child Abuse Prevention Month, APG Army Community Service and Harford County Public Schools will hold a free Child Lures Prevention Seminar, 6 to 8 p.m., April 24, at the Edgewood High School Auditorium.

Ken Wooden, founder of Child Lures Prevention and a personal safety expert will discuss research and prevention strategies to teach children about the 17 most common lures used by predators and criminals. There also will be a discussion

on hate and violence, bullying and sexual harassment.

Registration is limited to 750 participants.

For more information or to register, call Aida Rivera, 410-278-7478, e-mail aida.rivera@apg.army.mil, or Lynda Fernandez, 410-278-2435, e-mail Lynda.Fernandez@apg.army.mil.

RAB meeting scheduled

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., April 26, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Nike Site and O-Field Study Areas.

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

OSJA Law Day luncheon April 26

The Office of the Staff Judge Advocate will host a Law Day Luncheon 11:30 a.m. to 1:30 p.m., April 26, at Top of the Bay. This year's theme is "Liberty Under Law: Empowering Youth, Assuring Democracy." The luncheon will feature four guest speakers: Theodore Hart, Juvenile Court; Randy Rudy, Aberdeen Police Department; Peter Buckless,

Department of Juvenile Services; and Don Mathis, Harford County Boys and Girls Club.

The cost is \$14 and checks should be made payable to the APG OSJA Activity Fund. Contact Nora Farrell, 410-278-1107, or nora.farrell@us.army.mil by April 15 to register.

APG holds Armed Forces Day 10K run

Aberdeen Proving Ground and Morale, Welfare and Recreation will host the Armed Forces Day 10K Run, 8 a.m., May 19. The race is open to anyone, military or civilian. Applications can be picked up from the APG North Recreation Center, building 3326; APG athletic and fitness centers; Hoyle Gym and other MWR outlets or online at www.apgmwr.com or www.charmcity.com.

Entry fees are \$20 through May 4; \$25 through May 18 and \$30 race day. There is a \$5 discount for active duty military, and privates (E-1) through Pfc. (E-3) are free.

Runners will receive a 10K Run T-shirt, and water will be provided on the course and at the finish line.

For more information, contact Ralph Cuomo, MWR sports director, 410-278-3812, or e-mail ralph.cuomo@apg.army.mil.

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

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"

WILD HOGS
FRIDAY, APRIL 13, 7 p.m.

**GHOST RIDER (FREE
ADMISSION)**
Saturday, April 14, 7 p.m.

RENO 911: MIAMI
Saturday, April 14, 9 p.m.

Spring Information Technology Expo

RDECOM/DOIM

The Corporate Information Office of the U.S. Army Research, Development and Engineering Command and the U.S. Army Garrison APG Directorate of Information Management will host the 2007 Annual Spring Information Technology Expo 9:30 a.m. to 1:30 p.m., April 18, at Top of the Bay, APG North.

State of the art technologies will be featured from 3M Visual Systems, Accu-Tech, AT&T, Audio Visual Innovations, Avocent, Berlitz Languages, Best Buy Government, Business Machines, CACI, Capitol Cable & Technology, CDW-G, Commercial Data Systems, Dell, Emtec (Westwood Computer), Enterasys Networks, F.A. O'Toole Office Systems, General Dynamics, GovConnection, GTSI, Hellermann Tyton, HP, IBM,

IMC Networks, L-Com, Log-Sec Corp., MBC Precision Imaging, MD Micrographic Service, MEDI, Metro Office Products, NEC Display, Nelson White Systems, Newark InOne, Office Eagle, Plantronics, Plug-In Storage, Praxis Engineering, Premier Technical Services, Proliant Consulting Group, Sonic Foundry, Tally Genicom, Tellabs, Ward-Boland Associates/Liebert* Wright Line, Xerox and more.

The event is free to all Department of Defense, government and contractor personnel (with access to Aberdeen Proving Ground).

Coffee and donuts and a light lunch buffet will be available.

For more information, call FDAE toll-free 877-332-3976 or Chris Zukowski, RDECOM, 410-436-3873, or Susan Suppa, DOIM, 410-278-7598.

Community Notes

FRIDAY APRIL 13 BOSELY CONSERVANCY SINGING FROG HIKE

Adventure out for an evening hike in the marsh to listen to the music of frogs. Participants should wear good boots and bring a flashlight; plan to get a little wet. The event will be held rain or shine. Meet at the Bosely Conservancy. The program costs \$3 for ages 6 to adult from 8 to 9:30 p.m. Registration is required.

For more information, directions or to register, call the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

MONDAY THROUGH SATURDAY

APRIL 9 THROUGH 14 EDUCATIONAL VOLUNTEER TRAINING

Help students discover and explore estuary ecology. There are various times and subjects from which to choose, according to interests.

This is a free program for adults. Times vary. Registration is required.

For more information, directions or to register, call the Anita C. Leight Estuary Center, 410-612-1688 or 410-879-2000, ext. 1688.

SATURDAY APRIL 14 5-K RUN THIS SATURDAY

The Greater Edgewood Education Foundation is sponsoring a 5K run 9 a.m. at Edgewood High School, 2415 Willoughby Beach Road. The 5-K run will take place through the campus of Edgewood High School and surrounding areas.

Registration costs \$20 and is from 7:30 to 8:30 a.m. Refreshments and a light breakfast will be served for all runners after the race. The top male and female in each age group will receive awards. All proceeds benefit Edgewood schools.

For more information, call Deb Merlock, 410-569-9789 or 410-322-7743.

ELECTRONICS RECYCLING EVENT

A Community Electronics Recycling event will be held 10 a.m. to 2 p.m. for electronic equipment at two locations: St. Ignatius Church located on 533 East Jarrettsville Road, Forest Hill, and the Office Depot Store located on 618 Bolton Street, Bel Air.

Computers contain hazardous materials that may not be mixed with regular trash. The public is invited to donate their old computers, CPUs, mice, keyboards, scanners, printers, cell phones, microwaves and monitors for recycling. A contribution of \$10 per monitor will be requested. Do not bring television sets.

For more information, call 443-866-5101 or e-mail computers@ispwest.com.

PROJECT WILD WORKSHOP

Educators and children's group leaders are invited to attend a Project WILD Workshop. Take part in Project WILD activities while learning to use the curriculum and activity guides. The guides are invaluable wildlife educational resources and can be used to teach children K-12 about wildlife and natural resources.

Pack a lunch. This program is free and is from 10 a.m. to 3:30 p.m. for adults. Registration is required.

For information, directions or to register, call the Anita c. Leight Estuary Center, 410-612-1688 or 410-879-2000, extension 1688.

CRITTER DINNER TIMES

Come watch the turtles, fish and snakes eat and learn more about them. The program begins at 11 a.m.; drop in, no registration, free.

For more information or

directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

BULL AND OYSTER ROAST

The Chesapeake Heritage Conservancy will host its 13th annual Bull and Oyster Roast to benefit the Skipjack Martha Lewis, 7 to 11 p.m. under a tent in Hutchins Park (foot of Congress Avenue) in Havre de Grace. Doors open at 6 p.m.

