

POST SHORTS

Recycling schedule

The residential and recycling pickup schedule for May 2 is plastic, glass and metal. Put items in blue bags and place them on the curb.



RAB meeting scheduled tonight

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.

Veterinary Clinic closings

The APG Veterinary Treatment Facility will be closed April 30 and June 1 for end of month inventory. The clinic also will be closed May 25 for a training holiday and May 28 for Memorial Day.

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

60th ENIAC anniversary celebration

The U.S. Army Research Laboratory will recognize the 60th anniversary of the ENIAC, 9:30 a.m., May 2 and 3, at Top of the Bay.

The ENIAC was the first large-scale electronic digital general-purpose computer.

The 10th anniversary of the U.S. Army Research Laboratory's Major Shared Resource Center also will be celebrated.

ARL will recognize its association with electronic digital computing by reminiscing, revisiting the past 60 years and reviewing the ten year history and accomplishments of the ARL MSRC.

The keynote speaker will be Dr. John Parmentola, assistant secretary of the Army for Acquisition, Logistics, and Technology.

Join ARL in recognizing its past, present and the future of computing.

For more information or to register, visit Web site <http://www.aro.hpc.mil/events/Army6010>.

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D.A.R.E. program graduates 90 students

Story by **HEATHER TASSMER**

APG News Aberdeen Proving Ground community members, parents and Maryland law enforcement officials showed support for 90 children during the second annual Drug Abuse Resistance Education graduation ceremony April 12 at Top of the Bay.

The 10-session D.A.R.E. program taught the Child Development Center and Youth Center children about the dangers of drugs and violence.

This was the first year the program was taught at both youth centers.

Officer Mike "Big Mike" Farlow, the APG community policing officer who revamped the program last year, welcomed and thanked attendees for showing support "for kids who want to be drug and violence free."

Farlow shared his enjoyment and energy for the program, adding that every day he was scheduled to teach D.A.R.E., he would jolt out of bed in the morning.

"I think I have more fun than the children do when I go to visit them," he said. "These

kids are awesome. They do more for me than I could ever do for them.

"I would arrive in the mornings prepared to teach a lesson, and after getting into the program, the kids' energy and willingness to learn would become infectious. I would always leave rejuvenated and feeling like I had accomplished something very good for that day," Farlow added.

Robert Krauer, director of Law Enforcement and Security, also shared some remarks with the attendees.

"It is an incredibly special night for these kids," Krauer said. "The ten lessons they went through are really important to their development."

The program is important because "kids learn to say no, learn to do the right things and make the right decisions."

Krauer also gave credit to D.A.R.E. officers, Michael Banks and Farlow, adding that it takes "special policemen" to conduct the program.

"They provide the watchful eyes that are necessary for this program, and they really love the kids," he said. "This program would not be a success

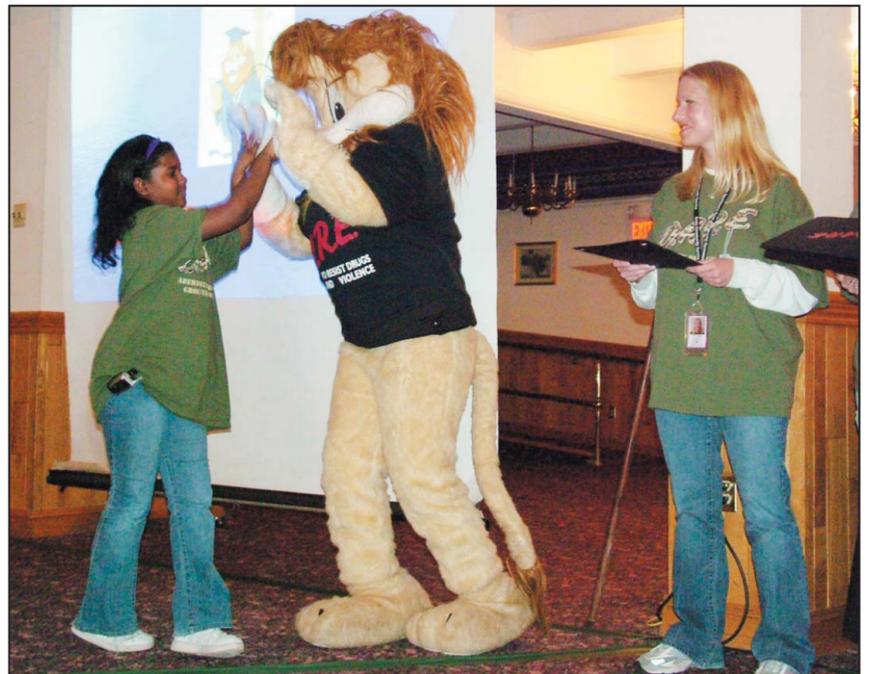


Photo by NORMA WARWICK, APG SOUTH YOUTH SERVICES
Rebecca Jackson, 9, 4th grader, high fives the D.A.R.E. mascot Daren on her way to receiving her D.A.R.E. graduation certificate from Angie Chronister, School Age Services middle school lead from APG South Youth Services April 12 at Top of the Bay.

without them."

He mentioned Farlow was nominated by his peers across Maryland to be the 2007

D.A.R.E. Officer of the Year. In addition, Laura Phelps, regional coordinator of the Maryland D.A.R.E. office,

announced not only was it a D.A.R.E. graduation day but it was also National D.A.R.E. See D.A.R.E., page 7

APG readies to meet energy challenges of EPAct

DIO

In late January, President George W. Bush issued a new Executive Order, "Strengthening Federal Environmental, Energy, and Transportation Management." This new order strengthens and consolidates key goals for the federal government put into effect by the Clinton administration. The orders were consolidated to make them conform to changing law and new developments, notably the Environmental Policy Act of 2005, or EPAct.

"The old EPAct (1995) required twenty percent energy-efficiency improvements by two thousand fifteen, and this new one requires thirty percent," said Edwin Piñero, federal environmental executive.

Robin Hoory, chief of Business Management Division at Garrison Aberdeen Proving Ground, is quick to point out the strides APG has already taken.

"Our energy team is working hard to enforce this directive," Hoory said. "We are

ensuring that the DIO [Directorate of Installation Operations] provides safe, secure, reliable, environmentally friendly and cost-effective energy and water services to the Soldiers, Families, civilians and contractors at APG. Our energy team is defining actions and identifying the tools, technologies and projects required so that APG achieves long-range success in meeting the new energy and water goals."

Other new developments affecting the new EO include a new agriculture law that encouraged development of bio-based products, and two memorandums of understanding - one on high performance buildings and another on electronics stewardship - recognizing the environmental and energy impact of both.

In addition to the 30 percent energy reduction by 2015, EO 13423 requires federal agencies to achieve numerous energy and environmental performance goals, including the following:

- Cut greenhouse gas emissions

through reduction of energy intensity by 3 percent a year or 30 percent by 2015.

- Trim water consumption intensity 2 percent a year through 2015.

- Construct or renovate government buildings in accordance with sustainability strategies (i.e., green building).

- Expand purchases of environmentally preferable products, including bio-based products.

- Make at least 50 percent of current renewable energy purchases from new renewable sources (in service after Jan. 1, 1999).

As the nation's single largest energy user, the federal government is obliged to lead by example in order to meet the President's aggressive agenda to reduce dependence on foreign oil and conserve resources.

APG is already aggressively pursuing alternative funding and public sector partnerships to make E85 and bio-diesel available on post.

"This strategy along with a proposed expansion of the Waste to Energy plant and an intensive Energy Savings Performance Contract project will go along way in reaching our goals," said Brandon Davis, post energy manager.

"This is a timely and strategic step forward, building upon the many and notable accomplishments of the federal community," Piñero said. "As a result, we will be more efficient and effective in meeting our mission."

"We can be proud of the steps we've taken so far," Davis said. "But beyond projects, much can still be done by the individuals working and living at APG, [simple things like turning out lights and watching the thermostat]. Working together we'll not only meet the mandates of an executive order, but leave the world a better place for future generations."

For the full text of the executive order, visit www.whitehouse.gov/news/releases/2007/01/20070124-2.html.

Army Emergency Relief Annual Fund Campaign underway

ACS

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." 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.

Road closure announced

DIO

The road leading to building 4503 (dinning hall) will be closed May 1 to July 15 due to excavating the roads leading to the heating plant, building 4404, and installing new hot water lines and chill water lines to supply the barracks with heating and cooling.

Access to buildings 4404 and 4403 will be affected during this time. There will be a new temporary entrance in the parking lot behind the 4503 Dining Hall for food deliveries and trash pick up of the dumpsters. This area is for dining facility personnel and also is a

staging area for the contractors working on the lines.

There is an emergency access for Fire Department, Ambulance and Police off the northwest parking lot of building 4502 which is off Darlington Street. The entrance is in the southeast corner and is a stoned in grass area and has a steel plate over the curbed section.

Everyone is asked to stay clear of the excavated areas protected with orange safety fence.

For more information, call Richard B. Dunham, DIO Construction Inspection, 410-306-1163.

APG to celebrate season with Spring Fest, Bike Rodeo

Story by **HEATHER TASSMER**

APG News

Celebrate the season with games, food and fun at the Aberdeen Proving Ground Spring Fest/Bike Rodeo 10 a.m. to 3 p.m., May 5, at Shine Sports Field.

Morale, Welfare and Recreation; Army Substance Abuse Program; Child and Youth Services; Army Community Service and the APG police and fire departments are this year's hosts.

"There will be activities for all ages," said Pat Palazzi, acting chief for CY5 and a Spring Fest/Bike Rodeo committee member. "The event has been growing over the past few years, and we are looking forward to an even bigger and better event this year."

The APG Police Department will provide a trailer full of bikes, and ACS will supply safety materials for those participating in the bike rodeo.

Volunteers from the Maryland Army National Guard Freestate Challenge Academy will man the bike rodeo's stations where children learn to dodge obstacles, exit driveways safely and learn why it is important to follow traffic laws.

"The bike rodeo is a great opportu-



2006 Photo by YVONNE JOHNSON
Desiree Jones, 12, left, and July Thompson, 12, try their hand at Stackers, a speed stacking game, at the APG South Youth Services display during the 2006 Spring Fest April 8.

nity to come out and learn bike safety before the bike season starts," said "Big Mike" Farlow, community policing officer and organizer of the rodeo.

