

## POST SHORTS

### Recycling schedule

The residential and recycling pickup schedule for Aug. 8, is plastic, glass and metal. Put items in blue bags and place them on the curb.



### KUSAHC closes early Aug. 9

Kirk U.S. Army Health Clinic will close at 10 a.m., Aug. 9, so that KUSAHC personnel may attend the funeral services of Capt. Maria I. Ortiz at Arlington National Cemetery. Ortiz was killed in Iraq July 10.

### Give the gift of life—blood drive Aug. 13

Headquarters and Headquarters Company, U.S. Army Garrison is holding an installation blood drive 9 a.m. to 1 p.m., Aug. 13, at the APG North Chapel Fellowship Area. The Blood Drive is open to everyone. Appointments are encouraged in order to decrease wait times; but walk-ins are also welcome.

The drive is sponsored by the Armed Services Blood Program, and all blood collected will be distributed within the military community.

To make an appointment or for more information, call Candice F. Hamlin, 410-278-3000.

### Reminder: Vehicle storage in housing areas restricted

Personnel occupying quarters on Aberdeen Proving Ground are reminded that in accordance with APGR 190-5 and APGR 210-8 it is prohibited to store recreation vehicles, utility trailers and watercraft within the APG housing areas. Vehicles in violation are subject to impoundment at the owner's expense.

### Registration open for UMUC Fall 2007

Registration has begun for the University of Maryland University College Fall 2007 semester, which begins Sept. 4. APG will offer IFSM 300 Information Systems in Organizations, 6:30 to 9:45

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## APG golf courses offer summer specials



Tom Marron hits a ball along a fairway at Ruggles Golf Course July 16. See article and photos on page 15.

Photo by HEATHER TASSMER

## Army extends Family Readiness Support Assistants to battalions

Story by **BILL BRADNER**  
Army News Service

The Army's Family and Morale, Welfare and Recreation Command, at the request of senior Army leadership, is expanding the Family Readiness Support Assistant program to reach all the way to the battalion level, Army-wide, to support deployed Soldiers and their Families.

Currently, there are slightly less than 400 FRSSAs Army-wide, including Guard and Reserve units. They are primarily contract, term or temporary over-hire positions, funded by War on Terror supplemental funding or unit funds managed by their respective Army commands.

Under the new program, recently

approved by Army Chief of Staff Gen. George Casey Jr., the positions will be added to unit manning documents, centrally funded, and FMWRC will provide program oversight.

"Commanders had already identified the need and we're responding," said Brig. Gen. Belinda Pinckney, FMWRC commander. "We're not inventing anything new here. We're taking something that works well and expanding it, providing a uniform level of support to Soldiers and Families Army-wide."

The plan calls for an end-state of as many as 1,100 FRSSAs throughout the Army, placing a support assistant in each deployable battalion, brigade, division and corps headquarters. The FRSSAs will hold DA civilian positions at the GS-6 level.

The need for FRSSAs was initially identified through the Army Family Action Plan. The FRSSAs will remain a component of the unit commander's Family readiness program, and will be supervised by the commander or his designee. Their primary duties will be to provide administrative assistance in support of the unit's Family readiness programs and activities.

Some examples of the duties include assisting with the preparation of pre-deployment and redeployment activities; scheduling and coordinating Family readiness or unit-sponsored training; assisting in developing and distributing unit newsletters; coordinating video teleconferences for Families and deployed Soldiers; and serving as a link between garrison

community agencies and the unit. Training for FRSSAs will be provided by Army Community Service professionals and Reserve-Component Family Program staff.

Capt. Brian Pugh, rear detachment commander, 54th Engineer Battalion, in Bamberg, Germany, said the FRSA at his unit has been a tremendous asset.

"She performs duties to support the Family Readiness Group leader during deployment, but the FRG leader is a volunteer spouse," Pugh said. "The FRG is a tremendous asset, and hasn't gone away, but now there's someone in this office eight hours a day, and FRG leaders and Family members know right where to

See **SUPPORT**, page 2

## APG Job Fair draws more than 1,500

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

More than 1,500 Soldiers, civilians, Family members and local residents seeking new opportunities in employment and careers attended the Army Community Service Employment Readiness Program Job Fair at the Aberdeen Proving Ground North Recreation Center July 24.

Co-hosted by ERP and the Susquehanna Workforce Network, the fair featured more than 40 organizations offering internships and full and part-time positions for those new to the employment hunt or those looking for a career change.

An increased need for one-on-one opportunities with employers and would-be employees as well as an anticipated increase in workforce and job opportunities prompted the planning of the fair, according to Marilyn Howard, ERP manager.

"People are moving here and bringing their Family members with them, and the Family members are looking as well," Howard said.

"So far the turnout has been awesome," said Regina Brown, Susquehanna Workforce business services representative.

Brown said the partnership with APG has worked well.

"People collaborate well when they have the same goals, and it shows with this turnout," she said.

Business representative and attendees agreed that the job fair was a worthwhile effort.

New business represen-



The Aberdeen Proving Ground North Recreation Center is filled with business representatives and job seekers during the APG Job Fair July 24.

tatives at the fair included police officers from the Morgan State University Police Department. Officers Stacia Dashiell and Gwenaviere Gardner said the campus police force is looking to expand its numbers.

"We currently have about 35 officers who patrol the campus, provide security for events and respond to emergency calls," Dashiell said. "We're looking especially for females. Every candidate goes through six months of academy training," she added.

"The best thing about this job is job satisfaction," Gardner said. "It's not always about the money. Helping these students stay safe is important too."

Employment consultants Sue Gelenter and Debbie Travers represented BB&T Bank which operates more than 1,400 financial centers or branch offices in 11 states and the District of Columbia.

"We're looking for qual-

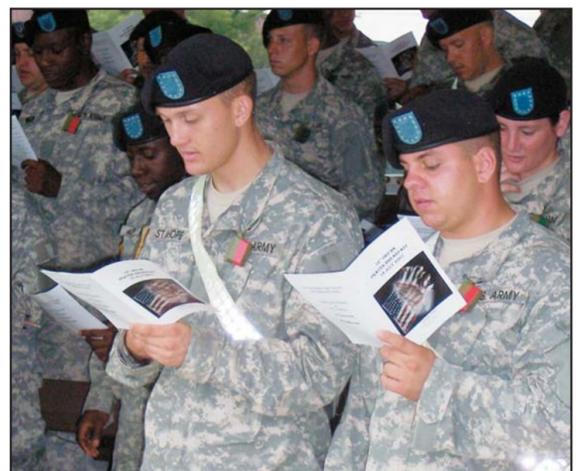
ified candidates for entry level positions," Gelenter said. "It's a very good turnout," she added noting that they had been "answering questions non-stop since we started."

"Most have been asking about available positions and salary," she said.

Representing STEM International, Inc. was human resources specialist Sylvia Matusiak. She said that STEM is a government contractor supporting engineering, environmental management and technical service contracts in the Edgewood Chemical Biological Center and the U.S. Army Medical Research Institute of Chemical Defense as well as with the Desert Chemical Depot, Utah; Nellis Air Force Base, Nev., and the U.S. Army Corps of Engineers - Mobile District, Ala.

"STEM us certified as a Small Disadvantaged Business by the U.S. Small

See **JOB FAIR**, page 5



From left, Pvts. Darren Stanhope and Michael Wood, Company A, 16th Ordnance Battalion, sing "Onward, Christian Soldiers" at a unit prayer breakfast July 18 at Fanshaw Field

## 16th Ordnance Battalion ministry team hosts prayer breakfast

Story and photo by **HEATHER TASSMER**  
APG News

The 16th Ordnance Battalion ministry team hosted an inspirational prayer breakfast for its Soldiers July 18 at Fanshaw Field.

Battalion Chaplain (Capt.) R. Randall Thomas and Sgt. Crystal Starks, chaplain assistant, organized and hosted the event.

This prayer breakfast was a first for the battalion since his arrival, Thomas said.

The purpose of the breakfast was not only to "bring the Soldiers together" but to "infuse a sense of hope" in them, Thomas said.

"A lot of Soldiers are separated from their Families," he said. "They are going through depression and experiencing problems with their parents, their boyfriends or girlfriends or their spouses. This [breakfast] gives them a sense of hope."

He also said that spirituality in Soldiers will help their overall mission and that "a spiritual Soldier is a moral Soldier."