Guests will enjoy an all-you-can-eat raw bar. Beverages include draft beer, soda and wine. A premium brand cash bar will also be available.

Author Vincent Lash will be available for a book signing (proceeds benefit CHC). Music will be provided by Good DJ's and entertainment includes a Big 6 Wheel,

live auction, silent auction and a pirate auction.

Tickets cost \$37 per person in advance and are available at Amanda's Florist, Java by the Bay, Bank of Memories and the Havre de Grace Visitors Center in Havre de Grace or by calling the Conservancy's office at 410-939-4078.

For more information, visit Web site, <http://www.skipjackmarthalewis.org>.

BOATING AND ROASTING

Kayak the marsh to Snake Island for a check on beaver activity and enjoy a weenie roast. This program will be held 5 to 8 p.m. for ages 8 to adult, or under 13 accompanied by an adult. Cost is \$10 per person. Registration required.

For more information, direc-

tions or to register, call the Anita C. Leight Estuary Center, 410-612-1688 or 410-879-2000, ext. 1688.

SUNDAY APRIL 15 SEEDS AND SPONGES

What do seeds need to transform into beautiful plants? Participants will learn how to create a sponge garden to take home. The program will be held 2 to 3 p.m. and costs \$3 per person. For all ages; registration is required.

For more information, directions or to register, call the Anita C. Leight Estuary Center, 410-612-1688 or 410-879-2000, ext. 1688.

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

NSPS: Communication and feedback

www.cpms.osd.mil/nsps

To help employees understand the National Security Personnel System conversion and its impact, *APG News* will provide weekly explanations to NSPS terminology. This article continues the ‘Communicating with your supervisor’ topics begun in the April 5 issue of the *APG News*. For more information visit the NSPS Web site, <http://www.cpms.osd.mil/nsps>.

To understand what it is an employee needs to do to succeed under NSPS, arrange a time to meet with the supervisor to discuss the following topics:

Work assignment, accountability

Because NSPS links employee compensation to performance, it is essential that employees and their supervisor share a common understanding about employee performance and results, and how an employee’s day-to-day activities contribute to mission accomplishment.

Employees should know what they are accountable for, what the short and long-term priorities are and how their work contributes to the success of the organization. Employees should meet with their supervisor on a regular basis. Frequent and honest communication is crucial to an employee’s success under NSPS.

Skill development, learning opportunities
 Adding new skills and expanding areas of knowledge increases an employee’s value to the organization and enables him/her to take advantage of new job opportunities. Employees should meet with their supervisor to identify skill-building opportunities and work together to set up a development plan that enhances the employee’s value to the organization and maximizes their potential for career progression.

How to communicate

Remember the following guidelines as you get ready for NSPS:

Offer constructive feedback

As organizations implement NSPS, your feedback can drive improvement. Feedback is a good thing. Communicating your viewpoint to your supervisor in a constructive way helps improve the system in the long run. Remember these tips for constructive feedback:

1. Be prepared. Formulate an effective comment or recommendation; make sure your issues and points are formed and well stated so your supervisor can understand your views. Be candid and state facts not feelings.

2. Be a part of the solution. Your ideas matter. When you discuss NSPS with your supervisor, include ideas on how your organization can prepare for and improve NSPS.

3. Continue the dialog. As you prepare for implementation, keep talking with your peers and supervisor about NSPS and performance. This open communication is crucial to you and your organization’s success.

4. Use appropriate feedback channels. There are several ways to provide feedback – e-mail, anonymous drop-boxes, Web sites, etc. As your supervisor for the best way to convey your thoughts in order to maximize your impact.

Ask for feedback

Do not be afraid to ask your supervisor how you are doing. You want to know what you are doing well and areas where you can improve. When you receive feedback about:

1. What you are doing well – take time to consider how you can apply what is working to your other responsibilities.

2. Areas for improvement – try not to be defensive. Instead, ask for specific examples of how you need to improve and clarify any questions and concerns you may have.

Take a moment to jot down the outcome of your feedback so you have a record of it, and you can use the information when preparing for your formal appraisal.

Chapel News

Catholic Women of the Chapel

The CWOC meets 6:30 to 8:30 p.m. every other Monday at the Main Post Chapel. Check the bulletin boards at the Main or South Chapel for a complete schedule.

Protestant and Gospel Children’s Church

Protestant and Gospel Children’s Church is held 10:15 a.m., on Sunday morning during the Protestant Service and

noon during the Gospel Service at the Main Post Chapel.

Children’s Play Group

Army Community Service sponsors a Children’s Play Group, 9 to 11 a.m., each Wednesday at the Main Post Chapel playroom.

Parents and their small children are invited to join others for some “fun time.”

Catholic religious education classes

Classes are held every Sun-

day except holidays after the 8:45 a.m. Main Post Chapel mass. Sacramental classes of 1st Eucharist, Reconciliation and Confirmation with children and parents are also available.

Jewish worship services

Jewish Worship Services are held noon, every Thursday at the Post Chapel.

For more information, call the chapel, 410-278-2516 or 4333.

Commentary: Taking [sick] leave

By **TAMMY FLANAGAN**
National Institute of Transition Planning

This article focuses on credit for sick leave, which (in general) Civil Service Retirement System retirees get and Federal Employees Retirement System retirees don't. But even if you're in FERS, you should read on for more details.

Evaporating leave

During a 20-year career span, a federal employee who has worked in government can accumulate a year's worth of sick leave. Since there is no limit to how much sick leave an employee can carry over from year to year, this is an invaluable resource in the event of illness or accidental injury. It can even be used to care for a family member. It is very important for employees to conserve a comfortable balance of sick leave to cover unexpected situations.

But what happens to those hours of sick leave when an employee departs? It depends on several factors.

The sick leave evaporates when an

employee resigns, unless the worker returns to federal service to have the balance of sick leave hours restored. And under FERS, it also is lost when an employee retires. The only exception is if the employee who transferred to FERS had at least five years of creditable service under CSRS. In this case, the employee would receive credit for the lesser of the number of sick leave hours on the date of transfer or the number of hours on the date of retirement. FERS was patterned after corporate pensions, which typically do not factor in unused sick leave.

There are some who believe allowing credit for sick leave toward the FERS retirement computation would reduce sick leave abuse among employees, but Congress hasn't moved to take such action yet.

Getting credit

In the computation of retirement annuities under CSRS, on the other hand, employees get credit for all of the sick leave hours they have accumulated. While this may create a temptation to preserve

such leave, it is generally better to use sick leave if you're in a situation where you're qualified to do so, rather than annual leave.

If you plan to retire at the end of a month or the first three days of a month, here's a tip on figuring out how many hours of sick leave you will need to maintain to preserve your months and years of service.

- Look at your service computation date. For example, if it's June 18, 1973, use 18 as the date.

- Using the chart below, go across from your date and find the number lower than and the number higher than your current sick leave balance. For example, if your sick leave balance is 859 hours, then go across the row next to day 18 and you will find 800 and 974.