The police department will also provide a seat-belt sled that simulates a

slow-speed crash and the fire department will provide static displays.

Children and youths can learn about the dangers of alcohol by participating in the ASAP's football toss.

CYS will conduct spring crafts and

bowling along Springfield Street for children and youths.

For children and youths who enjoy sports, CY5 Sports will be conducting five flag football games throughout the day. APG cheerleaders will be present for the games.

At noon, lunch including a drink, hot dog and chips will be served. Attendees can help Sparky the Fire Dog celebrate his birthday at 12:15 p.m.

In addition, Elmo will visit the Spring Fest from 1 to 2 p.m. Other special guests include The Hulk and Aberdeen Ironbirds' mascots Ferrous and Ripcord.

Attendees can visit Kirk U.S. Army Health Clinic, the APG Veterinary Clinic and many other organizations' information booths.

After the Spring Fest, the Post Theater will show a Family movie at 3 p.m. The theater's doors will open at 2:45 p.m.

In conjunction with the Spring Fest, Chesapeake Challenge will be opening the same day and its activities will be half price.

(Editor's Note: See APG News next week for Spring Fest/Bike Rodeo map.)



Deployment News

Health promotion can work in the tactical environment



Photo by COL MICHAEL CUSTER, CHPPM HEADQUARTERS

Sgt. 1st Class Craig Dyer, U.S. Army Center for Health Promotion and Preventive Medicine Headquarters, right, checks the resting metabolic rate of a deployed Soldier.

CHPPM

Four health promotion experts from the U. S. Army Center for Health Promotion and Preventive Medicine deployed to Iraq recently to assess health promotion activities there—the first time CHPPM has done so in an active war zone. They discovered that even a war zone can offer opportunities to combat negative health behaviors.

Based at Camp Victory, Col. Michael Custer, director of Health Promotion and Wellness at CHPPM Headquarters; Laura Mitvalsky, chief of Health Promotion and Wellness Europe; Sgt. 1st Class Craig Dyer, Health Promotion & Wellness, CHPPM Headquarters; and Todd

Hoover, director of the Heidelberg, Germany Fitness Center, spent several weeks at various locations in Iraq.

Since 2003 the Army has been steadily engaged in combat operations throughout the country. All Army activities focus on the military missions necessary to conduct, support and sustain these operations. Of necessity, activities not directly related to warfighting become lower priorities.

The CHPPM team discovered that on established posts and bases of relative safety, Soldiers have fairly regularized work schedules. In these locations, they found Soldiers interested in improving health and fitness. As well, they saw opportunities for health education classes like smoking

or tobacco cessation, diet and nutrition counseling.

To promote weight control and healthy nutrition, Dyer and Hoover set up shop in Al Faw Palace to gauge the resting metabolic rates of Soldiers. They used Metacheck, a device that determines this rate from oxygen use.

The test took from 10 to 20 minutes to complete. Team members spent an additional 10 to 20 minutes using the results to counsel clients on strategies to maintain their healthy weight or decrease excess weight.

“It provided a start to reevaluate my exercise program and eating program,” said Lt. Col. Nancy Robles-Stokes, a nurse at the 21st Combat

Support Hospital. “With running an average of 70 miles a month and biking over 200, no weight loss was depressing.”

The counseling also helped Robles-Stokes refocus her goals for diet and nutrition. She indicated in a follow-up e-mail that she had lost and kept off 5 pounds.

“I’ve changed my eating habits to small, frequent meals instead of eating only once a day,” she said. “It would be good if in six months of modification to my program, I could retest and see if it made a difference.”

Robles-Stokes was not alone in finding the test to be a helpful tool. In a two-week time period, 179 Soldiers, Sailors, Marines and Airmen completed these metabolic analyses, filling every available metabolic rate appointment.

The CHPPM team’s medical colleague Maj. Scott Newkirk of the 133rd Medical Detachment told team members that in many areas monotony and tedious work activities produce a sense of inertia. He said he overheard one service member describe this as, “Sleep till you’re hungry and eat till you’re tired.”

This observation signaled further opportunity to the CHPPM team.

“There is a need and desire for health promotion efforts,” Custer said. “We know programs like weight control, nutrition and exercise counseling can’t be taken everywhere in Iraq, but where bases are secure and you can see enthusiasm among the Soldiers about health promotion, we should certainly try to meet their needs.”

Results of the CHPPM assessment indicated Soldiers were looking for health promotion activities ranging from tobacco cessation to improved fitness.

Another CHPPM team effort focused on making Soldiers aware of what is already available in Iraq by compiling information for an electronic health and well-being resource guide.

Based on Mitvalsky’s efforts in Germany, she and Custer gathered

information about activities, organizations and recreational opportunities in Iraq. The result will be an online guide that will give individuals and leaders access to the vast array of activities and organizations that are available to individuals in theater. The resource guide is in development and should be a great asset to the community. The guide was a specific product requested by Col. Robert Rush, the chief of staff, Multi-National Coalition – Iraq, who invited the CHPPM team to make the overall assessment.

In addition to the assessment, counseling and resource guide, Custer looked for ways CHPPM could improve its support of the units in theater. Through interviews with Soldiers and leaders he identified areas of concern and took those concerns back to healthcare leaders in the United States. He also looked at the activities of Army public health nurses in Iraq and suggested training and policies to strengthen their role applying their unique skills to the issues in Iraq. These suggestions are being considered at the level of the Office of the Army Surgeon General.

The combined efforts of these individuals showed that while health promotion may seem to be a secondary issue when individuals are in a combat theater there is, in fact, a great deal of interest in improving health behaviors among deployed individuals.

Although health promotion activities cannot be initiated in all environments in Iraq, each area should be evaluated individually. Efforts devoted to health promotion activities can be supported in many areas, and a number of Soldiers engaged in more regularized operations have time to devote to improving their lifestyles and increasing their overall well-being.

(Editor’s note: Information in this article was provided by Col. Michael Custer, director, Health Promotion and Wellness, U.S. Army Center for Health Promotion and Preventive Medicine.)

Soldiers break from combat at Freedom Rest, an oasis

Story by
SPC L.B. EDGAR
Army News Service

Rest and relaxation is a luxury to Soldiers on the battlefield, where the fears of being hit by improvised explosive devices or losing a buddy in combat haunt Soldiers daily. The recent extension of tours to 15 months means active duty Soldiers need a break that much more.

Freedom Rest, an oasis in the center of the Iraqi capital, helps Soldiers escape the stress of life on the front lines of war. There, they can strip away their body armor, lock up their weapons and enjoy time off without leaving the theater of operations.

Located in the International Zone, Freedom Rest is staffed by Morale, Welfare and Recreation specialists who schedule such events as basketball, flag football, poker, dodge ball, karaoke and tug of war.

A 24-hour Internet café lets Soldiers talk and write to Family and friends for free. Personal physical fitness trainers are on site, and a combat stress team and chaplain are available for counseling. Typical services such as a Post Exchange and barber shop are also available.

“We’re here to make sure you have a good time. We want you to relax,” said Craig Miller, a certified personal trainer at Freedom Rest.

Spc. Corey Kupiec recently took a break at the facility.

“You just get stressed out sometimes. You feel like you’re a grenade and your pin is going to pop sometimes,” said Kupiec, who was deployed in October. “A lot of guys deal with the stress differently.”

Kupiec, assigned to the 25th Infantry Division’s Troop D, 1st Battalion, 40th Cavalry Squadron, 4th Brigade Combat Team, has dealt with death both near and far. She said a friend back home tried to commit suicide two weeks before his stay at Freedom Rest, and 10 days before, a medic in his unit died during combat operations.

“I think that is why they [command] sent me out here, to kind of let me not think about it and relax,” the 22-year-old said.

The all-wheel mechanic said he sees the value of a break from the action now and then. Many of the Soldiers in his company are teenagers straight out of high school who have never lived on their own, let alone deployed to a war zone, he said.

The Freedom Rest facility originally served Saddam Hussein’s Republican Guard as an officers’ club. The villas Soldiers occupy today housed Iraqi officers prior to 2003. After the U.S. invasion of Iraq, the 1st Armored Division opened the facility to Multinational Division - Baghdad soldiers in October 2003.

Since then, Freedom Rest has hosted more than 35,000 Soldiers, said Sgt. 1st Class Stephen Sanders, the facility’s noncommissioned officer in charge.

“We really try to take care of the Soldier and we have nothing but good times scheduled for the Soldier,” Sanders said. “When it comes time for them to leave, they don’t want to leave, and all they say is ‘I hope to get another chance to come back to Freedom Rest.’”

More than just a resort where Soldiers can enjoy themselves, Freedom Rest is also a tool for commanders, according to Sanders.

“I want leadership to know about Freedom Rest and be able to send their Soldiers here. Even though they say they’re not able to lose a Soldier for four days, this is a prime opportunity for Soldiers to be totally refreshed,” he said. “It’s the only R & R facility within the Iraqi theater, so it allows the leadership to send their Soldiers for four days instead of losing them for nine if they go to Qatar.”

Reservations are available despite the ongoing surge of troops into Baghdad, Sanders said. The facility also hosts conferences and meetings.

(Editor’s note: Spc. L.B. Edgar writes for the 7th Mobile Public Affairs Detachment.)

DUTY
Fulfill your obligations.

I am a Soldier, I fight where I am told, and I win where I fight.
— General George S. Patton

ARMY VALUES
ARMY STRONG.

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.

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

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

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21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@apg.army.mil.

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Legally Speaking

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Staff Judge Advocate closes Tax Center

Story by
HEATHER TASSMER
APG News

The Office of the Staff Judge Advocate's Client Services Division celebrated the closing of its tax center during a ceremony April 19 at Top of the Bay.

The center opened Jan. 22 and provided free federal and state income tax preparation services to Soldiers, retirees and their families. Its staff included seven Soldiers, who were trained in the basic and intermediate levels of federal income tax preparation, an installation tax coordinator and an installation tax attorney.

In his opening remarks Lt. Col. Don F. Pollack, SJA, said that clients have been sharing positive comments about the tax center, describing the staff's efforts as a "tremendous service."