Thomas gave the invocation and benediction for the breakfast. The Soldiers sang the upbeat hymn, "Onward, Christian Soldiers."

While introducing the hymn, Thomas said that it was about "engaging in a spiritual war against the powers of darkness."

The breakfast also included a scripture reading by Starks from the book of Ecclesiastes.

Thomas gave a prayer and discussed the message of the scripture reading.

"Thank you for all your blessings you pour on us... bless the Soldiers and grant them wisdom and understanding so they can hold their heads up high, knowing you are the author of their lives," he said.

Thomas said that the See **PRAYER**, page 6



# Deployment News

## Videos available for children whose parents deploy

Story by  
**JERRY HARBEN**  
U.S. Army MEDCOM

"It's important to recognize your fear, but not to dwell on it."

The speaker is Cameron Lucke, a 17-year-old son of an Army officer, and he is addressing concerns of other teenagers as narrator of a video, one of three now available to help Families and communities deal with the stresses of military deployments.

"Military Youth Coping With Separation: When Family Members Deploy" is a half-hour video of teenagers discussing their feelings and how they cope with issues that arise when a parent is deployed. The video is available for viewing at the Army's behavioral health Web site in the children section, <http://www.behavioralhealth.army.mil/> and on the Web site of the American Academy of Pediatrics at <http://www.aap.org/sections/unifserv/deployment/ysp-resources.htm>.

"Mr. Poe and Friends Discuss Family Reunion After Deployment" uses cartoon characters to address deployment issues affecting children ages 6 to 11. Both of the videos are available for viewing or download.

"Talk, Listen and Connect: Helping Families Cope With Military Deployment" features the Sesame Street character Elmo dealing with the prolonged absence of his father. It is suitable for ages 3 to 5, and is available from Sesame Street Workshop at [www.sesameworkshop.org/tlc](http://www.sesameworkshop.org/tlc).

The videos will be available on DVDs for anyone who cannot download large files from the Web. Watch the Web sites for information on how to get them.

"Our goal is to have a proactive, preventive package in the community before deployment," said Col. George Patrin, a pediatrician and commander of the Presidio of Monterey, Calif., Army Health Clinic, who helped develop two of the videos and undertook related research for his thesis in the Army-Baylor Graduate Program in Health and Business Administration.

At present, at least 700,000 children in the United States have at least

one parent deployed for military duty, according to the American Psychological Association February 2007 report.

The American Academy of Pediatrics states that children's reactions to a parent being deployed may include anger, sadness, fear, confusion, and feelings of abandonment, loss, anxiety and depression. These reactions can lead to significant problems such as school absenteeism and failure, social isolation, Family emotional abuse and violence, psychosomatic medical complaints and depression.

Patrin said the program will be most effective if an adult facilitator guides a discussion among the children during or after viewing the video. A facilitator's guide is available for primary-care physicians, teachers, church and Scout leaders, or any other concerned adults, along with the parent, who use the videos to support children as they deal with the stress of deployment separation.

"People often assume the only way they can get help is through the hospital. That's simply not true. If we collaborate as a community," Patrin said, "the community becomes the first level of intervention, rather than waiting for a situation to blow up and require social services or the emergency room. With an effective intervention tool like the video toolkit, the amount of child abuse should go down. People will be able to deal with their issues before they begin striking out."

"Ultimately, this is a way the entire United States community can be a part of the war effort. If you tune in you will get a better idea what military Families are going through," he added.

The character of Mr. Poe originated in 2003, when commanders of troops returning from Southwest Asia asked Gregg Drew, a Reserve chaplain in Hanau, Germany, to develop a program to help Families. Drew approached Patrin, who had experience in puppetry and video production, and Patrin brought in Lt. Col. Dave Smith, an officer in the lab at Landstuhl Regional Medical Center, who had developed Mr. Poe as a

sock puppet character for children's sermons. Their pilot puppet program has just been converted into an animated feature. Mr. Poe and a variety of adult and child characters relate their experiences and feelings.

"At first, Dad was buying all kinds of food we didn't even eat. Now, just before Mom comes home, he's running all over cleaning the house," runs one exchange between the characters Sally and Laura.

"We put a lot of effort into making the scenarios true to life and applicable to any service Family," Patrin said.

Maj. Keith Lemmon, pediatrician and adolescent medicine faculty at Madigan Army Medical Center, began development of the video for teenagers while at Brooke Army Medical Center. He explained that he became concerned after his deployment to Afghanistan. Despite his expertise in adolescent medicine and his wife's as an educator, his wife experienced depression and his 4-year-old son was irritable and acted out.

"It soon became apparent that no one is immune," Lemmon said. "I was concerned; if deployment affected us this significantly with all our strengths, what might others be facing?"

With help from Patrin and others, he obtained a grant from the American Academy of Pediatrics and arranged to interview teenagers at an Operation Purple Camp operated by the National Military Family Association.

Between introductory sections with Lucke, teenagers on the video share their experiences and how they react when a parent is deployed.

"I made the freshman basketball team while he was gone. He never got to see any of my games," said one boy.

"Almost every waking minute I worry about him," said a girl.

"The way military kids tend to get through the deployment is they stay busy," advised another boy.

"One 14-year-old boy interviewed on the video later said it was the best thing he had done in his life," Lemmon said. "He didn't think that



Photo by RICHARD TERMINE, SESAME WORKSHOP

Sesame Street's Elmo and his dad tape a segment for "Talk, Listen, Connect," an outreach program for military families created by Sesame Workshop in New York, April 20. The bilingual DVD is part of a package of complimentary materials available to military families.

anyone would understand. Being able to talk about it really helped. It was a big burden lifted off him."

Lemmon said his objectives were to support teenagers with a tool to help them get through deployments, and to sensitize the community to what military children go through during a deployment.

"Families will order it and use it individually," Lemmon said. "Family resource groups will adopt it as a standard to use to help children understand their feelings with deployment. I hope it will get good media coverage so the community will know that military Families will definitely benefit from more support," he said.

"Youth serving professionals say the video tool kit covers an area that just isn't covered for teenagers. This meets that need. We're getting a lot of positive feedback," Lemmon added.

Sesame Street Workshop developed the Elmo video for preschoolers with a monetary grant from Wal-Mart, and with Col. Stephen Cozza of the Walter Reed Army Medical Center psychiatry department as an

adviser. That video and supporting materials are available free of charge to schools, child-care programs, Family support groups and other organizations serving the needs of military Families.

Patrin and Lemmon are conducting a formal research project at Fort Stewart, Ga., to document use of their videos and what benefits they may have for Families. Volunteer Families complete questionnaires before and after viewing, with follow-ups two and six months later to see how the children are doing with the video in hand during their Family's deployment experience. Additional feedback is planned by asking viewers to access and download the videos from the AMEDD Center and School Deployment Web site.

One question, however, remains unanswered: what exactly is the orange-brown, long-snouted Mr. Poe? Is he a dinosaur? A lizard?

"He's a critter," said Patrin, with a smile. (Fort Sam Houston News Leader contributed to this article.)

## National Guard supports Family Assistance Centers

DA

The National Guard Joint Force Headquarters Command within each state, territory, and the District of Columbia coordinates Family assistance for all military Family members within each respective location under the guidance of a State Family Support Program Director.

The Army National Guard validated a Global War on Terrorism requirement for 420 Family Assistance Centers across the 54 states and territories in fiscal year 2006. These FACs are strategically placed in each state and territory to overcome the geographic dispersion of both active and Reserve Component Families from centralized, installation-based service providers.

From this baseline the ARNG can surge and relocate capacity and capability where needed. Each FAC is staffed with military and civilian personnel, members of the Recruiting and Retention force, Soldiers on Active Duty Special Work orders, contract personnel, temporary technicians, state employees and volunteers.

As of June 2007, more than 330 FACs

are operational in all 50 States and four territories. Each FAC is staffed with military, contract and volunteer workers.

The FACs are important to support Families of deployed Guard and Reserve service members as well as Family members of geographically dispersed active duty Families. These centers are also critical to demobilizing service members and to the long-term health and welfare of the Family unit. Support for a Soldier "decompression" program starts the long-term process of reintegration and continued support for the return to home, Family, friends and community.

The National Guard Bureau estimates the requirement to support 92 percent of the validated FAC requests and operate over 350 centers. The cost to operate the centers with the additional support of contract personnel in 2006 was \$30 million, of which, \$23 million was required for contracted personnel salaries, travel and training, and the additional \$7 million was for operational support costs.