- If you can save up enough sick leave to reach the higher number by the time you retire, you will earn another month in the computation of your CSRS retirement. Otherwise, keep your balance above the smaller number.

Converting Unused Sick Leave

(CSRS/CSRS Offset/TransFERS) 2087 hours = 1 year

Months	0	1	2	3	4	5	6	7	8	9	10	11
Days												
0	0	174	348	522	696	870	1044	1217	1391	1565	1739	1913
1	6	180	354	528	702	875	1049	1223	1397	1571	1745	1919
2	12	186	360	533	707	881	1055	1229	1403	1577	1751	1925
3	17	191	365	539	713	887	1061	1235	1409	1583	1757	1931
4	23	197	371	545	719	893	1067	1241	1415	1589	1762	1936
5	29	203	377	551	725	899	1073	1246	1420	1594	1768	1942
6	35	209	383	557	731	904	1078	1252	1426	1600	1774	1948
7	41	215	388	562	736	910	1084	1258	1432	1606	1780	1954
8	46	220	394	568	742	916	1090	1264	1438	1612	1786	1960
9	52	226	400	574	748	922	1096	1270	1444	1618	1791	1965
10	58	232	406	580	754	928	1102	1275	1449	1623	1797	1971
11	64	238	412	586	760	933	1107	1281	1455	1629	1803	1977
12	70	244	417	591	765	939	1113	1287	1461	1635	1809	1983
13	75	249	423	597	771	945	1119	1293	1467	1641	1815	1989
14	81	255	429	603	777	951	1125	1299	1473	1646	1820	1994
15	87	261	435	609	783	957	1131	1304	1478	1652	1826	2000
16	93	267	441	615	789	962	1136	1310	1484	1658	1832	2006
17	99	273	446	620	794	968	1142	1316	1490	1664	1838	2012
18	104	278	452	626	800	974	1148	1322	1496	1670	1844	2018
19	110	284	458	632	806	980	1154	1328	1502	1675	1849	2023
20	116	290	464	638	812	986	1160	1333	1507	1681	1855	2029
21	122	296	470	643	817	991	1165	1339	1513	1687	1861	2035
22	128	301	475	649	823	997	1171	1345	1519	1693	1867	2041
23	133	307	481	655	829	1003	1177	1351	1525	1699	1873	2046
24	139	313	487	661	835	1009	1183	1357	1530	1704	1878	2052
25	146	319	493	667	841	1015	1188	1362	1536	1710	1884	2058
26	151	325	499	673	846	1020	1194	1368	1542	1716	1890	2064
27	157	331	504	678	852	1026	1200	1374	1548	1722	1896	2070
28	162	336	510	684	858	1032	1206	1380	1554	1728	1902	2075
29	168	342	516	690	864	1038	1212	1386	1560	1733	1907	2081



MORALE, WELFARE & RECREATION

Activities/Events

2007 Army Arts and Crafts Contest

The Army Arts and Crafts Contest is an annual, juried competition of 2 and 3-dimensional artwork held in separate groups for novice and accomplished artists and craftspeople. All authorized patrons of Morale, Welfare and Recreation are eligible to enter. Rules for submission of entries, as well as entry forms can be downloaded from www.armymwr.com, or at the Arts and Crafts Centers.

Entries must be submit-

ted to Arts and Crafts Center, building 2407, 410-278-4207 no later than 4 p.m., May 17.

MWR begins daily bus trips to Atlantic City

Roll the bones on daily trips to Atlantic City, N.J. MWR Leisure Travel Services offers daily bus service to Trump Taj Mahal Casino and Bally's Casino. Cost of the trip to Trump Taj Mahal is \$28 per person with \$25 back in cash and a \$5 buffet coupon. Cost of the trip to Bally's Casino is \$22 with \$22 back in cash. Only for ages 21 and over.

The bus will leave Vitali's Restaurant, Best Western in Edgewood at 9 a.m. and return at 9 p.m.

For more information, call MWR Leisure Travel Services at Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

Orioles Baseball tickets available at MWR Leisure Travel Services

All game seats are located in Section 40 Row WW seats 11 and 12, Row XX seats 11 and 12. Tickets cost \$49 each.

Call 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

- Kansas City, Thursday, April 12, 7:05 p.m.
- Toronto Blue Jays, Friday, April 20, 7:05 p.m.
- Oakland Athletics, Tuesday, April 24, 3:05 p.m.
- Tampa Bay Devil Rays, Tuesday, May 8, 7:05 p.m.
- Toronto Blue Jays, Tuesday, May 22, 7:05 p.m.
- Oakland Athletics, Saturday, May 26, 7:35 p.m.
- Tampa Bay Devil Rays, Wednesday, July 25, 7:05 p.m.
- Boston Red Sox, Friday, Aug. 10, 7:05 p.m.
- Tampa Bay Devil Rays, Thursday, Aug. 30, 7:05 p.m.
- Boston Red Sox, Thursday, Sept. 6, 7:05 p.m.
- Boston Red Sox, Friday, Sept. 7, 7:05 p.m.
- New York Yankees, Friday, Sept. 28, 7:05 p.m.

Aberdeen Ironbirds tickets

Tickets are available for the following Aberdeen Ironbirds

games:

- Williamsport Crosscutters, 7:05 p.m., July 11,
- Staten Island Yankees (Military Appreciation Night), 7:05 p.m., Aug. 16,
- Oneonta Tigers, 7:05 p.m., Sept. 6

Tickets cost \$13.50 per person and include a complimentary Ironbirds hat.

For more information or to purchase tickets, call MWR Leisure Travel Services at Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil or visit Web site www.apgmwr.com.

MWR has Washington 2007 Kings Dominion season passes

The Italian Job Turbo Coaster, White Water Canyon, Rugrats Toonpike and more await visitors to Kings Dominion. Season passes for adults cost \$68 and season passes for juniors and seniors cost \$50. Purchase season passes by

June 29. Open to all Department of Defense employees.

For more information or to purchase passes, call MWR Leisure Travel Services, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

Dog Obedience for Beginners

Get hands-on training and learn techniques that will help the dog respond to commands in a positive way.

Class will be held 6 to 7 p.m. every Thursday, May 17 through June 21 at the APG North Recreation Center, building 3326.

Register by May 15. Cost is \$60.

For more information or to register, call MWR Leisure Travel Services, Aberdeen Recreation Center, 410-278-4011/4907, e-mail mwr_registration@apg.army.mil or visit Web site www.apgmwr.com.

Spring into shape at the Fitness Center

The spring schedule of fitness classes from April through June at the APG Sports and Fitness Branch includes step, pilates, yoga and step aerobics.