"The [Internal Revenue Service] wouldn't put the effort that they put into the program if they didn't think it would be beneficial," Pollack said. "I know the Soldiers appreciate it, and the [Internal Revenue Service] probably appreciates the fact that they have less questions coming to them and less problems with returns."

He thanked the Soldiers for their dedicated efforts in the Tax Center.

Col. John T. Wright, Aberdeen Proving Ground Garrison and deputy installation commander, was also present to show his appreciation to the tax center staff.

"The services provided by the tax center staff are very important to active duty service members, retirees and their families," Wright said.

He said the center's new location in building 4117 was more centrally located for Soldiers and a better working environment for the staff than

the old office in building 310.

The services the tax center provided also saved clients from buying tax software and paying for tax preparation, he said.

He gave the Soldiers commander's coins to thank them for their work in tax preparation.

Eric Feustel, installation tax attorney, said that almost 900 clients took advantage of the center's services this year.

He talked about what went well during tax season at the center.

"Our new location worked out very well," Feustel said. "A lot of Soldiers could walk to see us."

In addition, Feustel said the center worked with IRS and Maryland Comptroller employees on "returns that were outside of the Tax Center Soldiers' expertise."

Feustel said the most common issue clients faced was not having the proper paperwork needed for tax preparation.

Some of the clients who held stock did not have all the necessary information.

"If you sell stock, you need to know how much you bought it for," he said. "Some stockholders rely on investors

to keep these records but it is the stockholder's responsibility to keep track of the information."

Feustel encourages clients to visit the OSJA's Web site, [https://www.jagcnet.army.mil/JAGCNETInternet/Homepages/AC/USAGAPG.nsf/\(JAGCNetDocID\)/HOME?OpenDocument](https://www.jagcnet.army.mil/JAGCNETInternet/Homepages/AC/USAGAPG.nsf/(JAGCNetDocID)/HOME?OpenDocument), to find out the proper paperwork to bring, and to fill out the client questionnaire.

He said he hopes to see even more Soldiers taking advantage of the services next year.

Master Sgt. Terry Frag-

ale, tax preparer, said he was pleased with how the season went at the center.

"I met a lot of nice people," Fragale said. "One of the most successful things was that we all worked well together. We were glad to have Sandi Williams [the installation tax coordinator] working with us because she's done tax preparation for seven years."

If clients still have continuing concerns about their tax returns, they can call 410-278-1583 or stop by the OSJA, which is located on the third floor of building 4305.

POST SHORTS

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.

Asian Pacific Specialty Meal May 15

The Asian Pacific Specialty Meal will be held May 15 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 Asian Pacific Specialty

Meal Menu includes: egg drop soup, egg rolls, Cantonese style pork ribs, Asian grilled chicken, Korean style beef bulgogi, coconut fried shrimp, fried rice, steamed white rice, stir fried vegetables, steamed broccoli, cucumber kimchi, sesame green bean salad, salad bar with assorted toppings, coconut bread pudding, fortune cookies, banana cake with cashews, hot rolls with sesame seed oil, assorted breads, soft serve ice cream with assorted toppings, assorted condiments and assorted beverages.

Note: Menu is subject to change without prior notification. For more information, call Edward Parylo or Ernest Green, 410-306-1393/1398.

Vehicle Resale Lot moves to new location

The MWR operated Vehicle Resale Lot for anyone who needs to sell or buy a vehicle is now at Outdoor Recreation Center, building 2407.

For more information, e-mail MWR-OutdoorRec@apg.army.mil, call 410-278-4124 or visit Web site www.apgmwr.com.

(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"

300

Friday, April 27, 7 p.m.
 Starring: Gerard Butler, Vincent Regan, Lena Heady, David Wenham

Set in the midst of the Persian-Greco War during the ancient Battle of Thermopylae, King Leonidas (Butler) and 300 Spartans fight to the death against Xerxes and his massive Persian army in an effort to inspire all of Greece to unite against their Persian enemy. (Rated R)

ZODIAC (FREE ADMISSION)

Saturday, April 28, 7 p.m.
 Starring: Robert Downey, Anthony Edwards, Jake Gyllenhaal, Gary Oldman

Based on the real-life terror that gripped San Francisco in the 1970s, several police detectives and newspaper journalists try to uncover the identity of the mysterious Zodiac Killer. Although he sends taunting notes and clues through the mail, he always seems just one step ahead of those looking to stop his killing spree. (Rated R)

BLACK SNAKE MOAN

Saturday, April 28, 9 p.m.
 Starring: Samuel L. Jackson, Christina Ricci, Justin Timberlake

Bitter and broken from a cheating wife and a shattered marriage, has-been blues musician Lazarus (Jackson) finds Rae (Ricci) half naked and beaten unconscious and left for dead on the side of the road. Lazarus discovers Rae is the town tramp and decides to cure Rae of her wicked ways. (Rated R)

Community Notes

FRIDAY

APRIL 27 BASKET BINGO

Basket Bingo to benefit the Harford County Miss Fire Prevention Scholarship Fund will be held 7 p.m. at the Level Volunteer Fire Company, located on 3633 Level Village Road, Havre de Grace. Doors open 6 p.m. Tickets cost \$10 per person in advance, \$12 at the door and includes bingo games, raffles and door prizes.

For more information and tickets, call 410-459-6727 or e-mail mgallion05@hotmail.com or chellybelly100@aol.com.

SATURDAY

APRIL 28 TRAIL TREK: SUSQUEHANNA STATE PARK

Enjoy a splendid 3- to 4-mile hike with volunteer Eugene Burg along the banks of the Susquehanna River. Bring lunch. The program will be held 9 a.m. to 1 p.m. for ages 10 to adult and is free. Registration is required.

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

GET MY DRIFT?

Stroll along the shore of the estuary searching for life and looking for that one, especially beautiful piece of driftwood. The program will be held 1 to 2 p.m. for ages 4 to adult and is free. Registration is required.

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

DAY IS DONE

Nudge around the marsh at the Bosely Conservancy as the day is winding down, and enjoy the sunset on the creek while paddling home. The program will be held 5 p.m. to 8 p.m. for ages 8 to adult, under 13 with an adult. Registration is required. Cost is \$10 per person.

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

SUNDAY

APRIL 29 SUNDAY

BRING OUT YOUR BONES

Learn the basics about identifying skeletons of animals found in nature. Bring any clean samples you have. If you don't have any samples, don't worry, some will be supplied. The program will be held 1:30 to 2:30 p.m. for ages 6 to adult. Admission is free. Registration is required.

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

DINNER & COMEDY SHOW

Come ready to laugh. It's Grandma "G" (Comedian Howard G) live in Havre de Grace at St. James A.M.E. Church, 617 Green Street. Dinner starts at 3:30 p.m. comedy show to follow. Donation recommended is \$10. Dress is casual.

This program is sponsored by the Men's Day Committee. For more information, call 410-939-2267.

SATURDAY

MAY 5 INAUGURAL FUN RUN/ WALK IN ABERDEEN

The fifth semi-annual Unity in the Community day begins this year with the 1st Inaugural 10k Fun Run/Walk 7 to 11 a.m. May 5 starting at Festival Park, between Franklin and Parke Streets. Sponsored by True Joy Ministries, the goal is to promote health and fitness as well as harmony among fellow citizens.

Groups as well as individuals, ages 10 and older, may participate. Military units are encouraged to bring gui-

ons and show their military pride.

Early registration is thru April 28, late registration is April 29. A registration fee of \$15 includes a free T-shirt. Awards will be presented to the top male and female finishers in each category.

For more information, or to register, pick up a run/walk packet, available noon to 4 p.m., May 4, at True Joy Ministries, 200 North Philadelphia Boulevard, Suite 1, Aberdeen, MD 21001; visit truejoyministries@aol.com; or call 410-937-4051 or 410-273-9715.

JOIN HANDS DAY

Join Hands Day will be held nationwide as a day to make a difference in communities through helpful projects that connect youths and adults. Join Hands Day allows participating groups the opportunity for nationwide recognition and gives fraternal benefit societies and volunteer organizations the opportunity to outreach to their community, connect generations and develop new relationships.

Participants in Harford County include Steppingstone Farm Museum, the Concord Point Lighthouse of Havre de Grace; Bel Air United Methodist Church, Anita C. Leight Estuary Center, Abingdon; and the Harford Habitat for Humanity.

For more information or to schedule a center as a Join Hands Day partner, call Barbara Heckner, Harford Coun-

ty Department of Community Services' Volunteer Connection and RSVP, 410-638-4444 or e-mail bhheckner@harfordcountymd.gov.

SUNDAY

MAY 6 AUXILIARY 5337 OFFERS SUNDAY BREAKFAST

The Ladies Auxiliary of Harford County Memorial VFW Post 5337, 3705 Pulaski Highway in Abingdon will host Sunday Breakfast, 8 to 11 a.m. The cost is \$6 and includes choice of eggs, omelets, sausage, bacon, pancakes, French toast sticks, home fries, grits, cold cereal, fresh fruit, coffee, juice or milk. Proceeds to benefit VFW programs.

For more information, call 410-676-4456.

FACING THE GIANTS FAMILY FILM

The Edgewood Assembly of God, located on 803 Edgewood Road, will present "Facing the Giants," a Family film for all ages, 6:30 p.m. Admission is free. Refreshments are available for a donation.

For more information, call 410-676-4455.

THURSDAY, FRIDAY, SATURDAY

MAY 10, 11, 12 34TH ANNUAL EAST COAST RALLY

The Washington Area Collectors/Blue and Gray Military Vehicle Trust will host the

34th Annual East Coast Military Vehicle Rally, 8 a.m. to 5 p.m. at Ripken Stadium. Admission is free.

For more information, visit <http://www.wacbgmvt.org/ecr/>, e-mail EastCoastRally@wacbgmvt.org or call 1-800-730-6621.

FRIDAY

MAY 18 ALPHA KAPPA ALPHA SORORITY IVY BALL

Xi Delta Omega Chapter, Alpha Kappa Alpha Sorority, Inc. will sponsor its 9th Annual Ivy Ball, 8:30 p.m. to 1 a.m., at the Richlin Ballroom, located on 1700 van Bibber Road, Edgewood, with music and door prizes.