For more information, visit <http://www.guardfamily.org/>.

## Support

From front page

come if they need help."

U.S. Army Forces Command has had FRsAs in place for almost two years at the brigade level. FORSCOM spokesman Kim Waldren said the growing number of Soldiers

serving multiple deployments drove FRG volunteers into overtime that became impossible to sustain.

By adding a full-time, paid employee to the brigade commander's staff, FRG leaders and Family members were given an easily accessible contact, and the commander was given someone he could hold accountable to ensure

Families receive the support needed.

"With an FRSA on staff, I now have someone who is committed to the brigade, but is also a paid employee that I hold accountable for things I need to get done," said Col. Jim Pasquarette, commander, 1st Brigade Combat Team, 4th Infantry Division, Fort Hood, Texas.

While the bulk of the work



## Veterans' Voices

### Disabled American Veterans donate vans for VA patients

Story by

**MARGARET A. HORNBERGER**  
VAMHCS

The Veterans Affairs Maryland Health Care System has five new eight-seat passenger vans thanks to the generosity of the Disabled American Veterans, Department of Maryland.

The vans were donated to support the DAV Transportation Program, which utilizes Veterans Affairs volunteers to transport patients to and from clinic appointments at various locations throughout VAMHCS.

The DAV Transportation Program is a unique partnership between the DAV and the VA that provides veterans with limited transportation resources the opportunity to obtain free transportation to their clinic appointments at VA medical centers and outpatient clinics throughout the state.

During a recent key presentation ceremony

held at the Perry Point VA Medical Center between representatives of the DAV and the VAMHCS, Glynn Parker, DAV commander, Department of Maryland, said, "The DAV is committed to serving the needs of Maryland's veterans and their Families, and we will remain steadfast in ensuring the continuity of the DAV transportation program throughout the state."

The five new vans were distributed to the Glen Burnie VA Outpatient Clinic, the Fort Howard VA Outpatient Clinic, Perry Point VA Medical Center and to the Westminster area for patients with appointments at the Baltimore VA Medical Center.

"The new vans will benefit thousands of veterans living in Anne Arundel, Baltimore, Carroll, Cecil and Harford counties with free door-to-door transportation to and from their clinic appointments," said R. David Edwards, chief, Public and Community Relations VAMHCS.

an FRSA does is administrative, they also improve connections with other Army support agencies and programs available for Soldiers and Family members.

The position remains in place even when the unit is not deployed, providing continuity in a world climate that requires units to participate in multiple deployments.

"This is such a difficult time for our Soldiers and Families," said Delores Johnson, director of Family Programs at FMWRC, the lead agency in overseeing the expansion of the FRSA program. "We know FRsAs have had an incredible impact at the brigade level, and are thrilled at the opportunity to provide that level of support and assis-

tance to the battalions.

"Anything we can do to make it easier on the Families back home has a direct impact on the morale of the deployed Soldier, as well," she said. "This is just a win-win situation all around."

(Editor's note: Bill Bradner works for the Family and Morale, Welfare and Recreation Command Public Affairs.)

## APG News

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

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## Well-Being Council meeting features new leadership

Story by  
**HEATHER TASSMER**  
APG News

The Well-Being Council meeting in July welcomed new leadership with the arrival of a new Garrison and deputy installation commander and Garrison command sergeant major.

Col. Jeffrey Weissman and Command Sgt. Maj. Pedro Rodriguez attended their first Well-Being Council meeting after assuming command and taking over responsibility of the Garrison July 12.

Weissman said he had been at Aberdeen Proving Ground for a week and he was still getting to know the post and "the issues associated with it."

"I've got some experts here that will be able to answer some questions, and I

promise you that what we can't answer, we'll take back and find the answers for them," Weissman said. "I am excited to be here and looking forward to hearing your inputs. I am committed to increasing the quality of life here on the installation as best as we can, providing the best support to you, our customers."

The customer base includes Soldiers, their Families, civilians and contractors, Weissman said.

He informed attendees that APG lost a "great friend," retired Col. Charles Shadle who served as the president of the APG Retiree Council. Shadle, 85, died June 29 at St. Joseph Medical Center in Towson.

Weissman also praised responders from the Directorate of Installation Operations and the Directorate of Law Enforcement

and Security for "bringing order to the chaos" caused by the storm July 16.

He turned the meeting over to Celestine Beckett, director of Army Community Service who helped introduce each speaker or presenter.

### **MWR**

Stacie Umbarger from MWR Leisure and Travel Services told attendees about upcoming events.

Umbarger said Montgomery Gentry concert tickets are on sale for the APG community for \$20 through Aug. 3 and Aug. 5 the tickets go up to \$25.

Joe Nichols and Shaunna Bolton are Montgomery Gentry's guests.

"From the phone calls I've been getting, Joe Nichols is very very popular," Umbarger said. "I also heard he is very friendly with his fans."

She urged attendees to get tickets as soon as they can because APG concerts sell out fast.

Tickets for Hippodrome shows such as "Hairspray" and "The Color Purple" are also on sale at Leisure Travel Services, she said.

Marilyn Howard, Army Family Team Building program manager, announced several programs and classes that ACS offers.

"There is a Waiting Families Support Group assisting Family Members of deployed Soldiers," Howard said. "Army Community Service is here also to support and participate in Family Readiness Groups."

The support group will meet Aug. 15, 6 to 7 p.m.

Howard said there are spaces open for "Introduction to Computers," Photo Shop classes and "Job vs. Career" classes. For more information, call Howard, 410-278-9669 or read MWR In Demand on the Internet.

Sports physicals are being conducted at high schools throughout Harford County. A list of dates is available in the School Liaison section of the APG News July 19 issue, [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil). For more information about school-related activities, contact Eileen Campbell, school liaison, 410-278-2857.

### **KUSAHC**

Lt. Col. Ron Patterson, deputy commander of Administration for Kirk U.S. Army Health Clinic, told attendees that they have the opportunity to voice issues and ask questions at two forums: the Health Education meeting the first Thursday of each month and the Health Consumer Council.

See **WELL-BEING**, page 4

**Aberdeen Proving Ground**  
**90<sup>th</sup> Anniversary Gala**

★ ★ ★ **November 10, 2007**

**Ripken Stadium**  
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# Eagle Scout creates labyrinth for cemetery in APG South

Story by  
**HEATHER TASSMER**  
APG News

Unlike the labyrinth movies, there aren't any monsters lurking in Adam Logan's labyrinth at the cemetery in Aberdeen Proving Ground South.

Logan created the labyrinth or circular walking path for his Eagle Scout project.

"The labyrinth is for meditating," he said. "People can walk around and think about the person they're visiting [in the cemetery.]"

Logan, a 15-year-old scout from Troop 802 in Harford County, said he brainstormed several ideas for his project.

"Two of them were fixing up trails on APG and the other was the labyrinth," Logan said.

With the help of his parents Col. Tom Logan, chief of staff at U.S. Army Center for Health Promotion and Pre-

ventive Medicine, and Mary, Adam decided on creating a walking labyrinth for the cemetery in APG South.

He said he and his family visited Winterthur, a former estate of Henry Francis du Pont, in Delaware where they saw a labyrinth in the garden.

After receiving permission from Col. John T. Wright, former APG Garrison and deputy installation commander, and coordinating with Roger Stoflet, management agronomist from the Directorate of Installation Operations, Logan and his crew of scouts began working on the project in May.

First the group mowed the circular patch of grass in front of the cemetery. Then they dug circular paths in the grass and filled them with gravel, Logan said.

After four work days, the

group finished the project June 24.

Although the labyrinth takes up a small area, it was not an easy task creating it, Logan said.

"It was really hot and humid," he said. "The ground was really hard. It was a lot of hard work but it turned out good. And it [the project] was a lot of fun too."

Logan's parents are very proud of their son.

"We're very proud that he stayed in the [Scout] program until the end," his father said. "He learned a lot while working with other scouts and adult leaders, and we've seen him grow in self confidence as he progressed with the skills."

Col. Logan also praised Troop 802's former scout master Lt. Col. Alan Weir and other scout leaders for their guidance.

Adam said he is happy and honored to become an Eagle Scout.

"The most important value I learned in scouts is leadership and teamwork," he said.

He recommended that other scouts should be committed to the organization because "scouting is fun, and becoming an Eagle Scout is a great honor."

Logan said becoming an Eagle Scout is "all downhill" now that his project is complete.