Fitness classes cost \$48 for three months. Aberdeen Fitness Center, building 320. For more information, call 410-278-9725

Monday

- 11:30 a.m. to 12:30 p.m., Step and Pilates
- 5 to 6 p.m., Foot Stompin' Step

Tuesday

- 11:30 a.m. to 12:30 p.m., Fitness Yoga

Wednesday

- 11:30 a.m. to 12:30 p.m., Strength and Sculpt
- 5 to 6 p.m., Foot Stompin' Step

Thursday

- 11:30 a.m. to 12:30 p.m., Chinese Aerobics

Edgewood Hoyle Gym and Fitness Center, building E-4210. For more information, call 410-436-7134

Monday

- 11:30 a.m. to 12:20 p.m., Step Aerobics

Tuesday

- 11:30 a.m. to 12:20 p.m., Step Aerobics

Friday

- 11:30 a.m. to 12:30 p.m., Yoga

Upcoming Civilian Welfare Fund events/trips

- May 11 – Trip to Medieval Times, Arundel Mills Mall Experience the adventure and romance of the Middle Ages with a four-course medieval feast and live jousting performance. Cost per person is \$54 and includes charter bus transportation, meal and entertainment.
- June 21 thru 24 - Weekend in Cape May
- July 21 – New York City for the day
- Aug. 4 thru 11 - Hawaiian Cruise. Fly from BWI to Honolulu to board the Norwegian Pride of America. Visit Oahu, Kahului, Maui and more. Deadline for deposit and reservation is April 18.
- Sept. 15 – A trip to Broadway, New York

- City to see "Tarzan"
 - Oct. 5 – Trip to Sight and Sound to see "In the Beginning;" dinner at Hershey Farms
 - Oct. 20 - Scrapbooking Crop at Top of the Bay
 - Nov. 9 thru 12 – Trip to the Grand Canyon by railway
 - Nov. 23 thru 25 – A weekend in New York City to see Radio City Music Hall Christmas Spectacular with hotel accommodations
 - Nov. 24 – Trip to New York City for the Radio City Music Hall Christmas Spectacular
- For more information or to make reservations, call Angela Keithley, Civilian Welfare Fund Office, 410-278-4603/4771.

SCHOOL LIAISON

eKnowledge Corporation, group of NFL players pledge up to \$10 million to "Level the Playing Field"

Free SAT/ACT multimedia CD and DVD test preparation programs will be donated to service members and their families worldwide.

Participating NFL players announced March 13 that they will extend the free SAT/ACT donation program established in 2006, with a total financial commitment of \$10 million.

"We owe our military service members and their families a heartfelt 'thank you' for their sacrifice and honorable service to our country," said Charles P. Beall, CEO of eKnowledge and a Marine Corps veteran. "The donation of these eKnowledge products hopefully will demonstrate our deep appreciation and financial commitment to their futures. With these highly effective SAT and ACT Test Preparation products, America's military service members and dependents who dream of pursuing a college education will now have the tools they need to compete on a level playing field."

Some of the patriotic NFL players who have pledged to support the eKnowledge donation program for 2007 include Mark Anderson (Chicago Bears), Jon Bradley (Tampa Bay Buccaneers), Scott Young (Philadelphia Eagles), Garrick Jones (Atlanta Falcons), Corey Williams (Green Bay Packers), Jason Radar (Miami Dolphins) and Ahmaad Galloway (San Diego Chargers.)

Making the request

Active duty, reserve or retired military service members should visit <http://www.militaryhomefront.dod.mil> to confirm their military status through the secure DoD DEERS main database. The Web site will forward users to the eKnowledge/NFL sponsorship order page where they can request the SAT/ACT programs.

The standard price for the program is \$200, but eligible military service members will pay actual shipping cost.

For more information on any APG school related information, contact Eileen Campbell, 410-278-2857 or eileen.campbell@apg.army.mil.



90th Anniversary Celebration Calendar of Events

(All dates are subject to change and weather conditions.)

- April**
 - 14, Ruggles Golf Course holds APG 90th Anniversary Opening Day Golf Scramble, 8:30 a.m., MWR, Ruggles Golf Course, 410-278-9452
 - 21, Exton Golf Course holds APG 90th Anniversary Open Day Golf Scramble, 8:30 a.m., MWR, Exton Golf Course, 410-436-2213
 - 26, Law Day luncheon, Office of the Staff Judge Advocate, 410-278-1107
- May**
 - Asian Pacific American Heritage Month (EEO)/APG Open House/Military Appreciation/ Ordnance Week activities and anniversary ball
 - 5, Spring Fest community event, 10 a.m. to 3 p.m., Fire and Emergency Services, 410-306-0533
 - 13, U.S. Army Soldier Show, 7 p.m. show open to public, MWR, 410-278-4402
 - 17, Military Appreciation Luncheon (sponsored by the Harford County Chamber of
- June**
 - Commerce), by invitation only
 - 19, 10K Armed Forces Day Run, MWR, 410-278-3812
- July**
 - 2 and 3, Ruggles Senior Club Championship, 9 a.m., age 50 and older, limited to annual, MWR, Ruggles Golf Course, 410-278-9452
 - 11, Ruggles Super Senior Tournament, age 60 and older, MWR, Ruggles Golf Course, 410-278-9452
- August /September /October**
 - TBA Army Concert Tour
- November 2007**
 - 15, Military Family Movie, ACS, 410-278-4372, 6 to 9 p.m.
- December 2007**
 - 5, ACS Christmas Party/Tree Lighting Ceremony, 410-278-4372, 6 to 9 p.m.

(Editor's note: This calendar will be updated as necessary. New or changed items will appear in italic bold print.)

Sports

Amateur Boxing Night

Once again MWR will host Amateur Boxing Night, 6 p.m., June 2, in the parking lot of the APG Athletic Center, building 3330. The 143rd Ordnance Battalion will battle the 16th Ordnance Battalion.

Tickets cost \$5 for active duty military, \$10 for civilians and \$20 for front row seating. Admission is free for children 6 and younger. The event is open to the public.

Purchase tickets at MWR Leisure Travel Services, build-

ing 3326, 410-278-4011/4907, e-mail mwr_registration@apg.army.mil or Hoyle Gym and Fitness Center, building E-4210 or call 410-436-3375/7134.

Ruggles holds spring time outing

It's not Caddyshack, it's a spring golf outing at Ruggles Golf Course, April 14 with an 8:30 a.m. start.

Entry fee costs \$25 for annual patrons; \$50 for value card holders and authorized patrons; and \$60 for guests. Entry fee includes range balls, greens

fee, cart, continental breakfast, lunch and prizes.

For more information or to register, call 410-278-4794, visit the Pro Shop at Ruggles or e-mail david.correll@us.army.mil.

Exton holds spring golf outing

Happy Gilmore and Bob Barker can't beat this golf event. A Spring Golf Outing will be held at Exton Golf Course April 21 with an 8:30 a.m. start.

The entry fee costs \$20 for annual patrons; \$30 value card holders and authorized patrons; and \$40 for guests. Entry fee includes greens fee, cart, continental breakfast, lunch and prizes.

For more information or to register, call 410-436-2213 or visit the Pro Shop at Exton or Ruggles or e-mail rueben.ferguson@us.army.mil.