Admission is a \$50 donation per person. Proceeds will benefit the scholarship fund and community service programs.

For more information, call 410-939-5368.

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

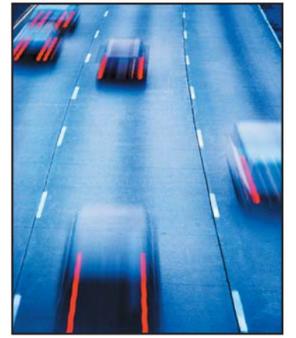
Preventing substance abuse on APG 

How alcohol, drugs affect driving

ASAP Office

Understanding the impact of alcohol and other drugs on a person's ability to operate a vehicle is extremely important.

"Most people understand the basics of alcohol and driving but don't give a second thought to driving when they are under the influence of other drugs, prescriptions, and other the counter medications. The impact can be deadly," said Cindy Scott, ASAP coordinator.



Cause and affect

Alcohol (beer, wine, whiskey, gin, rum, vodka, tequila, etc.)

- Dulls judgment and concentration
- Slows releases and reaction time
- Leads to multiple, blurred and restricted side and night vision
- Hinders muscle control and coordination
- Exaggerates emotions
- Increases drowsiness

Alcohol plus marijuana (Any alcoholic beverage and pot, hash or T.H.C.)

In addition to the effects of alcohol:

- Dulls concentration and reasoning abilities
- Slows reaction time
- Leads to multiple vision and slowed glare recovery time
- Hinders muscle control coordination, maneuvering ability and ability to recognize traffic signals
- Affects short term memory and tracking ability
- Increases distraction and drowsiness

Alcohol Plus Antihistamines (Any alcoholic beverage and cold remedies such as Sudafed, Coricidin)

In addition to the effects of alcohol:

- Dulls judgment and concentration
- Slows reaction time
- Leads to reduced vision
- Hinders coordination
- Increases drowsiness, confusion and anxiety

Alcohol plus tranquilizers (Any alcoholic beverage and sleep medication such as Valium, Librium, Seconal, etc.)

In addition to the effects of alcohol:

- Dulls judgment and concentration
- Slows reflexes and reaction time
- Leads to multiple, blurred and restricted side and night vision
- Hinders coordination and motor skills
- Increases drowsiness

For more ASAP information, contact Scott, 410-278-DRUG or Cynthia.Scott1@apg.army.mil, or visit the ASAP Web site <https://apgrc2gag-intra.apg.army.mil/apg/ASAP/>.

(Editor's note: Facts courtesy of the National Commission Against Drunk Driving.)

NSPS: Manager/supervisor communication

www.cpms.osd.mil/nsps

To help employees understand the National Security Personnel System conversion and its impact, *APG News* will provide weekly articles detailing the characteristics of the new Department of Defense system. This article details the responsibilities of managers and supervisors.

For more information visit the NSPS Web site, <http://www.cpms.osd.mil/nsps>.

Managers should use the following guidelines while preparing their staff for NSPS.

Encourage effective communication

Heighten your staff's understanding of the system and make them aware of potential opportunities through clear and timely communication. Take advantage of the following opportunities to pro-

vide your staff with information on NSPS changes, training and benefits:

- Memos and e-mail messages
- Conference calls
- Newsletters
- Staff meetings
- Organization Web site
- Performance management discussions

Be proactive and available for discussion

Despite all of the constraints on your availability, schedule time to discuss NSPS with your staff. Talk to them individually and as a group, using whatever time is needed to convey what you know. If your staff asks questions that you are unable to answer, gather the questions and concerns and make a commitment to get back to them when you have more information. The more time you spend explaining NSPS, the more your staff will understand and accept it. Supervisors of

bargaining unit employees should discuss employee meetings with the servicing HR office in advance to ensure statutory labor relations obligations are met.

Ask for feedback; address it constructively

As NSPS is implemented, feedback from staff can help you identify those areas where more communication is needed. In addition, feedback can help you identify areas for process clarification and improvement.

When you solicit feedback, be prepared for whatever feedback you get, whether positive or negative. Amplify positive feedback and share it with your group.

Acknowledge resistance and address it by reinforcing the benefits of NSPS to the individual and to the organization. When it is appropriate, share your experiences and ask others to talk about their experiences.

Attention departing card holders, billing officials

ACA APG DOC

When a cardholder or billing official is being reassigned, separated from federal service or retiring, a written request must be submitted by their billing official or office chief to the APG Directorate of Contracting Agency/Organization Program Coordinator (e-mail: credit-card@apg.army.mil) no later than 30 days prior to their departure. In extraordinary situations, when an unscheduled departure is less than 30 days, notification of the departure shall be made as soon as it is known.

The cardholder shall stop all purchase activity no later than

30 days prior to their departure and ensure their account balance is paid in full prior to their job reassignment, separation or retirement.

The billing official is responsible for destroying the card and notifying the A/OPC when the card or billing account has been paid in full.

Termination of the billing official's account will also result in the termination of all cardholder accounts assigned to the billing official.

The Civilian Personnel Clearance Form, EAP 1132, and DA Form 137-1R include the requirement for billing offi-

cial and cardholders to obtain the signature of the A/OPC or the alternate A/OPC prior to terminating post employment.

The APG DOC A/OPC and alternate are located in the Robert Morris Building at 4118 Susquehanna Avenue and are available from 1:30 to 4:30 p.m., Monday through Friday, to sign clearance forms. To ensure availability, call Diane Schneider, 410-278-0848 or Dennis Bolen, 410-278-0849 for an appointment.

For additional information regarding the Government Purchase Card Program, visit the APG DOC Web site,

<http://www.apg.army.mil/apghome/sites/Restricted/aca/index.html>.

D.A.R.E.

From front page

Day. She read a proclamation signed by President W. George Bush.

She also read some of the messages the students had written on posters such as "Don't be a fool...Smoking is not cool" and "Be Smart. Make the right choice."

Phelps also told the attendees a story about a former D.A.R.E. student, Tiffany, whom she had taught. She died of alcohol poisoning when she was 14 years old.

"In honor of Tiffany, please make sure you make the right decisions," Phelps said.

At the conclusion of the ceremony, Banks almost in tears, thanked the CDC and youth center children and said they hold a special place in his heart.

Farlow thanked the Aberdeen Proving Ground Federal Credit Union, APG Thrift Shop, Army Substance Abuse Program and Military and Civilian Spouses' Club for their donations to the program.

"Without their support, the program would not have been possible," he said.

A total of 125 students graduated this year but not all of them could make it to the ceremony.

Students said they enjoyed attending the D.A.R.E. program.

"I learned to stay drug free and that drugs are bad for you," said 10-year-old Brittany West.

"The program was very educational," said 11-year-old Germanie Lewis. "I learned that you can hurt yourself and other people if you do drugs."

Parents of D.A.R.E. students said the program was very beneficial for their children.

Michelle Mirandez said her 5-year-old daughter, Aida, was "very motivated with the program."

"She named the good things you're supposed to do and the bad things you're not supposed to do like not talking to strangers," Mirandez said. "This program is very important for young children because they can get a sense of what to be

aware of as they get older," she said.

"D.A.R.E. makes children aware of the dangerous things in society," said Staff Sgt. Anthony McDonald, whose 5-year-old son, Malique Calloway graduated from the program. "Hopefully [Malique] will do the right thing and not use drugs."

Future D.A.R.E. plans

This coming fall, Farlow said he and Banks are coordi-

nating with D.A.R.E. America to bring the D.A.R.E. Dance program to the Child Youth Services at APG.

"This gives the kids an opportunity to learn the art of dance from professionals and gives them another outlet besides drugs and violence," he said. "At the end of the dance program, there will be a recital and opportunities for dance scholarships."

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



MORALE, WELFARE & RECREATION

Activities/Events

NASCAR at Dover Downs

Reserved grandstand seats and value seats are available to all DoD ID card holders for the June 2 Busch Series and June 3 Dover 400 Nextel Cup races.

Reserved grandstand seats cost \$86 per person; value seats cost \$57 per person; general admission tickets for the June 2 Busch Series cost \$47 per person. (Children 11 and under admitted free with each paying adult.)

The last day to order tickets is May 3.

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

NASCAR at Richmond International Raceway

The Circuit City 250 at Richmond International Raceway takes place May 4 and 5.

Tickets from MWR cost \$113 for the two-day NASCAR package, \$88 for the Party Zone Package and \$28 for general admission.

The two-day NASCAR Package includes a general admission seat for the May 4 Circuit City 250 Presented by Funai NASCAR Busch Series race; and a reserved seat in the Henrico Grandstand for the May 5 Crown Royal presents The Jim Stewart 400 NASCAR NEXTEL Cup Series race. There are a limited number of two-day packages available.

The Party Zone Fan Hospitality Package includes a ticket for the May 4 Circuit City 250 and admittance to the Party Zone Hospitality area. Fans will receive a buffet dinner, a special appearance by NASCAR Busch and NEXTEL Cup Series team owner Richard Childress for a question and answer session, entertainment and a special souvenir gift.

General admission tickets to the May 4 Circuit City 250 are free for children ages 12 and under when accompanied by a ticketed adult.

For more information or to order ticket packages, call the MWR Leisure Travel Services, Aberdeen Recreation Center, building 3326, 410-278-4011/4907, e-mail mwr_registration@apg.army.mil or visit <http://www.rir.com/salute/aberdeen/>.

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.

apg.army.mil.

Mother's Day Dinner

Treat mom to a nice dinner without the cleanup. Top of the Bay will serve a Mother's Day Dinner, 5 to 8 p.m., May 13. Cost is \$19.95 per adult, \$7.95 for children ages 6 to 11 and children ages 5 and under are free. The buffet dinner includes a carving station with prime rib and turkey, shrimp creole, chicken Marsala, Italian sausage and peppers, oven roasted herbed potatoes, rice, pasta, assorted vegetables. An assortment of desserts, coffee, tea, iced tea, and cash bar will be available with a glass of champagne for mom.

For reservations, call 410-278-3062/2552/5195 by May 10. No reservations after May 10.

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.

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

Dover Downs Raceway Nextel Cup

Zoom on down to "The Monster Mile" Dover Downs Raceway Nextel Cup race on June 3. The bus departs 9:20 a.m. and returns approximately 8 p.m.