The Baltimore Area Council, Boy Scouts of America will review his project and badges before he officially becomes an Eagle Scout.



Photos courtesy of Adam Logan  
Adam Logan stands in the middle of the labyrinth he and a crew of Boy Scouts from Troop 802 created at the cemetery in Aberdeen Proving Ground South. The scouts finished the Eagle Scout project June 24.



Kurt Weir mows while Pat Weir, Dru Inman and Adam Logan rake the area outside the cemetery before marking lines and digging trails for the labyrinth.

## Well-Being

From page 3

The Health Education meetings are informal and are held at 5 p.m. in the KUSAHC Readiness Training Center.

Health Consumer Council meetings are held quarterly.

"Health Consumer Council meetings are more formal," he said. "Some of the meetings are redundant, but we think the more opportunities people have [to speak], the more issues we can hear and more problems we can solve."

Patterson discussed changes and issues KUSAHC is experiencing.

Patterson said that Col. William Rice, commander of KUSAHC, plans on adding a ticket system to the pharmacy where patients take a number for service to "add more control" to pickups.

KUSAHC is completing "trial runs and making some improvements to the referral system," he said.

"Colonel Rice's goal is

to hand everybody who is referred outside the hospital an authorization letter before they leave the clinic. Currently, they are mailed a week to ten days after their appointment," he said.

Patterson reminded attendees that patients can use TRICARE Online to make appointments and that each Family member must be registered separately before making appointments on the Web site. Passwords are changed every six months.

The KUSAHC Homepage now has a button that takes visitors to the TRICARE Online Web site.

A memorial service was held July 18 at the Post Chapel for Capt. Maria Ortiz, a nurse who died in Iraq. Patterson expressed appreciation for all of the community members who attended the service.

He said Ortiz is scheduled to be buried at Arlington National Cemetery Aug. 9 at 1:30 p.m., and the clinic will close at 10 a.m. that day.

Deborah Dodsworth, the patient advocate at KUSAHC, discussed a previous issue regarding other health insurance cards.

"By law we have to bill the insurance company to recover costs for anyone who is not an active duty member," Dodsworth said. "Even after your card is registered, you still have to show it."

Dodsworth said patients must re-register each year.

Patterson said that the

KUSAHC staff is trying to get the form for OHI available electronically.

Dodsworth also addressed a previous issue about retirement physicals. She said that military employees should have their physicals completed six months before they retire. They can complete the first part from 7 to 7:30 a.m. on a walk-in basis and schedule the second part, she said.

Dodsworth provided copies of this process at the meeting.

### AAFES

One of the questions asked at the meeting was if the Post Theater was closed permanently.

Rodriguez said that he would talk to the Army and Air Force Exchange Services staff about this issue, send the information to senior leadership and discuss the details at the next Well-Being Council meeting.

The post theater is still open for organizations and training.

Questions were also asked about the gas stations. One of the questions was why post gas prices are sometimes not competitive with off-post prices.

Weissman said that monthly or bimonthly surveys are taken in the areas surrounding the proving ground and based on those surveys AAFES uses the lowest price. Depending on when the survey is completed, post prices won't change daily like they do in gas stations off post, he said.

### Commissary

The Commissary will hold a case lot sale Sept. 14 through Sept. 14 and 15.

### Open forum:

#### OSJA

The Office of the Staff Judge Advocate's Client Services Division hours have changed. The CSD will be open on a walk-in basis Monday through Friday, 8 a.m. to 1 p.m. for powers of attorney, notary services and claims. Walk-ins are also accepted Thursday mornings. It is not recommended for clients to come for other services between 8 and 10 a.m.

### APG Installation Safety Division

The Basic Rider Course is mandatory for anyone who wants to ride a motorcycle on post. The two-day course is free and is from 8 a.m. to 4 p.m., building 5442, room 7, Range at Susquehanna and Havre de Grace Street across from building 3073. The training dates are: Sept. 5 and 6, Oct. 2 and 3, Oct. 30 and 31 and Nov. 12 and 20. For more information, contact Mike Allen, 410-306-1081 or mike.allen@apg.army.mil.

After Soldiers reported some issues such as noise and other housing issues, Rodriguez told attendees that residents should report issues to their area coordinators. He said he will have a meeting with the area coordinators to resolve the issues reported.

The next Well-Being Council meeting will be 9:30 a.m., Aug. 16, at the Post Chapel.

# APG honors June and July retirees

Story by  
**YVONNE JOHNSON**  
APG News

Retirement ceremonies during June and July honored two Soldiers and one civilian with 80 combined years of service to the nation.

Add 34 years of service by another July retiree who was unable to attend the ceremony and more than a century of experience has left the proving ground in this time period.

During the June ceremony Staff Sgt. William O. Tipton Jr., an inspector/writer with the U.S. Army Ordnance Mechanical Maintenance School's 61st Ordnance Brigade, retired with more than 20 years of service.

July retirees included Sgt. 1st Class Elizabeth A. Graybill, U.S. Army 20th Support Command (Chemical, Biological, Radiological, Nuclear and High Yield Explosives); a paralegal non-commissioned officer with 23 years of service and Herman J. Blische, a U.S. Air Force veteran and a physical scientist with the U.S. Army Medical Research Institute of Chemical Defense who served for 38 years.

The final retiree was Yvonne A. Jackson, dean of the U.S. Army School of Military Packaging in the OMMS Directorate of Instruction, who retired after a 34-year career.

Program hosts included Col. Bobby A. Towery, OMMS commander, assisted by OMMS Command Sgt. Maj. Anthony J. Slater Jr.; and Col. Barrett F. Lowe, chief of staff, 20th Support Command (CBRNE), assisted by Sgt. Maj. Anthony D. Pollygus.

**Sgt. 1st Class Elizabeth A. Graybill**

Graybill received the Meritorious Service Medal, and the Department of the Army and Presidential certificates of appreciation. Her husband

Douglas received the DA Certificate of Appreciation signed by Gen. George W. Casey Jr., Army Chief of Staff.

Graybill enlisted in the Army in 1984. Her past assignments include nine overseas tours in Germany; to Saudi Arabia and Iraq during Operation Desert Shield/storm; two tours in Bosnia, one to Hawaii and two deployments to Iraq in support of Operations Iraqi Freedom I and III.

Her past awards include the Bronze Star, Meritorious Service, Army Commendation and Army Achievement medals.

Along with her military education, Graybill holds a bachelor's degree in sociology from St. Leo College.

Graybill said she is proud of her accomplishments during the last 23 years, and she is looking forward to enjoying baking, running a home business, church activities and spending time with her family and cat. She and her husband have four children.

"I learned a lot and gained a lot from the Army," Graybill said. "I'm very proud to have served, and I want to thank everyone who helped me through it."

"I think everyone brings something to a relationship, and everyone takes something away," she added. "I know I'm taking something away, and I hope I left something good behind or helped someone."

Graybill retires Sept. 30, 2007.

**Staff Sgt. William O. Tipton Jr.**

Tipton was awarded the Meritorious Service Medal, and the DA and Presidential certificates of appreciation. His wife, Maxine, received the DA Certificate of Appreciation signed by Gen. George W. Casey Jr., Army Chief of Staff.

A native of Tennessee, Tipton enlisted in the Army in 1987. His past assignments

include Germany, Hawaii, Korea and one combat tour in Tal Afar, Iraq as well as Fort Polk, La., Fort Campbell, Ky., and Fort Hood, Texas.

His past awards include the Meritorious Service, Army Commendation and Army Achievement medals.

Along with required military education, Tipton is pursuing a degree in computer information systems with Lt. Leo University.

Tipton ends his career as a senior instructor with the Tactical Support Equipment Department, OMMS.

He said his retirement plans include relocating his family to Texas, pursuing a new career and fishing as much as possible.

"I've enjoyed my time at APG," Tipton said. "I loved my job, and I enjoyed the location and the people. It's been great, but now I'm ready to move on."

**Herman J. Blische**

Blische received the DA certificates of retirement and appreciation and his wife, Donna, a secretary with the U.S. Army Developmental Test Command, received the APG Certificate of Appreciation.

A native of Baltimore, Blische graduated from Edgewood High School in 1965 then served in the Air Force from 1967 to 1971 before attending and graduating from Harford Community College and Towson University. Blische began his federal career in 1973 as an engineering technician with the former Army Ballistics Research Laboratory, now U.S. Army Research Laboratory. Since then he served as a configuration management coordinator with the U.S. Army Chemical Research, Development and Engineering Center where he also served as manager of the technology transfer program, public affairs offi-

cer, scientific and technical information manager and branch chief. He established the Office of Research, Technology Applications and served in that position until he retired.