Amusement and Travel Expo

Everyone is invited to attend the MWR Leisure Travel Services Amusement and Travel Expo, 11 a.m. to 1:30 p.m., May 10, at Top of the Bay. Check out cruise packages, vacation destinations and amusement park specials. Local and national amusement and travel vendors will be available. Door prizes will be awarded.

For more information, call 410-278-4907/4011 or e-mail mwr_registration@apg.army.mil.

Swimming pool operations

Pool passes and lessons go on sale April 9

OLYMPIC POOL, BUILDING 3325

Opening date: May 26
Weekends only: May 26 to June 10 plus Memorial Day, May 28
Daily operation: June 16 to Aug. 26
Labor Day weekend: Sept. 1 through 3
Closing date: Monday, Sept. 3

Daily operation schedule

Child & Youth Services Day Camp: 9 to 11:30 a.m., June 18 to Aug. 17
Open swim hours: 12:30 to 6:30 p.m.
The lap swim lane is available during standard hours.

Weekend operation schedule: Open swim: 12:30 to 6:30 p.m.

SHORE POOL, BUILDING 2031

No open swim schedule.

Lap swim, swim lessons, drown proofing and rentals only.

Swimming lessons: June 19 to Aug. 10; Levels 1-6, Adult, Parent/Toddler are scheduled daily. (Determined by customer demand.)
Lap swim: 11:30 a.m. to 12:30 p.m., June 18 to 29

BAYSIDE POOL, BUILDING E-4655

Operates on same schedule as the Olympic Pool.
Weekend hours: 12:30 to 6:30 p.m.

Daily operation schedule

CYS Day Camp: 9 to 11 a.m., June 18 to Aug. 17
Open swim hours: 12:30 to 6:30 p.m.

POOL PASS FEES

Daily.....	\$5
Under 5	Free
Guest of eligible patron.....	\$9
5 and under.....	\$2
Active duty E1 – E4.....	\$2
Lap swim.....	\$2
30-day pass	
Individual	
E1-E4.....	\$15
All others.....	\$35
Family	
E1-E4.....	\$35
All others.....	\$70
Season pass	
Individual	
E1-E4.....	\$40
All others	\$85

Family

E1- E4	\$80
All others	\$175

Season passes go on sale April 9 at the Outdoor Recreation Equipment Resource Center in APG North, 410-278-4124, and at the Hoyle Gym in APG South, 410-436-3375.

SWIMMING LESSON FEES

Lesson location: Shore Pool; cost is \$50
*10% discount for each additional child in a session.
*10% discount for each additional session

Registration dates:

- April 9 - Active duty military only
- April 23 - DoD civilians
- May 7 - All other eligible patrons

APG Bowling Center Snack Bar specials

Building 2342

Week of April 9

Special #1: Whole cheese pizza, one pitcher of soda, three cookies and soda for \$12.50.
Special #2: Two hot dogs, French fries, one cookie and soda for \$5.75.

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

Week of April 16

Special #1: Grilled cheese sandwich, small salad (ranch or blue cheese dressing), one cookie and soda for \$3.25
Special #2: Cheeseburger sub with mayonnaise, lettuce, pickles, onions, French fries, one cookie and soda for \$6.95.

For more information or to place an order, call 410-278-





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 accordingly.

Monday

Around the Services, 8 a.m.
Focus on the Force, 10 a.m.
Army Newswatch, 11 a.m.
Freedom Journal Iraq/AF Prime Time, 1 p.m.
AFN Europe, 6:30 p.m.
Around the Services, 8 p.m.
Focus on the Force, 10 p.m.

Tuesday

Around the Services, 8 a.m.
Freedom Journal Iraq/AF Prime Time, 10 a.m.
Focus on the Force, 1 p.m.
Around the Services, 5:30 p.m.
Army Newswatch, 7 p.m.
Freedom Journal Iraq/AP Prime Time, 10 p.m.

Wednesday

Around the Services, 8 a.m.
Army Newswatch, 9:30 a.m.
Focus on the Force, 2 p.m.
AFN News Europe, 6:30 p.m.
Around the Services, 8 p.m.
Army Newswatch, 9:30 p.m.

Thursday

AF Prime Time/Freedom Journal Iraq, 10 a.m.
Around the Services, Noon
Focus on the Force, 1 p.m.
AFN News Europe, 1:30 p.m.
Around the Services, 8 p.m.
Focus on the Force, 9:30 p.m.

Friday

Around the Services, 8 a.m., Noon
Freedom Journal Iraq/AF Prime Time, 2:30 p.m.
Army Football, 4 p.m.
AFN News Europe, 6:30 p.m.
Around the Services, 8 p.m.

Saturday

Freedom Journal Iraq/AF Prime Time, 4 p.m.
Army Newswatch, 7:30 p.m.
Focus on the Force, 9 p.m.

Sunday

Focus on the Force, 11:30 a.m.
Army Healthwatch, 2 p.m.
Army Newswatch, 4:30 p.m.

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

Around the Services – From the Pentagon Channel News Center, daily half-hour program featuring military news from

top defense officials and the military services from around the world

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

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

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

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

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

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

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

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

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

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

LEAVE DONATIONS

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

Employees eligible for donations in the Voluntary Leave Transfer Program

James Addas	for husband)
Sarah Blevins	Lydia Langley
Sarah Boats	Joyce Mauldin
William Bond	Louis McCarter
Sandra Boyd	(kidney failure)
Debra Bonsall	Nicole McKew
(daughter has brain tumor)	Sandra Miller
Jeanie Bowman	Karen Moss
Kim Brooks	Trudie Norman
Leroy Carter	Ify Okoye
Stephen Carter	Mary Pettiway
Rogelio Chevannes	Carol Piper
Brett Christy	Lester Pilcher
Ruth Cunningham	Karen Privet
John Daigle	Greg Pryor
Shelia Davison	Judith Rembold
(benign paroxysmal positional vertigo)	Barbara Seker
Marc Devecchio	Shila Smith
Dawn Folck	Joyce Spies
Susan Gorhan	Joan Taeuber
David Harding	Alison Tichenor
Hester Hayes	Elizabeth Usmari
Cathleen Holmes	Christine Wheaton
Rick Jernigan	Kimberly Windisch
Carolyn Johnson	Louis Winters
Karen Kimble	Roberta Witherspoon
Beverly King (caring	Sharon Woods
	Charles Young