Experience the thrill of the speed, the unique white concrete track, the roar of the engines and cheers of the crowd.

Cost of the trip is \$130 and includes bus transportation and tickets - reserved seating on Turn 3, sections 139-149, rows 1-30.

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

Tickets for Jersey Boys in New York

See the Tony award winning musical "Jersey Boys," the story of Frankie Valli and the Four Seasons.

MWR offers tickets and transportation for the 3 p.m. show, Aug. 26, at the Wilson Theater, 52nd Street, New York City. Cost is \$170 per person and includes 1st mezzanine seating and roundtrip transportation. A limited number of seats are available. Open to all DoD ID card holders. Purchase tickets by July 26.

The bus will depart 7:30 a.m. and return 10 p.m.

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

MWR begins daily bus trips to Atlantic City

Roll the bones on daily trips to Atlantic City. 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.

- 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.

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, building 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.

Youth Golf Program

Registration for the golf program for boys and girls, ages 7 through 16 (as of June 18, 2007) will be held May 1 through 24.

APG North golf will begin June 19 on Tuesdays and Thursdays.

Age groups 7 to 9 will play 8 a.m.; 9 a.m. for ages 10 and 11; and 10 a.m. for ages 12 through 16.

APG South golf will begin June 18 on Mondays and Fridays.

Ages groups 7 to 9 will play 8 a.m.; 9 a.m. for ages 10 and 11; and 10 a.m. for ages 12 through 16.

Cost of registration is \$65 for CYS members. All youths must be registered with CYS.

For more information or to register, call 410-278-7571/7479 or Bill Kegley, 410-306-2297.

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

Vehicle Resale Lot moves to new location

The MWR operated Vehicle Resale Lot for anyone who needs to sell or buy a vehicle is now at Outdoor Recreation Center, building 2407.

For more information, e-mail MWR-OutdoorRec@apg.army.mil, call 410-278-4124 or visit Web site www.apgmwr.com.

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
- 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

Roye-Williams holds registration for pre-K/K

Roye-Williams Elementary School will hold its annual pre-kindergarten/kindergarten registration for the 2007 to 2008 school year, 9 a.m. to 2 p.m., May 4.

Parents are reminded that Roye-Williams has all-day kindergarten.

Kindergarten packets may be picked up at the school and returned on registration day for children who will be five years of age as of Sept. 1, 2007.

Pre-kindergarten registration packets may be picked up after 9 a.m., May 4 for children who will be four years of age as of Sept. 1, 2007.

When application forms are received, they

will be checked for completeness and stamped with the date/time they were received. Parents who register their child for pre-kindergarten prior to June 14 will be notified prior to June 30 of their non-acceptance into the program.

Parents are requested to bring their child's birth certificate or verification of birth, social security card and all immunization records.

The school also requires proof of residency, which can be in the form of a rental lease or utility bill (dated within the last two months prior to registration), which contains the parents' name and address. Parents must also bring a copy of their 2006 Federal Income Tax Return.

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.)

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|--|---|
| <p>April</p> <ul style="list-style-type: none"> • 26, Law Day luncheon, Office of the Staff Judge Advocate, 410-278-1107 <p>May</p> <p>Asian Pacific American Heritage Month (EEO)/APG Open House/Military Appreciation/ Ordnance Week activities and anniversary ball</p> <ul style="list-style-type: none"> • 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 Commerce), by invitation only • 19, 10K Armed Forces Day Run, MWR, 410-278-3812 <p>June</p> <ul style="list-style-type: none"> • 2 and 3, Ruggles Senior Club Champi- | <p>onship, 9 a.m., age 50 and older, limited to annual, MWR, Ruggles Golf Course, 410-278-9452</p> <ul style="list-style-type: none"> • 11, Ruggles Super Senior Tournament, age 60 and older, MWR, Ruggles Golf Course, 410-278-9452 <p>July</p> <ul style="list-style-type: none"> • 26, Army Community Service Birthday Picnic, 11 a.m. to 2 p.m. <p>August /September /October</p> <ul style="list-style-type: none"> • TBA Army Concert Tour <p>November 2007</p> <ul style="list-style-type: none"> • 15, Military Family Movie, ACS, 410-278-4372, 6 to 9 p.m. <p>December 2007</p> <ul style="list-style-type: none"> • 5, ACS Christmas Party/Tree Lighting Ceremony, 410-278-4372, 6 to 9 p.m. |
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(Editor's note: This calendar will be updated as necessary. New or changed items will appear in italic bold print.)

DOC announces PR cutoff dates for 2007

ACA

The Army Contracting Agency Aberdeen Proving Ground Directorate of Contracting has established its fiscal year 2007 cutoff dates for submission of purchase requests.

Early customer support in identifying and submitting PRs by or before the dates shown below greatly enhances the ability of the APG DOC to meet customer needs. Early planning and coordination remain the keys to a successful year-end.

Offices are advised to submit year-end requirements as early as is reasonable to minimize the possibility of funds going unobligated at year end.

The following schedule has been established for the submission of PRs for FY 07 and maintenance for FY 08:

- Noncommercial Items over \$100,000 – July 1*
- Noncommercial Items between \$2,500 and \$100,000 – Aug. 1
- Commercial items between \$100,000 and \$5 million – July 1
- Commercial Items under \$100,000 – Aug. 15
- Services Over \$100,000 – July 1
- Delivery Orders and Task Orders Under Existing Contracts – Aug. 1
- GSA Schedule Procurements – Aug. 1
- Short-of-Award over \$2,500 – June 15**
- Maintenance for FY 2008 – July 1 (FY 08 Contract Modifications and Options for Existing Maintenance Contracts)

* There may be instances where this date may not be adequate for complex actions. It is therefore required that these actions be coordinated with the branch chief prior to this date.

**Customers submitting “short-

of-award” PRs, especially for services requirements, must seriously consider whether funding will materialize. A substantial amount of effort is expended to prepare these pending actions and they must be prioritized after PRs that are funded and PRs that are subject to the availability of funds.

Purchase requests awarded “subject to the availability of funds” must be funded as soon as funds become available. The work must start and the contractors must be paid – this is not accomplished until the funds are certified.

The above lead times can be affected by various factors so be sure to review these and other guidance on the DOC Web page located at <http://www.apg.army.mil/apg-home/sites/Restricted/aca/index.html>.

The requirements for submission of PRs are located at this site under “Announcements, News, and Notes.” For customer assistance, use the link, “Customer Corner,” for guides, templates, formats and helpful Web sites.

Preparation of PRs

When preparing PRs in PRWEB (formerly known as Acquiline):

Do not use any dashes or spaces in the PR number.

When preparing attachments for any electronic document to be used by contracting, submitters must use Normal, Times New Roman, 10. The contracting writing system used by Contracting cannot format correctly if a font other than Normal, Times New Roman, 10 is used or if any special characters are used in the document.

Do not use page breaks, section breaks, column brakes or special characters such as trademark signs, tm, ®, <, etc., in any document that will be used in a purchase order or contract.

Chapel News

REGISTER FOR VACATION BIBLE SCHOOL

The APG Main Post Chapel Vacation Bible School will be held 6 to 8:45 p.m., June 25 through 29, for preschoolers ages 5 to grade 6.

This year’s theme is “Holy Land Adventure: Galilee by the Sea – Catch Jesus in Action.”

Nursery care will be provided for volunteers.

Registration forms for volunteers (adults and teens) are available in the entrance of the Main Post (APG North) and South Post (APG South) chapels. Early registration is requested. For more

information, call Gerri Merkel, 410-278-2516 or e-mail gerri.merkel@apg.army.mil.

GUEST RELIGIOUS ENTERTAINMENT TO VISIT APG

Father Pat (Andre Patenaude), guitarist and singer, will visit APG May 3 through 10 conducting concerts, ecumenical presentations, speaking at a prayer breakfast and candlelight dinner as well as conducting programs for the military at both post chapels. Everyone is welcome to attend.

Anyone wishing to help with any of the events should call Gerri Merkel, 410-278-2516 or e-mail gerri.merkel@apg.army.mil.



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.

<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Saturday Freedom Journal Iraq/AF Prime Time, 4 p.m. Army Newswatch, 7:30 p.m. Focus on the Force, 9 p.m.</p> <p>Sunday Focus on the Force, 11:30 a.m.</p>	<p>Army Healthwatch, 2 p.m. Army Newswatch, 4:30 p.m.</p> <p>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.</p>
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Your health is KUSAHC's goal



Underestimating prostate cancer risk

Story by
KIM WHEELER
Irwin Army Community Hospital

A survey published by the Prostate Cancer Foundation revealed some disturbing results. In general, men don't have their facts straight about prostate cancer, and apparently, they aren't likely to ask.

Nearly three-quarters of those surveyed – 71 percent of men and 75 percent of women – believe that prostate cancer is less common among men than breast cancer is among women.

In fact, men are one-third more likely to get prostate cancer than women are to get breast cancer. It's the most common non-skin cancer in America and one of the greatest threats to men's health. And yet, most men in the survey – a whopping 73 percent – said they are concerned about the threat but have little knowledge of prostate cancer, even those who are at increased risk for the disease.

Prostate cancer will affect one in six men, about 234,000 this year alone, according to the PCF Web site. It is a cancer that occurs when the cells of the prostate begin to grow uncontrollably.

When the disease is caught in its early stages, it has a cure rate of more than 90 percent. But with a general lack of knowledge and a seeming hesitance among men to ask for more information, early detection isn't as common as it could be.

Even early detection doesn't make the diagnosis any easier.

"Being diagnosed with prostate cancer can be a life-altering experience," the PCF Web site states. "It requires making some very difficult decisions about treatments that can affect not only the life of the man diagnosed, but also the lives of his family members in significant ways for many years to come."

Thirty percent of the men surveyed who were above the age of 50 – the age at which the risk for prostate

cancer begins to increase rapidly – said they are waiting for symptoms to develop. However, according to the PCF, most men experience no symptoms at all in the early stages of the disease, when more treatment options are available.

The key, then, to early detection is being aware of the risk factors for the disease.