Blische received numerous awards particularly for his efforts in the Technology Transfer Program where he helped develop a patent processing program that eventually generated royalty income.

He and his wife have a son and daughter and three grandchildren.

Blische said his plans for retirement include spending time at Ocean City with his family, fishing and dusting off his guitar to "get back to some serious pickin'."

"After thirty-eight years working in everything from ballistics to MRICD, I'd say I've had a good career," Blische said, adding that he will miss the work he did in technology transfer.

"I'm very proud of what I've accomplished and I want to thank my wife because she's been right there beside me my whole career," he said.

**Yvonne A. Jackson**

Jackson retires as the dean of the School of Military Packaging Technology, under the Directorate of Instruction, U.S. Army Ordnance Mechanical Maintenance School.

Born in Baltimore, Jackson obtained a bachelor's degree in science education and a master's in business from Central Michigan University.

She began her civil service career in 1973 as a general military subject instructor at the Women's Army Corp Center and School, Fort McClellan, Ala. Her career included several other locations and areas of responsibility, such as a race relations/equal opportunity instructor at the Defense Race Relations Institute, at Patrick Air Force Base, Fla., and in Vilseck, Germa-

ny, where she also served as chief of the Training Operations Division, Combined Arms Training Center. She later served at Fort Hood, Texas, as the battalion S4, 57th Signal Battalion before taking a position with OC&S in 1983, where she served as an instructor, as the OC&S equal opportunity specialist and as the assistant director of the Command and Staff Department before taking her current position.

Jackson's awards include U.S. Army Training and Doctrine Command and OC&S Civilian Instructor of the Year awards; Federal Executive Board Excellence in Federal Career Silver Award, 1994; the U.S. Army Center for Army Leadership facilitator Certificate of Appreciation and the OC&S Master Instructor Certificate.

Jackson said the main thing

she will miss is the people.

"I will miss seeing my students from my instructing days and all the great people who brought a smile to my spirit just by being there," she said. "Their support will never be forgotten."

She thanked her mother, the Rev. Dr. Louise C. Jackson, and brother, Jerome L. Jackson, for their support.

"I would not be celebrating this time if it were not for them," she said.

Jackson said her plans for retirement include, "taking the opportunity to truly enjoy my mother."

"The Holy Spirit brought me this far and I don't plan on messing up now."

Jackson and her mother live in Glen Burnie. On July 31, Jackson was awarded the Superior Civilian Service Award and her mother received the OC&S Certificate of Appreciation.

## Job Fair

From front page

Business Administration and as a Minority Business Enterprise by the state of Maryland," Matusiak said.

She said that one project on APG involves scanning hard copy documents for placement and storage on compact disks.

"We'd like to encourage college interns and high school students to apply," she said.

Franklin Belin, a retired Army father escorting his daughter to the job fair, said that he was there to listen in and offer guidance.

"This is her first job fair so I'm helping her look," he said. "And I hope to find something myself."

Staff Sgt. Alan Smith, a small arms instructor with the 16th Ordnance Battalion Conventional Weapons Department, who retires in October, said that he came out to see what was available for someone with a degree in information management.

"I'm hoping to combine my experience in weapons with information technology," Smith said, adding that the ACS and Susquehanna Workforce personnel had been "extremely helpful."

"After I told them my skills and experience, they suggested what to look for and ask about," he said. "On a scale of one to ten, I would rate this [job fair] a ten."

The ERP and Susquehanna Workforce Network will present the Harford County Job Fair 2 to 6 p.m., Oct. 4 at the Richlin Ballroom, Ramada Inn and Conference Center on Van Bibber Road in Edgewood. Industry leaders in healthcare, food service, finance, education, emergency services, manufacturing, as well as the APG Civilian Personnel Office and several government contractors will be on hand.

For more information call Marilyn Howard, ERP manager at 410-278-9669 or visit the Susquehanna Workforce Web

site at [www.swnetwork.org](http://www.swnetwork.org).

Organizational participants in the job fair included AAFES, ABF Freight Systems, Inc., Advance Business Systems, Alban Caterpillar, ALCORI, APG Federal Credit Union, APG Appropriated and Non-appropriated Fund, Batelle, BB&T Bank, Bering Straits Aerospace Services, Booz Allen Hamilton, BP Solar, CAC, Chesterfield County Police Department, COMCAST, Custom Direct LL, Customs and Border Patrol, Defense Energy Support Group, Delmarva Broadcasting/WXCY-FM, ECS Mid-Atlantic, EG&G Technical Services, Inc., General

Dynamics Information Technology, Harford County Sheriff's Office, Home Depot, Homeland Security Department, Jacobs Technology, Log. Sec., Maryland Department of Budget and Management, Mercedes-Benz, Middle River Aircraft Systems, Open Doors, Randstad Work Solutions, Restoration Hardware, SAIC, Secret Service, Smiths Detection, Social Security Administration, STEM International, Strategic Systems Technology, Survice Engineering, Telesis Corporation, Trusant Technologies, T2E Solutions, Upper Chesapeake Health, Venturi Staffing Partner, Exxon Mobile.



## DENTAC Health Notes

# Easier access to TRICARE Dental Care overseas

<http://www.tricare.mil>

Presently, host nation dentists often require military Families to make full payment up front and then wait for reimbursement from United Concordia, the administrator of the TRICARE Dental Program.

Now, TRICARE has modified their dental contract in an effort to eliminate the problem by seeking out host nation dentists who won't expect the total payment for treatment in advance.

"We recognize that dental care is expensive, and paying the full bill can represent a serious hardship for military members," said Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. "No service member should have to wonder if he can afford to get his Fam-

ily the dental care they need, so we're finding dentists who will provide needed treatment and then file claims with United Concordia for payment."

Reduced dental staffing in military treatment facilities overseas has forced more military Families to seek dental care from host nation dentists. Most of those offering care to TDP enrollees through United Concordia require full payment at time of treatment. That can mean hundreds of dollars out of a service member's pocket. Even though they would be reimbursed for most of it, paying up front creates a hardship for TRICARE beneficiaries and limits access to dental care. In some cases, beneficiaries postpone needed care, even procedures that are completely covered by the TDP.

To help beneficiaries avoid

that difficult choice, TRICARE has partnered with United Concordia to find host nation dentists who will agree to be listed as TRICARE Preferred Dentists. These dentists will require only the beneficiary's cost share at the time of care. In general, this means that beneficiaries can get dental services like examinations and cleanings done with little or no out of pocket expense.

In light of this change, TRICARE encourages beneficiaries to remain enrolled in the TDP when they move overseas.

In the near future, beneficiaries will be able to see the list of TRICARE Preferred Dentists on the United Concordia Web site, [www.tricare dentalprogram.com](http://www.tricare dentalprogram.com).

For more information call Austin Camacho 703-681-1765.

## 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](mailto:rondamckinney@usag.apg.army.mil).

### Employees eligible for donations in the Voluntary Leave Transfer Program

James Addas	Brett Christy	David Harding	Gloria Morales
Karen Blades	George Colletta	Ira Hines	Trudie Norman
Sarah Boats	James Craven	Carolyn Johnson	Cindy Orwig
William Bond	Ruth Cunningham	Reginald Johnson	Lester Pilcher
Sandra Boyd	John Daigle	Beverly King	Judith Rembold
Debra Bonsall	Shelia Davison	(caring for husband)	Barbara Seker
(daughter has brain tumor)	ysmal positional vertigo)	Cathryn Kropp	Donna Sexton
Jeanie Bowman	Marc Devecchio	Joyce Mauldin	Joyce Spies
Teresa Bridges	Wayne L. Doyel	Louis McCarter	Alison Tichenor
Linda Brown	Dawn Folck	(kidney failure)	Elizabeth Usmari
Rogelio	Cathleen Holmes	Sandra Miller	Louis Winters
Chevannes		Karen Moss	Sharon Woods
			Charles Young



Office of the Staff Judge Advocate at [http://www.apg.army.mil/apghome/sites/installation/Staff\\_Judge/index.html](http://www.apg.army.mil/apghome/sites/installation/Staff_Judge/index.html)

## Avoiding pyramid schemes

Story by  
**MARIE ANTOINETTE JOINER**  
OSJA

The pitch is that "you'll make money by joining the program and recruiting others." The reality is that in pyramid schemes, everyone will lose money, not make it.