Army News

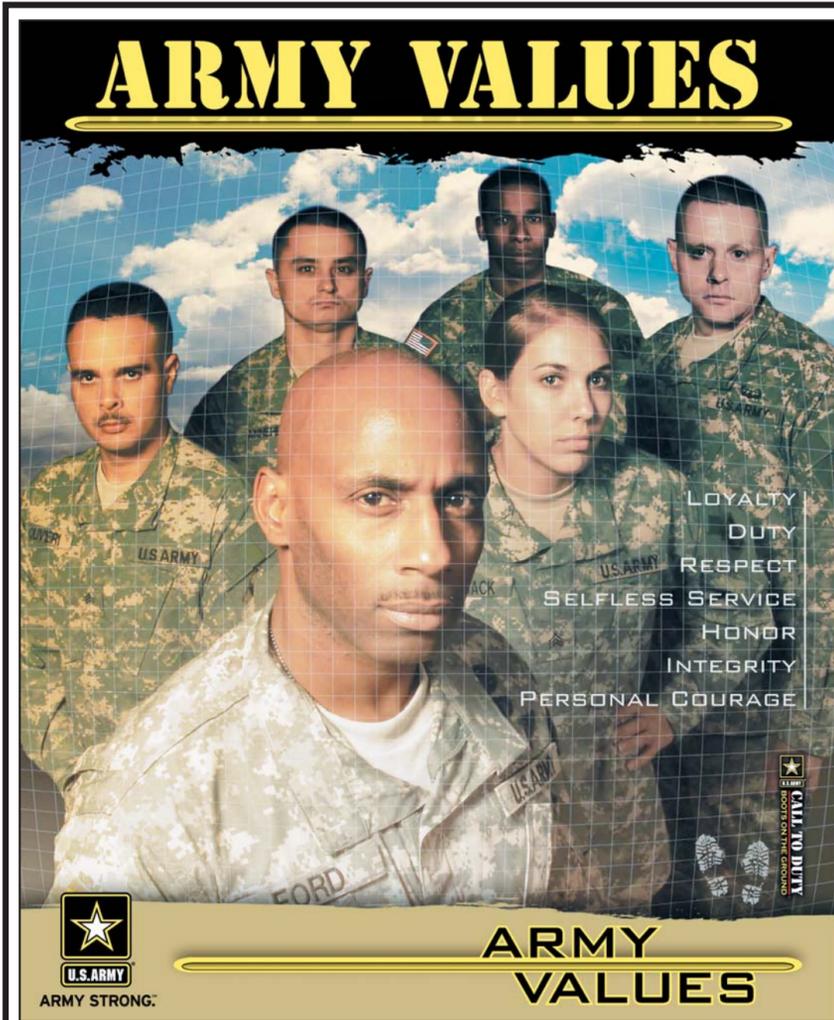


Photo by ARMY G-1

The Army recently issued new versions of the Army Values poster series. APG News will feature the remaining Army Values posters in future issues

Army Values posters get makeover

Story by
HANK MINITREZ
Army News Service

New Army Values posters are going up in offices and barracks world-wide.

The original Army Values posters were first published nine years ago.

"This update is important because the Army Values posters serve as a visual reminder of our culture and provide an incentive for Soldiers to live up to the Army Values," said Kittie Messman, Values project manager in the Army G-1's office.

The posters were released March 15. All publications account holders who normally receive Department of the Army posters will receive the Values posters through normal publications supply channels. Account holders may order additional posters through their publications control officer.

The intent of the posters is to reemphasize and reinvigorate Army Values, according to

Army Values

Loyalty. Bear true faith and allegiance to the U.S. Constitution, the Army, your unit and other Soldiers. This means supporting the military and civilian chain of command, as well as devoting oneself to the welfare of others.

Duty. Fulfill your obligations. Duty is the legal and moral obligation to do what should be done without being told.

Respect. Treat people as they should be treated. This is the same as do unto others as you would have done unto you.

Selfless service. Put the welfare of the nation, the Army, and subordinates before your own. This means putting the welfare of

the nation and accomplishment of the mission ahead of personal desires.

Honor. Live up to all the Army Values. This implies always following your moral compass in any circumstance.

Integrity. Do what's right-legally and morally. This is the thread woven through the fabric of the professional Army ethic. It means honesty, uprightness, the avoidance of deception, and steadfast adherence to standards of behavior.

Personal Courage. Face fear, danger or adversity (physical or moral). This means being brave under all circumstances (physical or moral).

The posters may be viewed and downloaded from the Army G-1 Web site <http://www.armyg1.army.mil/HR/ARMYVALUES.ASP> and will be featured in "Soldiers Magazine" from June through January.

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Honor. Live up to all the Army Values. This implies always following your moral compass in any circumstance.

Integrity. Do what's right-legally and morally. This is the thread woven through the fabric of the professional Army ethic. It means honesty, uprightness, the avoidance of deception, and steadfast adherence to standards of behavior.

Personal Courage. Face fear, danger or adversity (physical or moral). This means being brave under all circumstances (physical or moral).

Major unit rotations announced for Iraq

Story by
JIM GARAMONE
Army News Service

More than 7,000 service members will deploy to Iraq in the coming months, including two units that will not have been back at their home stations for the year they expected when they returned home from their last deployments, Defense Department officials said April 3.

The rotations will enable commanders in Iraq to maintain 20 brigade combat teams in the theater through the end of August, officials said.

The 3,500 Soldiers of the 1st Brigade, 10th Mountain Division, Fort Drum, N.Y., will return to Iraq 47 days before their one-year stateside "dwell break" is finished. The headquarters of 4th Infantry Division, Fort Hood, Texas, will return to Iraq 81 days early.

"The level of effort that the United States is maintaining in Iraq is a build-up to twenty combat brigades," said Pentagon spokesman Bryan Whitman. "These combat brigades - with these additional troop rotations - will permit the surge to commit at that level through the end of August."

The 18th Airborne Corps from Fort Bragg, N.C., will replace the

3rd Corps out of Fort Hood, Texas, as the lead unit for Multinational Corps Iraq in November. The corps headquarters is at Camp Victory outside Baghdad.

The 1st Armored Division headquarters, from Wiesbaden, Germany, will go in to replace the 25th Infantry Division headquarters, Fort Shafter, Hawaii, in August. The 25th Infantry Division headquarters will extend in Iraq for 45 days. The 25th Infantry Division is the headquarters for the Multinational Division North, based in Contingency Operating Base Speicher, near Tikrit.

The 4th Infantry Division will return to the Iraqi capital, to replace the 1st Cavalry Division as headquarters for Multinational Division Baghdad in September. The 4th served a year as the lead for Multinational Division Baghdad through 2006. The 1st Cavalry will depart on schedule.

The rotations will allow commanders the latitude they need to continue operations in Iraq. They can maintain the level, go down or go up depending on the circumstances, Whitman said.

"What you are seeing here today reflects a decision that will carry the effort of twenty brigade combat teams through August '07," he said.



Iraqi troops and Soldiers from the 4th Infantry Division enter the village of Hathem Mutlaq on July 1, 2006. The 4th Infantry Division will return to Iraq to replace the 1st Cavalry Division as headquarters for Multinational Division Baghdad in September.

There will be other decision points for commanders in Iraq over the next few months, he said. There are roughly 1,000 service members apiece in

the division headquarters. A DoD official said today the department regards the dwell break for the two units as significant, and

that proposals being worked in DoD would compensate service members who either go back to Iraq early or are extended in the country.

Army to field improved body armor

Story By
DEBI DAWSON
Army News Service

The Army continues to upgrade body armor to increase protection from bullets and fragments, and soon will field the Improved Outer Tactical Vest to Soldiers deploying to Iraq and Afghanistan.

The IOTV meets Program Executive Office Soldier's goals of providing Soldiers with the most advanced protective gear available while also improving comfort and mission effectiveness.