"The older you are, the more likely you are to be diagnosed with prostate cancer," the PCF site states. "Although only one in 10,000 under age 40 will be diagnosed, the rate shoots up to one in 38 for ages 40 to 59, and one in 14 for ages 60 to 69. In fact, more than 65 percent of all prostate cancers are diagnosed in men over the age of 65."

Age isn't the only factor. The roles of race and family history weigh in, as well.

African-American men are 61 percent more likely to develop prostate cancer compared with Caucasian men and are 2.5 times more likely to die from the disease.

Men with a single first-degree relative (father, brother, son) with a history of prostate cancer are twice as likely to develop the disease, while those with two or more relatives are nearly four times as likely to be diagnosed.

The risk is even higher if the affected family members were diagnosed at a young age, with the highest risk seen in men whose family members were diagnosed before age 60.

While genetics appear to play an important role in deciding why one man might be at higher risk than another, according to the PCF, social and environmental factors, especially diet and lifestyle choices, can have an effect, as well.

Recent research has shown that diet modification might decrease the chances of a man developing prostate cancer, reduce his likelihood of having a recurrence if he is diagnosed with the disease and can even help

slow the progression of the disease.

Though it doesn't prevent the disease, screening for prostate cancer can help catch it in its early stages, before symptoms develop. Screening for prostate cancer can be performed quickly and easily in a physician's office, states the PCF Web site. Two tests can be used: the prostate-specific antigen blood test, or PSA, and the digital rectal exam.

"PSA is a protein produced by the prostate and released in very small amounts in the bloodstream," the site explains. "When there's a problem with the prostate, such as when prostate cancer develops and grows, more and more PSA is released, until it reaches a level where it can be easily detected in the blood."

During a PSA test, the patient has his blood drawn and his PSA level is measured. While abnormal PSA levels – high or low – can indicate the presence of prostate cancer, they also can be a symptom of other prostate problems. That is why the DRE is used, as well. This exam allows doctors to detect irregularities in size, shape and texture of the prostate to help them distinguish between prostate cancer and non-cancerous conditions.

The American Cancer Society recommends that the PSA and DRE be offered annually, beginning at age 50. Men at high risk, such as African-American men and men with a strong family history of the disease, should begin testing at age 45.

Once prostate cancer is detected, patients have an important decision to make: which treatment option to use.

There is no one-size-fits-all treatment for prostate cancer, according to the PCF Web site.

"Each man must learn as much as he can about various treatment options and, in conjunction with his physician, make his own decision about what is best for him. For most men, the decision will rest on a combination of clinical and psychological

factors. Men diagnosed with localized prostate cancer today will likely live for many years, so any decision that is made now will likely reverberate for a long time," the site states.

Treatment options

The PCF Web site lists several treatment options, including:

- Active surveillance, or "watchful waiting," has increasingly emerged in the past years as a viable option for men who, for whatever reason, have opted not to undergo immediate surgery or radiation. The cancer is monitored carefully for signs of progression. A PSA blood test and a DRE are given every six months with a yearly biopsy of the prostate. If symptoms develop, or if the tests show that the cancer is growing, further treatment is discussed. This method of treatment could be a good option for men who have very slow-growing or very early cancers, or for men who suffer from other serious medical conditions, especially if these conditions are likely to shorten their lifespans.

- Prostatectomy. Prostatectomy is surgery that can be used to remove all or part of the prostate. Typically, men with early-stage disease or cancer that is confined to the prostate will undergo surgical removal of the entire prostate gland, plus some surrounding tissue. There are other surgical procedures available to men with advanced or recurrent prostate cancer.

- Radiation. Radiation involves the killing of cancer cells and surrounding tissues with directed radioactive exposure. The most common kind of radiation therapy is external beam radiotherapy. CT scans and MRIs are used to "map out" the location of tumor cells, and x-rays are targeted to those areas, delivering the highest dose of radiation to the cancer cells within the gland. Because radiation therapy is far more precise, higher and more effective doses of radiation can be used with less chance of dam-

aging surrounding tissue. Treatment courses usually run five days a week for seven to eight weeks and are typically done on an out-patient basis.

- Hormone therapy. Hormone therapy is designed to stop testosterone from being released or to prevent the hormone from acting on the prostate cells. Prostate cancer cells are just like all other living organisms; they need fuel to grow and survive. Because the hormone testosterone serves as the main fuel for prostate cancer cell growth, it is a common target for therapeutic intervention in men with prostate cancer.

The majority of cells in prostate cancer tumors respond to the removal of testosterone. But some cells grow independent of testosterone and remain unaffected by hormone therapy. As these hormone-independent cells continue to grow unchecked over time, hormone therapies have less and less of an effect on the growth of the tumor. Hormone therapy isn't a perfect strategy in the fight against prostate cancer and does not cure the disease. But it remains an important step in the process of managing advancing disease and will likely be a part of every man's therapeutic regimen at some point during his fight against recurrent or advanced prostate cancer.

Although each of these options is effective at controlling prostate cancer growth, the loss of testosterone confers significant side effects in nearly all men. While these are the most commonly approved treatments, there are other treatment options, according to the PCF. Ongoing studies and research tests are being conducted to find even more options for prostate-cancer patients.

The key to ensuring recovery is to detect the disease in the first place.

For more information about prostate cancer, talk to a doctor.
(editor's note: Reprinted from the Fort Riley Post.)

Campaign urges military parents to 'Never shake a baby'

Story by
GERRY J. GILMORE
American Forces Press Service

The Defense Department is launching a new military family initiative aimed at stopping or reducing the incidence of "Shaken Baby Syndrome," a senior DoD official said in Washington, D.C. the week of April 9.

Frustrated parents, especially fathers, can negatively react to their baby's cries by shaking it, an act that can seriously harm or even kill the infant, explained David W. Lloyd, director for the Defense Department's Family Advocacy Program.

"Never shake a baby. The injuries can range from death to serious head trauma - meaning skull fractures, blindness, learning disabilities and stunted growth," Lloyd said.

This year, DoD is partnering with the National Center on Shaken Baby Syndrome headquartered in Ogden, Utah, to prevent Shaken Baby Syndrome, Lloyd said. About 400 information kits containing CDs, posters, pamphlets and other material were mailed

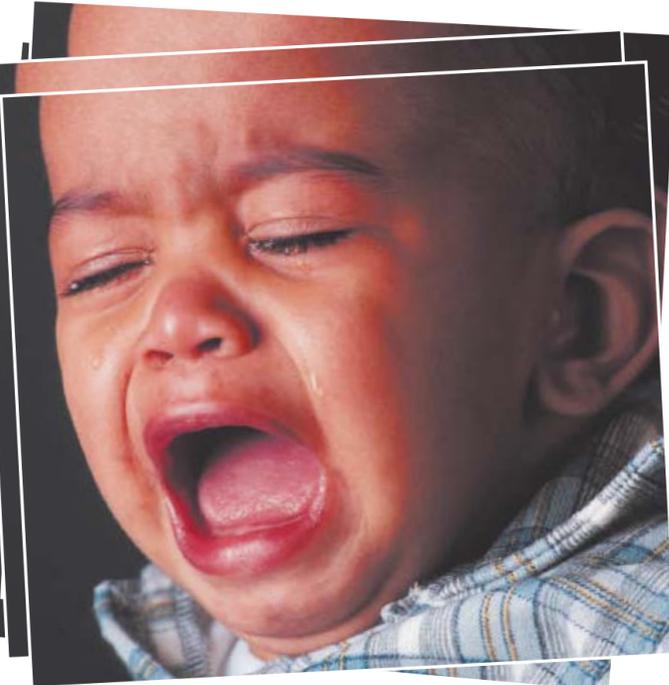
out in early March to military installation family advocacy programs, medical treatment facilities and National Guard state family programs, he said.

"We just wanted to be part of a larger (Shaken Baby Syndrome prevention) movement that's occurring in the civilian community, as well," Lloyd said. This week, DoD is highlighting Shaken Baby Syndrome prevention in conjunction with National Child Abuse Prevention Month, which is observed each April.

Each year, between 10 to 20 infant deaths occurring across the military community are attributed to Shaken Baby Syndrome, according to DoD documents.

"Military parents are like all parents -- they need information and support about how to cope with the stress of living with an infant, especially a baby that won't stop crying," said Lesley A. Arshnt, deputy undersecretary of defense for Military Community and Family Policy.

DoD's Shaken Baby Syn-



drome prevention initiative provides parents with training and education they can employ when coping with crying infants, Arshnt noted.

"Shaken Baby Syndrome is preventable," Arshnt said.

Fathers and other males are responsible for 70 percent of shaken-baby cases, Lloyd said,

noting the ages of infants involved range from newborns to 1 1/2 years old.

Fathers seem more susceptible to shake their babies out of frustration, likely because they don't bond with infants in the same way as mothers do, Lloyd said.

A mother, he explained, quickly forms a bond with her baby by birthing and nursing it.

"We know that young men who are fathers are often nervous about how to pick up their baby or laying their baby down because holding that baby isn't something that they did when they were a young child," Lloyd said.

"Girls when they're very young play with dolls and get used to the kinds of holding and other kinds of nurturing behaviors,"

It's perfectly normal for fathers to become irritated during an infant's crying fits, Lloyd said. But, that's an ideal time, he emphasized, for fathers to step away and examine their thoughts and emotions. Babies cry,

he said, because that's how they communicate things like being hungry or having full diapers that need to be changed.

Parenting classes available through installation family advocacy programs can assist military fathers in bonding with their newborns and infants, Lloyd noted.

Studies have shown that frequency of military deployments have little bearing on the occurrence of Shaken Baby Syndrome within military families, Lloyd said.

"Actually, we haven't seen any correlation between the increased rate of deployment and any increase in our child abuse, generally, or in our fatalities," Lloyd said.

However, even one case of Shaken Baby Syndrome is too much, Lloyd pointed out.

"It's normal to be irritated when your baby is crying," Lloyd pointed out. "You're not a bad dad. It's just that you're stressed out from your baby's crying. Put the baby down in a safe place [and] take time out for yourself."

Military parents can access a 24-hour counseling line at 1-800-342-9647 to surface their questions about Shaken Baby Syndrome and other issues.