Pyramid schemes promise easy money. A person pays to join, convinces others to do so, and gets a cut of the payment from each new member. The truth is, all such schemes are losers and collapse when members realize they're not making the money they were promised.

Pyramid promoters seek out new victims just about anywhere – at work, at churches or temples, even through social organizations or clubs. They also lurk on social networking Web sites and in online chat rooms.

People involved in pyramids need to find more people to keep the pyramid growing, and they often solicit friends or family to sign up. Since legitimate companies may also recruit among friends and Family, it's important to be able to tell the difference between a real and a bogus opportunity to join a business.

Sometimes pyramid schemes claim to be multilevel marketing plans, which use networks of independent distributors to sell their products. The key difference is legitimate MLMs sell goods or services to consumers and compensation comes primarily from those sales, not from membership fees or the recruitment of new participants.

Pyramid schemes are illegal under federal and state law, and anyone who starts one or recruits others to join can be faced with fines or jail time.

There are many different forms of pyramids. They go by different names, but the bottom line is the same: anyone who joins one, will lose money, not make it.

### Chain letters

One of the earliest types, the chain letter, still shows up today. These letters (or e-mails) ask people to send money to someone at the top of the list. They are told to remove that person's name, move the next person's name to the top of the list, add their own name to the bottom, and send the list to several other people with instructions to do the same.

Victims are tricked into believing that, over time, their name will reach the top of the list and they'll receive money from new letter-writers. But chains don't usually last that long. Eventually, people stop falling for the scam and the chain falls apart.

### Online pyramid schemes

Pyramids are constantly changing and taking advantage of new technology to lure victims. The Internet has become a cheap and easy way for fraudsters to find victims who are looking for quick money. For instance, some ads claim people can make money simply by clicking on links and surfing the Internet. However, if the offer requires a person to pay a signup fee and claims that money can be made by recruiting others, it's a classic pyramid scheme.

Also be wary of spam e-mails that offer money-making opportunities. No matter how the message is received – through the mail, in a newspaper ad, online, or in person – the bottom line is that all promises of big profits for little work or high returns on no-risk investments are scams.

### Gifting clubs

In these schemes, new members give money as "gifts" to those at the top of the pyramid with the promise that they'll advance and receive "gifts" from others who join in the future. But, just like with chain letters, most people never reach the top and get the promised gifts. Instead, they do a lot of giving without receiving anything in return.

### Protect Yourself

- Take time to analyze the situation--don't let anyone rush a decision. Legitimate opportunities will not disappear overnight.
- Review the compensation plan and be sure payment is based primarily on the sale of products by you or members of your network.
- Minimize risks. Most legitimate multilevel companies require little, if any, up-front payment, and offer to repurchase the inventory for at least 90 percent of what was originally paid if deciding to leave the business.
- Ask questions, verify all information, get written copies of all company literature and consult with others who have experience with the company. Contact a local Attorney General's Office to see if any complaints have been filed.

### Learn more

Get general information and report suspected pyramid schemes to a local Attorney General's Office, Consumer Protection Division or Consumer Affairs Office. Each state may have specific laws about how legitimate multilevel marketing plans should operate. Also visit the National Consumers League's Fraud Center at [www.fraud.org](http://www.fraud.org) and the Federal Trade Commission at [www.ftc.gov](http://www.ftc.gov). For specific questions, contact the Office of the Staff Judge Advocate Legal Assistance Office, building 4305, 410-278-1583.

## Prayer

From front page

themes throughout the book of Ecclesiastes are vanity and hopelessness.

These negative sentiments can be found in the world today in the media and in peo-

ple's lives.

Thomas said to counteract feelings of hopelessness, everyone should "seize the day."

"No matter what the circumstance is, seize the day," he said. "Regardless of how we look at it, everything happens in the span of the day. We can be held captive of the day

and this is a problem because this is the day the Lord has made."

The day belongs to God and whatever God owns also belongs to his children, Thomas said.

"We shouldn't be held captive of the day," he said. "We should rejoice and be glad of it."

In addition, he said that the Israelites viewed dogs as rats and "something nasty."

"But a live rat is better than a dead lion," Thomas said. "If you feel like a rat, just remember that a live rat has God on its side. You have all the power at your disposal."

He said that seizing the day is a task for warriors and that the Soldiers shouldn't let anything tear them down or "contaminate" their spirits.

Lt. Col. Karen Jordan, commander of the 16th Ordnance Battalion, echoed Thomas' message.

"Remember that Christ has freed us to be captors instead of captives to the thoughts, emotions and actions of others," Jordan said. "I don't want any one of you to give up. It will make training and everything harder. Remain strong while you're here, and may God bless all of you."

She thanked Thomas for his "uplifting message" and the unit ministry team for organizing the breakfast.

She said she believes it is leaders' jobs not only to boost the morale of Soldiers but their "spiritual well-being" as well.

The prayer breakfast concluded with the battalion singing "Amazing Grace."

Several attendees said they enjoyed the prayer breakfast.

"It was wonderful," said Pvt. Darren Stanhope, Company C. "I learned that you should make every day count."

Capt. Teresa Marvin, commander of Company A, said that the event was a "joyous occasion."

"It helps us to move forward in the future, enhances our goals and the growth of Army Strong Soldiers," Marvin said.



## Preventing substance abuse on APG

# Substance abuse training scheduled

ASAP Office

All Department of the Army civilian employees will receive three hours of substance abuse awareness training per year and active duty Soldiers will receive four hours of training per paragraph 2-6, AR 600-85, March 24, 2006. Three-hour long training sessions are provided by ASAP to meet this requirement.

The additional fourth required training hour for Soldiers will be provided by their Unit Prevention Leader. UPLs will forward attendance rosters to Cindy Scott, ASAP prevention coordinator.

An official training certificate will be issued after each three-hour training session. Attendees must give this training certificate to their

training officer/coordinator or contact who will e-mail the number of civilian employees and Soldier attendees to Bill Sanchious. The complete fiscal year 2007 training schedule is posted on the ASAP Web site, <http://www.apg.army.mil/apghome/sites/restricted/asap/html/Quarterly%20Training.html> or <https://apgrc2gag-intra.apg.army.mil/apg/asap/html/Quarterly%20Training.html>.

A new one-hour ASAP supervisor training class, "Class 103 - Stress Management Secrets for Supervisors" is offered online at <https://apgrc2gag-intra.apg.army.mil/apg/asap/StressMgt/index.htm> and <http://www.apg.army.mil/apghome/sites/restricted/asap/StressMgt/index.htm>. The certificate of train-

ing provided after completing the class must be printed and forwarded to the supervisor's training officer/coordinator or contact. Training officers/coordinators or POCs should compile training data monthly and e-mail it to Bill Sanchious by the fifth working day of the month.

**Fourth Quarter FY 07 schedule**  
**Post Theatre, building 3245**

Aug. 23 and 30

8:30 to 11:30 a.m. or 1 to 4 p.m.

**RDECOM Conference Center, building E-4810**

Aug. 21

8:30 to 11:30 a.m. or 1 to 4 p.m.

If an employee needs a sign language interpreter present at a specific training session, the employee's supervisor must

request an interpreter from Roxanne Conley, (Roxanne.Conley@apg.army.mil), EEO secretary, at 410-278-1100/4764. Request for Sign Language Interpreter information is on the EEO Web site at <http://www.apg.army.mil/apghome/sites/installation/eo/html/ASL.html>. Send your requests to EEO as soon as possible.

For more information, check with an agency ASAP coordinator or unit training officer/coordinator before contacting ASAP office coordinators, Cindy Scott, prevention coordinator, 410-278-DRUG, Cynthia.Scott@apg.army.mil or Bill Sanchious, employee assistance program coordinator, 410-278-5319, William.Sanchious@apg.army.mil.

## SAFETY

# Preventing heat injuries includes family pets

Story by  
**MARGUERITE TOWSON**  
 APG News

Precautions for extreme summer heat have been issued for people, including the elderly and those with chronic health conditions. But precautions should also be considered for the family pet.

The Humane Society of Baltimore County has issued the need for special precautions to help protect animals from the heat.

- Outdoor animals need shade from the sun and access to clean drinking water at all times. Dog houses and shelters for other animals kept outdoors must be located in shady areas. A dog house in direct sunlight

does not provide a dog with sufficient protection from the heat. During the excessive heat, move dogs and cats inside.