"The IOTV is more than three pounds lighter than the current OTV, but provides an equal level of protection over an increased area," said Brig. Gen. R. Mark Brown, program executive officer Soldier. "This vest epitomizes our continuous efforts to seek the next improvement and to provide our Soldiers the best body armor available, bar none. It is live-fire tested - we know it will prove itself in combat."

"The weight of the IOTV was reduced by eliminating overlap," said Maj. Carl Fulmore, assistant product manager for Soldier Survivability. "With the IOTV, we were able to streamline previous improvements."

For example, the vest now has a higher cut in the underarm area, which will eliminate the need to attach the auxiliary or underarm protector to the current deltoid auxiliary protector set. The deltoid protector can still be attached at the commander's discretion. The vest's integrated throat protector provides the same protection as the current attachable version, but it's designed to be more comfortable. The now integrated side plate carriers decrease the vest's profile, and a lower back protector extends the vest's coverage by 52 square inches.

The IOTV's numerous improvements go beyond increased protection. A single-stage quick release added to the front of the vest allows a Soldier to doff the IOTV and its attachments with one pull. The vest then falls to the ground in two pieces and can be put back together in minutes.

"This feature would only be used by Soldiers in emergency situations, such as being trapped in an overturned or submerged vehicle. It's not meant to simply be a quick way to get out of the IOTV at the end of the day or mission," Fulmore said.

Medics could use the quick release to treat wounded Soldiers, or they could use an opening on the left shoulder, which allows easy access while still providing protection to the patient.

Comfort and utility features are also part of the improved design. The most notable may



Photo by Courtesy
The new Improved Outer Tactical Vest, three pounds lighter and more protective than the Outer Tactical Vest will soon be issued to Soldiers deploying to Iraq and Afghanistan.

be the IOTV's overhead opening. An internal waistband provides a snug fit and moves much of the weight from the shoulders to the waist.

"This design significantly decreased the vest's profile and should increase mobility. We believe mobility equals survivability," Fulmore said.

Other features include:

- The addition of a long variant to sizes medium through extra large. This extends the size range from eight to 11 and should result in a near-custom fit for Soldiers.

- Additional modular lightweight load-carrying equipment attachments as a result of moving the opening from the front of the vest. These attachments are now in the universal camouflage pattern.

- Enhanced small arms ballistic insert pockets with four inches of vertical adjustability, which will allow for better placement of the plates based on individual body proportions.

- Additional storage pockets.
- A mesh lining to aid ventilation.
- Vertical adjustability of side plate carriers.

Soldiers will continue to use the enhanced small arms protective inserts and the enhanced side ballistic inserts.

The IOTV is a result of research and development that began with a body armor industry day in the spring of 2006. Seventeen vendors came forward with designs for improved body armor, and six were selected to provide prototypes for a user evaluation conducted in January and February this year. The vest was then tested by Soldiers at Fort Lewis, Wash.

Common Core Course to be requirement for captains' career courses

Army News Service

The Captains' Career Common Core Course will become required for graduation from all branch Captain's Career Courses beginning June 1.

The C5 provides a series of critical skills grounded in leadership, communication, composite risk management, critical reasoning/thinking and developing a positive command climate. The skills are intended to better prepare officers for their next 10 years of service, and the change is in keeping with the Army Chief of Staff's vision to continue transformation of the Army Officer Education System.

The instruction is in a Web-

based interactive multimedia format that facilitates self-paced study. Although completion of the C5 is not a requirement to attend the Captains' Career Course, Soldiers may complete the training before beginning the career course.

"This gives students a good basis for the beginning of the CCC and relieves them of the requirement while they are at the resident phase," said Lt. Col. Shawn M. Maxwell, C5 coordinator at the Center for Army Leadership, Professional Military Education Division.

The curriculum supports preparation of company-grade officers for company command, as well as battalion- and brigade-level staff positions

in combined, joint and multinational environments. It provides first lieutenants and captains with a common foundation of operational and leadership instruction tied to the officer's specific career field, branch, and functional area needs, Maxwell said.

First lieutenants and captains may enroll in the C5 via ATRRS. Eligible officers should contact their career manager to determine specific branch requirements. More information is available at the Center for Army Leadership's Army Knowledge Online Web site <https://www.us.army.mil/suite/page/271029> under Center for Army Leadership.

Office profile: Adjutant Office services aid Soldiers

Story and photos by
HEATHER TASSMER
APG News

To help military and civilian personnel through the many government processes to include obtaining common access cards, the Garrison offers the services of the Adjutant Office.

The mission of the Aberdeen Proving Ground Garrison Adjutant Office is to provide quality military personnel service and administrative support services to the Garrison, tenant organizations, active, reserve component Soldiers, military retirees and their family members.

In addition, the office serves as staff and technical advisor to the Garrison and deputy installation commander, and as requested, tenant command leadership on all military personnel and administrative matters.

"My staff provides a wide range of services," said Janet Dettwiler, adjutant.

Dettwiler started working in the Adjutant Office as the secretary. She worked her way up to operations officer and most recently accepted the Adjutant position after the previous one retired.

As the contracting officer's representative, Dettwiler oversees the management of the contractor-operated Military Personnel Office.

"We provide assistance to military personnel, retirees and their families by completing anything from managing records to responding to customer requests," Dettwiler said. "We also issue all identification cards for Soldiers, retirees, their family members, as well as civilian and contractor employees."

In addition, the adjutant authenticates correspondence and directives for the installation, appoints investigating officers to conduct investigations as required by regulation or as directed by the commander and provides oversight of the partnerships between the Maryland Department of Labor, Licensing and Regulation and the Department of Veterans Affairs with the Garrison in providing assistance to transitioning Soldiers and their families, Dettwiler said.

The Military Personnel Office includes five functional areas of support: student personnel processing, personnel services, personnel operations, personnel processing and personnel automation.

Trainee and Student Processing Work Center
410-306-2333

Located in room 111, building 4305, the center conducts inprocess-



Janet Dettwiler
Garrison Adjutant



Bob Mehlbaum
SI International Program Manager



Ivan Willie
SI International Work Center Supervisor



Carol Keyes
SI International Work Center Supervisor

ing of 7,000 students per year and maintains their records while they are on APG, said Bob Mehlbaum, program manager of SI International, a company that provides a wide range of services to the federal government.

"We receive their initial assignments of their first duty station," Mehlbaum said. "We give them their orders to their first duty station and we promote them if they're promotable while they're here."

Mehlbaum and the Adjutant Office staff use the Army Training Resource Requirements System, an electronic system to keep track of duty assignments and classes.

"[The system] controls when Soldiers get their assignments and where they are going," Mehlbaum said. "The staff does a complete record screen to make sure the Soldiers are going where they're contracted for."

Personnel Services Work Center
410-306-2308

The Personnel Services Work Center located in room 108, building 4305, conducts inprocessing of permanent party Soldiers and maintains their records, said Carol Keyes, SI International Work Center supervisor.