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
Sarah Blevins
Sarah Boats
William Bond
Sandra Boyd
Debra Bonsall (daughter has brain tumor)
Jeanie Bowman
Kim Brooks
Leroy Carter
Stephen Carter
Rogelio Chevannes
Brett Christy
Ruth Cunningham

John Daigle
Shelia Davison (benign paroxysmal positional vertigo)
Marc Devecchio
Dawn Folck
Susan Gorhan
David Harding
Hester Hayes
Cathleen Holmes
Rick Jernigan
Carolyn Johnson
Karen Kimble
Beverly King (caring

for husband)
Lydia Langley
Joyce Mauldin
Louis McCarter (kidney failure)
Nicole McKew
Sandra Miller
Karen Moss
Trudie Norman
Ily Okoye
Mary Pettitway
Carol Piper
Lester Pilcher
Karen Privet

Greg Pryor
Judith Rembold
Barbara Seker
Shila Smith
Joyce Spies
Joan Taeuber
Alison Tichenor
Elizabeth Usmari
Christine Wheaton
Kimberly Windisch
Louis Winters
Roberta Witherspoon
Sharon Woods
Charles Young

Reviewing third party billing, collection cards

KUSAHC

All non-active duty beneficiaries are requested to review their third party billing card to ensure that it has not met the expiration date.

Every patient's insurance information and card must be verified and updated annually. The third party Other Health Insurance verification card will be required prior to pick up of any pharmaceuticals beginning June 20, 2005.

If the card has expired, visit the Patient Administration Office at Kirk U.S. Army Health Clinic for renewal and update supplemental healthcare insurance information in the patient's medical record.

Timely renewal of the card will prevent delays in receiving services at KUSAHC.

Spring events highlight of April Well-Being

Story by
HEATHER TASSMER
APG News

Upcoming spring events were the highlight of the April 19 Well-Being Council meeting at the Main Post Chapel.

In his opening remarks, Col. John T. Wright, Aberdeen Proving Ground Garrison and deputy installation commander, said that last month's APG Army Family Action Plan conference was very successful.

The conference allows representatives from all of the installation's sectors to discuss and provide solutions to issues that Soldiers, their families and Army civilian employees face.

"The issues that were raised at the conference will continue to be tracked in this forum as we go throughout the year," Wright said.

He reminded attendees that this time of year brings rotations in leadership but will not disrupt the services those individuals provide.

Maj. Gen. Fred D. Robinson, currently the commander of the First Armor Division in the Federal Republic of Germany, will replace Maj. Gen. Roger A. Nadeau, commander of APG and U.S. Army Research, Development and Engineering Command, this summer.

Col. Jeffrey Weissman will take the place of Wright and Command Sgt. Maj. Pedro Rodriguez will take the reins from Garrison Command Sgt. Maj. Elvis Irby.

Wright said that Tim McNamara, former director of the Directorate of Safety, Health and Environment, is serving as acting deputy to the garrison commander in lieu of Joseph C. Craten's retirement.

In addition, the 61st Ordnance Brigade and 143rd Ordnance Battalion will welcome new commanders in the upcoming months.

Wright also announced that Maj. Joseph Darabasz, former chief of Police Services Division, was promoted to the deputy director of the Directorate of Law Enforcement and Security.

MWR
Stacie Umbarger, Leisure Trav-



el Office manager, updated attendees on the following leisure events and classes:

- Travel Expo, May 10, 11 a.m. to 1 p.m., Top of the Bay
- Wiggles, August 10, 1st Mariner Arena
- Disney's on Ice: High School Musical, Nov. 2, 1st Mariner Arena
- Dog obedience classes, Thursdays, May 17 to June 21, 6:30 to 7:30 p.m., Recreation Center
- Basic automotive mechanics class, May 17, Automotive Shop

Umbarger also announced that MWR offers daily trips to Atlantic City. Buses leave from the Best Western in Edgewood at 9 a.m. and return around 8 p.m.

"Something new we started last summer that seems to be kicking off because our intramural sports league is so fun civilians don't want to be left out so we have our own MWR civilian sports league," Umbarger said.

Softball starts at the end of May and flag football will follow after softball season ends, she said.

She announced that Montgomery Gentry will be headlining APG's annual concert on Sept. 29 and tickets will go on sale this summer.

For other leisure or travel events, visit www.apgmwr.com.

Pat Palazzi, acting chief of Child

and Youth Services, also updated attendees on the following MWR events:

- Newcomer Orientation, 1 to 3 p.m., May 2, Recreation Center
- Spring Fest/Bike Rodeo, 10 a.m. to 3 p.m., May 5, Shine Field
- Mother's Day Dinner, 5 to 8 p.m., May 13, Top of the Bay
- U.S. Army Soldier Show, 7 p.m., May 13, Post Theater

Army Community Service will hold the Volunteer of the Year ceremony 7 p.m., May 17, at Top of the Bay.

Commissary

The Commissary will hold a Case Lot Sale May 3 through 5. Products from Quaker, Gatorade, Betty Crocker, Green Giant, Hungry Jack, V05 and many other items will be on sale.

AAFES

Wright told attendees Army and Air Force Exchange management is working to obtain new gas pumps for both stations.

He said if someone sees that the stations have two different prices for gas, to notify Irby, 410-278-1509.

KUSAHC

Lt. Col. William Rice, Kirk U.S. Army Health Clinic commander, thanked everyone for their patience with the pharmacy's move.

He said that there was a misunderstanding that the expansion was

going to make the pharmacy faster.

"The reason for expanding was a patient safety issue," Rice said. "We have state-of-the-art dispensing equipment now. Before the pharmacy technicians had to manually enter into the systems how many pills to dispense."

He said now the information from the health care provider is sent to a computer that tells the system how much to dispense.

In addition, he said patients' access to care is in the high 90s with TRICARE standards so they shouldn't have issues with getting appointments.

He encouraged patients to use TRICARE online to schedule appointments because there is a lack of staff members in the call center.

He discussed some of the changes that KUSAHC is experiencing.

"[Because of] a new funding mechanism introduced by MEDCOM [U.S. Army Medical Command] this year, KUSAHC must absorb a nearly half-million dollar decrease to their budget," Rice said. "This will not affect patient care, but purchases of equipment upgrades, some training, and small building beautification or improvement projects will be delayed until next fiscal year."

Rice also said that the physical therapists and physical therapy technician have been deployed. A physical therapist from Fort Meade has been coming to the clinic a few days a week to conduct therapy sessions.

KUSAHC is also working on AFAP issues such as training staff to keeping quality profiles of patients and further explanation on how TRICARE benefits work.

DIO

"There is not a regular mowing contract for the installation," said Pat Hector, director of the Housing Division.

She said that common areas such as bus stops and playgrounds will be mowed by the Directorate of Installation Operations shop employees until a contract is put in place.

If Soldiers see vacant quarters, give the housing office a call, she said.

Wright said the installation has not received full allotments for restoration but APG "is in better shape than it was last year because we did manage to get the main part of the funding up front."

DLES

Darabasz told the attendees that the community policing unit held a Drug Abuse Resistance Education graduation April 12 and that it was a "great affair."

During the 10-week program, young children learn to stay away from drugs and violence.

For those interested in enrolling their children for next year's D.A.R.E. program, contact Officer Mike Farlow, 410-273-6412.

The APG police are conducting The Click It or Ticket campaign May 21 through June 3.

He said APG has received awards in the past for having 95 percent of drivers use their seatbelts.

In regards to the Virginia Tech shooting, Darabasz advised APG community members to call 911 if they see "anything out of the ordinary" on the installation.

Chapel

The Chapel will hold Vacation Bible School June 25 to 29. Volunteers are needed. To volunteer or enroll a child in VBS, call Gerri Merkel, 410-278-2516.

From June 3 to 10, Father Andre Patenaude, also known as Father Pat, a singer and composer, will perform concerts and speak at prayer breakfasts.

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

Other staff reports

Irby reminded attendees that it is time for spring cleanup. If someone needs to rent equipment, the Re-Nu-It center has moved to building 3660.

The Vehicle Resale Lot has moved to the Arts and Crafts building 2407. In addition, Irby announced that Ordnance Week is May 8 to 11 and is something that both current and former Soldiers will enjoy.

The next Well-Being meeting will be 9:30 a.m., May 17, at the Main Post Chapel.



AAFES to provide troops opportunity for Caribbean getaway

AAFES

The Army & Air Force Exchange Service and casual clothier Caribbean Joe offers military families an exclusive opportunity to win a trip for two to the Caribbean.

The sweepstakes, including round trip airfare for two to any Sandals Resort in the Caribbean, four days and three nights' accommodations and \$250 in spending money, is valued at approximately \$5,000.

"It's hard to think of a better way to kick off summer than spending four days in the Caribbean with someone you love," said AAFES Chief

Marketing Officer Richard Sheff. "This sweepstakes is yet another opportunity for AAFES to thank loyal shoppers for continuing to exercise their exchange benefit."

Through April 26, authorized exchange shoppers at participating stores worldwide can register for their chance at the Caribbean getaway, which will be awarded on or about May 25. No purchase is necessary as shoppers need only fill out an entry form at participating locations for their chance to win.

For more information, visit www.aafes.com.