- It is illegal in Maryland to leave an animal in a hot car. It is a violation (Annotated Code, 21.1004.1) to leave an animal unattended in a vehicle in a manner that endangers its health or safety. Humane workers, police, fire, and emergency personnel may break into a car to save an animal in danger. On a hot day, even with the windows partially open, the temperature can reach 120 degrees in just a few minutes. This is hot enough to cause irreversible brain damage. On a 75 degree day the

temperature in a car can reach a lethal level.

If an animal is in distress in a hot vehicle, call the nearest Humane Society, animal control agency, or call 911.

Consider the use of a reliable doggy daycare when unable take a pet along. Some lodgings may even offer short-term pet-sitting services.

- Do not go jogging or cycling with the dog in hot weather – leave the dog at home. Dogs can't tell their owners when they are overheated. Dogs may continue just to please their owners until they collapse from heat stress.
- Take the dog along for a ride in the pickup truck,

but let it ride in the cab. It is never a good idea to transport an unsecured dog in the open bed of a truck. The animal is always in danger of being thrown from the truck or jumping out while the vehicle is moving. In addition, in hot weather the animal is exposed to the metal truck bed which can get hot enough to burn an animal's feet.

**Choose activities to do with pets**

- Instead of eating out at a restaurant, pack a picnic lunch to enjoy in the park. Or order room service if it's available - there are many pet-friendly hotels and motels.
- Choose self-guided hikes on pet-friendly trails instead of

guided tours that may not welcome dogs.

- Instead of going to a beach where pets aren't welcome during high season, choose a safe, shallow lake where the dog can have fun

too. There are some beaches that allow pets during the off-season, but be sure to bring along a pooper scooper.

*(Editor's note: Baltimore County Humane Society provided material for this article.)*

# Black & Decker recalls trimmers and edgers

CPSC

The U.S. Consumer Product Safety Commission, in cooperation with Black & Decker (U.S.) Inc., announced a voluntary recall of the Black & Decker GH1000 Grasshog XP String Trimmer/Edgers July 20.

The trimmer/edger's spool, spool cap and pieces of trimmer string can come loose during use and become airborne projectiles, posing a laceration hazard to the user as well as bystanders. The trimmer/edgers also can overheat, posing a burn hazard to consumers.

Black & Decker has received 707 reports of incidents, including 58 reports of injuries. Serious injuries included cuts to two consumers' legs that required medical attention. Minor injuries included bruises, lacerations and facial injuries such as a welt and broken skin over a consumer's eye. There also were reports of property damage, including two broken windows.

The Black & Decker GH1000 Grasshog XP String Trimmers/Edgers are electric-powered. Trimmer/edgers with date codes 200546 through 200645 (representing manufacture dates of Nov. 14, 2005, through

Nov. 6, 2006) are included in this recall. The date code is located on the underside of the trimmer/edger's handle. Only trimmers with black spools caps are included in the recall. Those with orange spool caps are not included in

the recall.

Consumers should stop using recalled products immediately unless otherwise instructed.

For more information, visit <http://www.blackanddecker.com/CustomerCenter/Recalls.aspx>.

## POST SHORTS

# BOSS News

"Better Opportunities for Single Soldiers"

All Soldiers are welcome to attend events. For more information, call Sgt. Eugenia Richards, 410-278-2709.

### Community Service

The quarterly trip to visit the Armed Forces Retirement Home, Washington, D.C., is Aug. 15. The starting point is at the APG North Recreation Center at 6:30 a.m. The group will return no later than 5 p.m.

### Car Wash

BOSS will hold a car wash 10 a.m. to 2 p.m., Aug. 25, at Taco Bell, Route 22.

### Next BOSS meeting

The next BOSS meeting will be an all day cruise to Annapolis, 8 a.m. to 5 p.m., Aug. 29. The group leaves from APG North Recreation Center at 6:30 a.m. and from Baltimore at 8 a.m. The cruise price is \$36.

### Sky Diving

BOSS is going on sky diving trips 7 a.m. to 5 p.m., Sept. 12 and 15. The price is \$160 per person and includes class, first jump (assisted) and certificate. For more information, interested personnel should contact their unit BOSS representative or the Recreation Center, 410-278-2621.

### HALO 2 Tournament

BOSS will host a Halo 2 Tournament Nov. 17 at the APG North Recreation Center. Early registration fee is \$30 and late registration is \$50. The prizes are: first place, \$300; second place, \$180 and third place, \$100. For more information, contact a unit BOSS representative or the Recreation Center, 410-278-2621.

p.m., Wednesdays and WRTG 394 Business Writing, 6:30 to 9 p.m., Tuesdays. Additional classes are available through distance education formats.

For more information or to register, visit the APG office of UMUC in building 4305, room 210, or call 410-272-8269 or 410-306-2048.

Information about UMUC is also available at [www.umuc.edu](http://www.umuc.edu).

### Part time position available

A temporary part-time position is available at the APG Post Office, building 2201, Aberdeen Boulevard. The job includes the distribution and dispatch of mail in the morning and afternoon.

For more information or to apply, inquire at the Post Office or call 410-278-7967.

### Volunteers needed for research studies on hearing

The U.S. Army Research Laboratory is seeking normal hearing volunteers between the ages of 18 to 35 years old to participate in listening studies. Listening time is up to five hours. Each listener will be paid \$20 per hour for their time. Qualified listeners can participate in one or more studies.

Interested volunteers should contact Martha Dennison, 410-278-5918, or e-mail [mjdennis@arl.army.mil](mailto:mjdennis@arl.army.mil).

### BJ's membership sale

BJ's Wholesale Club offers a 15-month membership, to include two cards for \$35 for all civilian, military, retirees and contract employees.

Sign up for membership 11 a.m. to 4 p.m. at the Aberdeen Recreation Center, building 3326 on Aug. 7, 9, 21, 28 and Sept. 14, or 11 a.m. to 5 p.m. at CAPA Field, Edgewood Area, on Aug. 8 and 22.

This offer is good for new customers and for membership

renewals.

Renewal membership holders should bring their current card with them.

### Comptroller Society holds luncheon

The American Society of Military Comptrollers Chesapeake Chapter is holding a luncheon 11:30 a.m. to 2 p.m., Aug. 15 at The Bayou Restaurant in Havre de Grace.

Guest speakers David Ter Borg and Susan Wagoner from the Upper Chesapeake Health System will discuss stress management and proper ergonomics.

The cost is \$17 for members and \$19 for non-members.

To make a reservation, call Debora Holliday, RDECOM, 410-436-5296; Tina Allen, CHPPM/MRICD, 410-436-7208; Donna Horvath, AAA, 410-278-5758; Liz Fournier, CMA, 410-436-9073; and Linda Payne, AMSAA, 410-278-6582. Last day for reservations is Aug. 13.

### Author of APG history book holds signing at PX

Bill Bates, local author of the Images of America series, will hold a book signing at the APG North PX 9 a.m. to 9 p.m., Aug. 15, to sell and sign his latest book, "Images of America: Aberdeen Proving Ground." This is a pictorial look at 90 years of APG history.

Other works include "Images of America: Havre de Grace," "Images of America: Bel Air" and "Harford County in Vintage Postcards Harford County Then & Now."

Bates will also be an exhibitor at the APG 90th Anniversary Gala at Ripken Stadium Nov. 10.

For more information on Bates' books, visit <http://www.harfordbooks.com/signings.htm>.

### Army bands perform locally

The U.S. Army Field Band, Fort Meade, will perform 7 p.m., Aug. 15, at the Humbert Band Shell, Hicken-

### Local Traffic Hazards Course II

Training classes are designed for all personnel who are new to APG and unaware of local driving hazards. Students will learn relevant information on local conditions to reduce crashes and fatalities.

Classes are for Soldiers, DoD civilians and Family members arriving at APG and anyone on TDY at APG for 30 days or more. The course will be held noon to 12:30 p.m., building 5442, room 7 on July 30, Sept. 4, Oct. 1 and 29, Nov. 19 and Dec. 13.

For more information or to register, call Mike Allen, Installation Safety Division, 410-306-1081 or e-mail [mike.allen@apg.army.mil](mailto:mike.allen@apg.army.mil).