The staff interviews officers and enlisted personnel to keep their records updated and accurate, Keyes said.

"During the interviews, the staff makes sure information such as their assignment history, duty positions, service dates and awards are [input correctly]," Keyes said.

Updating the records is important for when their records are sent forward for promotion boards, she said.

The office also handles semi-cen-

tralized promotions-- specialist to sergeant and sergeant to staff sergeant.

"In addition, we maintain the Soldier's Group Life Insurance and casualty documentation on every Soldier at APG," Keyes said.

Personnel Operations Work Center
410-306-2348

Located in room 161, building 4305, this center is responsible for ensuring Soldiers meet all the proper criteria before they make a permanent change of station move or deploy, to include processing passport applications.

The center processes permanent party Soldier requests including enrollment and disenrollment in the Married Army Couples Program, said Ivan Willie, SI International Work Center supervisor.

Another responsibility of the center is maintaining and communicating casualty related information, Willie said.

The casualty program applies to active duty Soldiers, retirees and their family members.

"Our casualty operations clerk briefs the units on the roles of the casualty notification officer and casualty assistance officer, Willie said.

"A casualty notification officer is the individual who goes to the next of kin of a fallen Soldier and notifies them of the tragic news," Willie said.

A casualty assistance officer assists the next of kin with administrative items such as obtaining new identification cards, social security administration material and other needs of the family, Willie said.

The office also issues CAC cards for active duty, civilian and contractor employees whose mission require

them to have access to a government computer. Individuals without a CAC card can call 410-306-2404 to make an appointment.

Retirees, family members, National Guard and Reserve Soldiers, and members of the Individual Ready Reserve continue to receive teslin ID cards on a walk-in basis, Willie said.

He said the office also issues ID cards to disabled American vets who receive 100 percent compensation through the Veterans Affairs office.

"We focus on superior customer service from the top down to the clerk," Willie said. "The culture here is like a team environment."

Personnel Processing Work Center
410-306-2320

"The Personnel Processing Work Center, located in room 134, building 4305, provides assistance to all separating active duty," Mehlbaum said.

The voluntary separating individuals include retirees and members of the National Guard and Reserve who are returning to their units after finishing Basic Officer Course or specialty training. A retirement services officer from the center speaks to retirees about participating in the Survivor Benefit Plan, an insurance program that provides survivors of military spouses a monthly payment to compensate the loss of retirement benefits.

The work center also processes involuntary separations.

"The involuntary separations include bad conduct, personality disorder and academic failures," Mehlbaum said.

The Adjutant Office assists the APG Retiree Council during the

annual Retiree Appreciation Day each fall when retirees are updated on benefit changes and other worthwhile information.

Personnel Automation Center
410-306-2331

The main function of the Personnel Automation Work Center, located in room 108, building 4305, is to assist the other Military Personnel Office work centers and unit administrators ensuring all records are correct, Keyes said.

The center also runs data base rosters for the other work centers, unit administrators and other agencies on the installation upon request, Keyes said.

The center also oversees unit Personnel Asset Inventories. These inventories are completed at least once a year by the direction of the Army Chief of Staff or during a unit change of command.

"The majority of the staff of the Military Personnel Office is either retired military, former military, spouse or family member of someone in the military," Keyes said. "What keeps us here is the love of wanting to help the Soldiers."

"I am also a family member of a retiree and I feel good helping Soldiers in whatever way I can," Dettwiler said.

The Adjutant Office, located in building 4305, is open daily from 7:30 a.m. to 5 p.m., Monday through Friday.

"It's open during lunch to better serve you, the customer," Dettwiler said.

For more information, visit the Adjutant Office's Web site, <http://www.apg.army.mil/apghome/sites/directorates/ao.asp>.

Fame

From front page

speakers were the "promising future" of the high school.

Megan Smith, an Aberdeen High School senior, reviewed Stevenson's educational and military backgrounds before introducing him.

"If it wasn't for this great man, my family would not be here in Aberdeen and I would not have been able to attend this wonderful school," she said.

She said that she and her family moved to Aberdeen after Stevenson asked her father, Col. Kevin Smith, to become his chief of staff, she said.

Stevenson praised his Alma Mater, describing it as "a great institution" and said that he had a lot of good memories there.

"It's hard to realize when you're an adult how much impact high school has had on you growing up, but this one certainly did with me and enabled me to go on and do the things I've been able to do," he said.

Richard Slutzky, a Harford County councilman, presented a proclamation for Stevenson's induction on behalf of the Harford County Executive and Council.

Retired (Maj.) Dave Yensan, an Aberdeen City councilman, also presented a proclamation for Stevenson's induction on behalf of Mayor Fred Simmons.

Stevenson's wife, Nancy, was one of the many family members who attended the ceremony.

"I'm very proud of him," Nancy said. "I'm always proud of everything he does."

In addition to Stevenson's family, representatives from Harford County and the school faculty were in attendance. Guests from APG who showed their support included Brig. Gen. Rebecca S. Halstead, current chief of Ordnance and OC&S commander; Col. John T. Wright, APG Garrison and deputy installation commander; Garrison Command Sgt. Maj. Elvis Irby; Joseph C. Craten, deputy to the Garrison commander; Col. Bobby Towery, commander 61st Ordnance Brigade; members of the HHC 16th Ordnance Battalion and Eileen Campbell, APG school liaison.

"General Stevenson has been serving the nation selflessly for 32 years and this is a great opportunity for the community and high school to recognize him," Halstead said. "We're here to support him

and encourage him."

"It's always nice to have hometown heroes come back and be recognized," Wright said. "It's also a great day for the Ordnance Corps to see one of their own recognized."

Towery said Stevenson's

achievement is a reminder of why reaching out to the community is important.

"What makes us Army strong is our connection to the community," he said.

The other graduates inducted into the Hall of Fame were

Charlotte G. Cronin, curator of the Aberdeen Room and Archives Museum, and A. Dwight Pettit, a Baltimore attorney and the first African American to attend the high school and participate in its sports program.

Maj. Gen. Mitchell H. Stevenson

Maj. Gen. Mitchell H. Stevenson attended West Virginia University where he received a bachelor's degree in psychology. He also received a master's degree in logistics management from the Florida Institute of Technology.

Stevenson's military education includes Infantry Officer Basic Course, Ordnance Officer Advanced Course, U.S. Army Command and General Staff College and U.S. Army War College.

He has served in the Army for 32 years and commanded at every level. Stevenson commanded a support battalion in combat during Desert Shield/Storm.

Stevenson served as chief of Ordnance and

commanding general of the U.S. Army Ordnance Center and Schools from 2000 to 2003. He then served as deputy chief of staff for logistics and operations, U.S. Army Material Command, Fort Belvoir, Va., until October 2005 when he became the commanding general for the U.S. Army Combined Arms Support Command and Fort Lee, Va.

His decorations and badges include the Distinguished Service Medal, Legion of Merit, Bronze Star Medal and Expert Infantryman Badge.

Stevenson resides at Fort Lee with his wife, Nancy. They have two daughters, Patricia and Jessica.