AAFES giving military shoppers opportunity for 'Enchanting' trip

AAFES

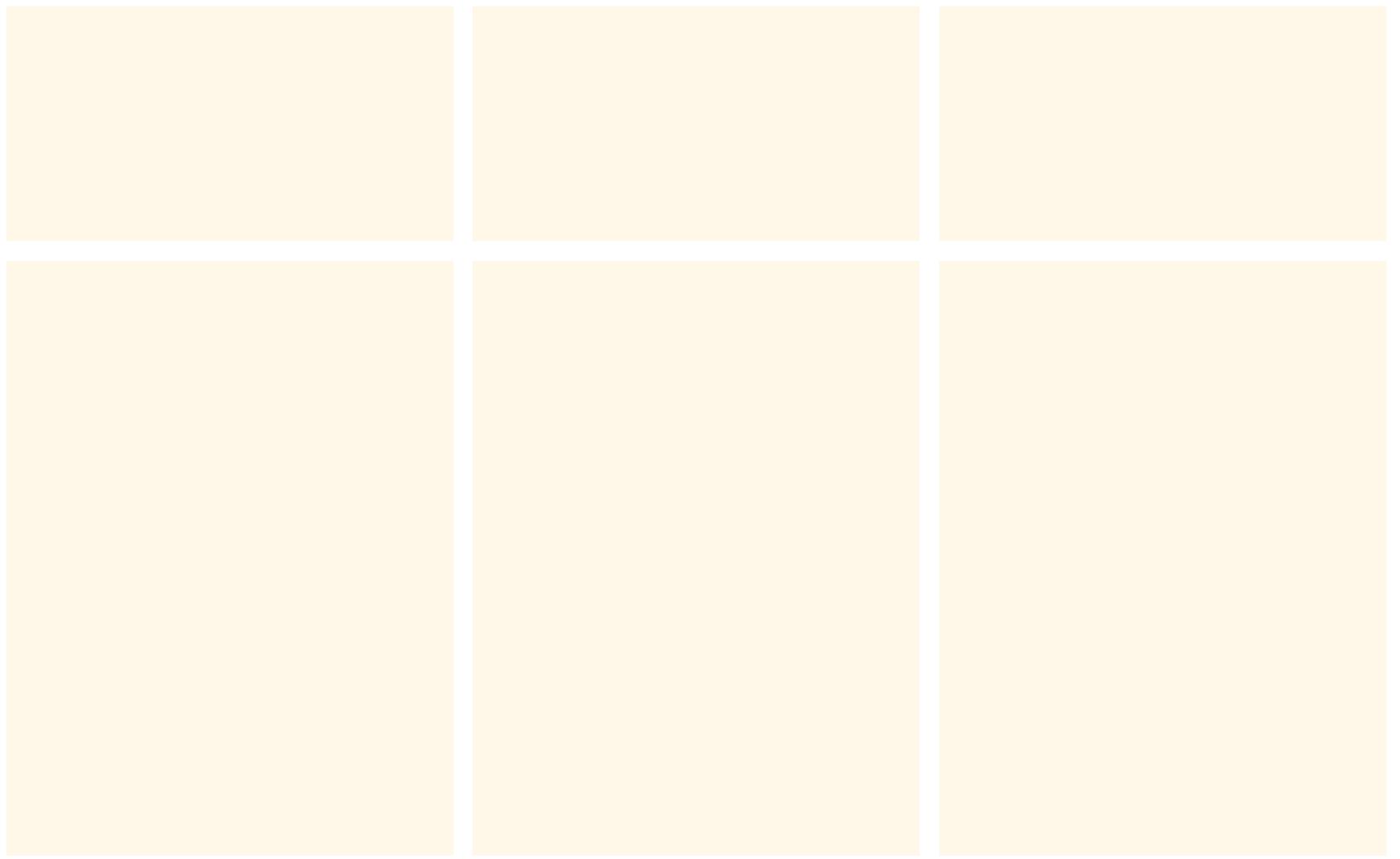
To introduce its newest fragrance, "Enchanting," by Celine Dion, perfume manufacturer Coty and the Army & Air Force Exchange Service are offering military families the chance to win a trip for two to see Dion live in concert in Las Vegas.

This "AAFES only" prize package, which includes roundtrip airfare for two, two nights at Caesars Palace, ground transportation, meals, tickets to the concert and a \$250 shopping spree, is valued at \$3,000.*

From April 20 through May 10 in the continental United States locations and June 1 through 30 outside CONUS, authorized shoppers can register at participating locations worldwide for a chance to win the trip, which will be awarded on or about July 30. No purchase is necessary to enter.

Personnel with exchange privileges can find the PX/BX nearest them by logging on to the store locator link at www.aafes.com.

(Note: *Contest winner may take the cash option.)



FCC provider receives Child Development Associate credential

Story by
HEATHER TASSMER
APG News

An Aberdeen Proving Ground Family Child Care provider advanced in her career on April 1 when she was awarded a Child Development Associate credential.

Adriane Fletcher, who has been a provider since 2004, received the national credential from the Council for Professional Recognition in Washington, D.C., in honor of her dedicated work with children.

The council and the Department of the Army have a partnership that allows “representative training and assessment expenses for military candidates to be cut in half,” said Beverly Hartgrove, FCC training and curriculum specialist.



Photo by BEVERLY HARTGROVE, FCC Family Child Care provider Adriane Fletcher, second from right; 3-year-old Adrianna Krueger, left; 4-year-old Alexandria Hollingsworth, center; and 2-year-old Jamari Thomas, right, play with blocks in Fletcher's home.

In order to receive the credential, providers must complete training modules that include communication, safety and health.

on-site visits to CDA candidates' houses and observes how the providers apply what they learn.

CDA candidates also create a resource file or portfolio full of child care agency materials and the activities they have children complete, Hartgrove said.

The final assessment is made when a training and curriculum specialist from another installation comes to APG to give the provider a written and oral test, she said.

She said Fletcher has “worked very hard for the credential,” and that her child care skills have a good reputation on APG.

“Her home has always been full of children, which is a good way to show that parents are happy,” Hartgrove said.

Fletcher said she was very happy to receive the credential.

“It opens up a new door in my life and gives credibility to my business,” she said.

She said she is taking classes at Harford Community

See **CREDENTIAL**, page 15

HCPS provides prekindergarten, kindergarten eligibility guidelines

Harford County Public Schools

Prekindergarten

Beginning in fall 2003, pre-kindergarten enrollment will be affected by two state and federal acts: No Child Left Behind and Bridge to Excellence. Based on those two acts, economics became the major factor in determining prekindergarten eligibility. To date in the state of Maryland, prekindergarten is not mandatory; it is an application process based on age-eligible children and the economic status of the Family.

Harford County Public Schools does not have prekindergarten in every elementary school. Children receiving services prior to prekindergarten through HCPS are not guaranteed enrollment, unless they meet the economic eligibility guidelines.

The purpose for prekindergarten is to prepare at-risk children for kindergarten. Through a structured educational program that consists of instruction in language arts and mathematics, theme-related project work, self-directed activities in learning centers, literature and outdoor play, children acquire the work habits, academic knowledge and social skills needed for kindergarten readiness.

Prekindergarten operates in two half-day sessions: 9 to 11:30 a.m. and 1 to 3:30 p.m. Children must attend regularly. Parents must make the commitment to their child's early education by ensuring that their child attends regularly and by participating in two parent-teacher conferences a year. Excessive absences will lead to the removal of the child from the prekindergarten program.

To be eligible for prekindergarten, a child must turn 4 years old on or before Sept. 1 of the school year. Due to the fact that there is not prekindergarten in every school, there is no early entrance to prekindergarten programs.

Interested Families may pick up an application at any Harford County elementary school. The completed application must be submitted in person to the elementary school with the prekindergarten program for which the parent/guardian is applying. A Family must submit an application to only one prekindergarten site. If more than one application is submitted, the child's eligibility will be jeopardized.

The first prekindergarten application period will begin 8:30 a.m., May 4 until the last day of school for prekindergarten. The second application period extends from the first day of summer vacation to the first day of school in August.

To apply and have the child considered for prekindergarten, a Family member must answer all questions on the application, providing complete accurate information that can be verified. The attendance

notification and parent-teacher conference form must be signed. A copy of the Family's current income tax form, the child's birth certificate and proof of residence is also required as part of the application process. The health inventory is not required until the child is accepted into the program. No application will be considered until all documentation is submitted.

Completing the application is necessary for a child to be considered for prekindergarten, but it does not guarantee acceptance.

Children attending a prekindergarten program in their school attendance area may ride the school bus to and from prekindergarten. Parents of children living outside the school attendance area must provide transportation for their

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Credential

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College for an associate's degree in early childhood development. She said she is also going to use the credential toward the degree.

She thanked Hartgrove for her guidance throughout the CDA process.

"She has been an inspiration," Fletcher said. "She told me how to get started on my Child Development Associate credential and what to look for on the test."

Fletcher said the best thing about being a provider is sharing her love with children.

FCC

FCC, a division of Child and Youth Services, is a child-care agency that certifies military spouses to take care of children inside their homes.

Nineteen providers are involved in the APG's FCC, Hartgrove said. Six of the providers have CDA's.

For more information on FCC go to http://www.apgmwr.com/Family/youth_fcc.html, or call 410-278-8720/7140/7477/9832.

Authorized exception to dual compensation laws

NAF

Current appropriated and nonappropriated fund employees are eligible to keep their full-time position and also be employed as an NAF flexible employee for the following hard-to-fill positions:

Bartender, NA-7405-03
Cook, NA-7404-04
Custodial Worker, NA-3566-02
Custodial Worker (Leader), NL-3566-02
Food Service Worker, NA-7408-01
Food Service Worker NA-7408-02

Gardener, NA-5003-04
Motor Vehicle Operator, NA-5703-07
Operations Assistant, NF-1101-01
Recreation Assistant (Aerobic), NF-0189-02
Waiter/Waitress (Trainee), NA-7420-01
Waiter, NA-7420-03
Visit Web site, <http://acpol.army.mil/employment/naf.htm> for job listing and <http://cpol.army.mil/library/naf/jobkit> to apply.

For more information, call 410-278-8993.

Kindergarten

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child if he or she is accepted. If transportation interferes with regular attendance or with a child being picked up on time, the child may not continue in

the program. Harford County elementary schools with a pre-kindergarten program include: Abingdon, Bakerfield, Bel Air, Church Creek, Darlington, Dublin, Edgewood, George Lisby at Hillsdale, Hall's Cross Roads, Havre de Grace, Homestead-Wakefield, Joppatowne, Magnolia, Meadowvale, North Harford, Prospect Mill, Riverside, Roye-Williams, William Paca/Old Post Road and William S. James.

Kindergarten

To be eligible for kindergarten, a child must turn five years old on or before Sept. 1 of the school year. Countywide kindergarten registration day is May 4. Parents may register their child on that day or any weekday thereafter, Monday through Friday.

Documents needed for kindergarten registration are: child's birth certificate, social security, and immunization record and parents' proof of residency.

It is recommended that parents contact the elementary school in their area by phone for further information before registering a child.

For more information or to obtain assistance in completing the prekindergarten application, contact an elementary school with a prekindergarten site or the Office of Early Childhood, 410-588-5362 or 5252.