### Intermediate Driver's Training IIIA

Training Course II builds on the themes introduced during Introductory Course 1, during Basic training or AIT and provides expanded opportunity for class interaction and discussion. The course is mandatory for all Soldiers under 26 years of age. The course will be held 12:30 to 3 p.m., building 5442, room 7, on July 30, Sept. 4, Oct. 1 and 29, Nov. 19 and Dec. 13.

For more information or to register, Mike Allen, Installation Safety Division, 410-306-1081 or e-mail [mike.allen@apg.army.mil](mailto:mike.allen@apg.army.mil).

ry Avenue, Bel Air. For more information, call the band at 301-677-5349.

### ACS to host Newcomer Orientation

Army Community Service will hold its quarterly Newcomers Orientation Aug. 16, 1 to 3 p.m., at the APG North Recreation Center, building 3326. This event will include a presentation on Aberdeen Proving Ground services, activities and facilities. ACS and representatives from various on- and off-post service and support agencies will be on hand to answer questions new arrivals may have. Literary information and door prizes will be distributed.

To register, contact ACS, 410-278-7572 or e-mail the Relocation Readiness Program manager, [phyllis.ethridge@apg.army.mil](mailto:phyllis.ethridge@apg.army.mil).

### Harford County job fair

The Army Community Service Employment Readiness Program and the Susquehanna Workforce Network will join Harford County in presenting a job fair 2 to 6 p.m., Oct. 4, at the Richlin Ballroom, Ramada Inn and Conference Center on Van Bibber Road in Edgewood. Industry leaders in healthcare, food service, finance, education, emergen-

cy services, manufacturing, and other fields, as well as the APG Civilian Personnel Office and several government contractors will be on hand.

Dress for success, bring plenty of resumes and be prepared to fill out applications.

For more information, call Marilyn Howard, ERP manager at 410-278-9669, or visit the Susquehanna Workforce Web site, <http://www.swnetwork.org>.

### Adult American citizenship class

The Army Community Service Relocation Assistance Program will offer a free class for military personnel or Family members, preparing to take the test for American Citizenship given by the Immigration and Naturalization Service.

The class will be held every Saturday, 10 a.m. to noon, through Aug. 25 at ACS, building 2754 Rodman Road.

The class covers citizenship procedures, explains how to fill out the application, basic American history and the Constitution.

Attendees must attend all eight sessions to receive a Harford Community College certificate for attending a Citizenship Class. Seating is limited, so register early.

For more information or to register, call the Relocation Assistance Program, 410-278-2464/7572.

### WIC clinic meets weekly

The Army Community Service, in conjunction with the Harford County Health Department, operates a Women, Infants and Children Clinic every Tuesday, 9 a.m. to 4 p.m. in building 2754. Eligible mothers and children can receive health screenings by a registered nurse, formula and food vouchers, nutrition counseling, breast feeding instruction and more. For more information, call Diana Hayes, Parents and Children Together coordinator, 410-278-4372.

### Improving English skills

The Army Community Service Relocation Assistance Program will offer free English for Speakers of Other Languages classes for those needing a refresher course or for those with little English speaking and writing skills.

Classes will be held every Friday, 6 to 8 p.m., through Aug. 24 at ACS, building 2754 Rodman Road.

The course is open to military personnel, APG civilians, retirees, and adult Family members age 18 and older.

The class is also designed to provide foreign-born adults an opportunity to improve their English comprehension, speaking, reading, and writing skills. An instructor from Harford Community College will teach the class. Attendees must attend all eight sessions. Seating is limited, so register early.

For more information or to register, call the Relocation Readiness Office, 410-278-7474/2453.

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

# Community Notes

## THURSDAY

### AUGUST 2 SUNSET CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Sunset Cruise, on the Skipjack Martha Lewis. Tickets cost \$25 for adults and \$12 for children under 10 years of age. The ship will cruise around the Susquehanna Flats and upper Chesapeake Bay. Reservations can be made with credit card. Call for departure times.

For more information or for reservations, call 410-939-4078.

## FRIDAY

### AUGUST 3 HAPPY HOUR CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Happy hour cruise onboard the Skipjack Martha Lewis departing at 5 p.m. Passengers can board the ship at Tydings Park, 352 Commerce Street, Havre de Grace. Tickets cost \$35 per person (must be over 21) and includes a two-hour cruise around the Susquehanna Flats area, beer, soda and light appetizers. Reservations are required. Credit cards will be accepted.

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

## SATURDAY

### AUGUST 4 WEE WONDERS ABOUT WATER

Come to the center and discover the wonders of water. Take a short walk to collect items from nature, and then be prepared to get wet and learn about water. This program is from 11 a.m. to noon for ages 4 and under and is free. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

### PRESSED POSIES

Learn different techniques for preserving flowers and using them to make cards and bookmarks. The cost is \$5 from 2 to 3:30 p.m. for ages 8 to adult. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

### NDIA ALL-YOU-CAN-EAT PICNIC BUFFET

The APG Chapter of the National Defense Industrial Association will hold an all-you-can-eat picnic buffet during the Ironbirds baseball game at Ripken Stadium. The buffet will take place 6:15 to 7:45 p.m.; the baseball game, Ironbirds vs the Vermont Lake Monsters starts at 7:05 p.m. Members, Family and friends are encouraged to attend. Tickets cost \$32 per person and include a free Ironbirds baseball cap and reserved seating in the private party pavilion along the first base line.

For more information or for reservations, call 410-879-1204 or visit <http://www.ndiaapg.org/events.html>.

### MARGARITA NIGHT

The Chesapeake Heritage Conservancy, Inc. will offer Margarita Night, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$35 per person (21 years of age or older). The historical oyster dredger will cruise around the Susquehanna Flats area as margaritas are served and Jimmy Buffet tunes play. Also includes light refreshments and beer. Credit cards are accepted.

For more information or for reservations, call 410-939-4078.

## SUNDAY

### AUGUST 5 BEAT THE HEAT WALK

Discover the wonders of early morning in the forest before the summer heat builds up. This program is free from 8 to 10 a.m. for ages 6 to adult. Registration is required. For information or directions to the Anita C. Leight Estuary

Center, call 410-612-1688 or 410-879-2000, ext. 1688.

### NATURE TAILS

Come and explore nature through a story. Listen to a tale about an animal or a habitat. Story time may include meeting a live critter, a simple craft or acting out the story. This program is for all ages, is free and starts at 2 p.m. No registration is required. The topic is snakes. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

### TUESDAY TO FRIDAY AUGUST 7, 8, 9, 10 WATERSHED WIZARDS DAY CAMP

What is a watershed, anyway? Does anything live there? Can anyone have one? Does anyone need one? Can anyone help one? Learn the answers to these questions and more and explore the Otter Point Creek watershed through searches, experiments, animal encounters, games and crafts. A canoe trip is planned for the last day. Bring a lunch and water bottle each day (no glass). This program is for ages 8 to 11 and is \$90 from 10 a.m. to 3 p.m. Registration required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

## WEDNESDAY

### AUGUST 8 AFTERNOON TEA

The Chesapeake Heritage Conservancy, Inc. will offer an Afternoon Tea Cruise, 2 to 3:30 p.m., on the Skipjack Martha Lewis. Tickets cost \$30 per person. Dainty sandwiches, scones and savory desserts will be served. Credit cards will be accepted.

For more information or to make a reservation, call 410-939-4078.

### BOORDY VINEYARD WINE CRUISE

The Chesapeake Heritage

Conservancy, Inc. will offer a Boordy Wine Cruise, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$30 per person (21 years of age or older). The ship will cruise around the Susquehanna. Wine from Boordy Vineyard, soda, beer, cheese and fruit tray will be served. Reservations can be made with credit card.

For more information or for reservations, call 410-939-4078.

## FRIDAY

### AUGUST 10 LIGHTHOUSE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a narrated Lighthouse cruise, noon to 3 p.m., aboard the Skipjack Martha Lewis in Havre de Grace. Tickets cost \$30 per person and include a boxed lunch and water views of Concord Point, Turkey Point and Fishing Battery Island.

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

### MARGARITA NIGHT

The Chesapeake Heritage Conservancy, Inc. will offer Margarita Night, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$35 per person (21 years of age or older). The historical oyster dredger will cruise around the Susquehanna Flats area as margaritas are served and Jimmy Buffet tunes play. Also includes light refreshments and beer. Credit cards are accepted.

For more information or for reservations, call 410-939-4078.

## SATURDAY

### AUGUST 11 BUTTERFLY OBSERVATIONS

Search the gardens and grasses of Leight Park to catch and observe butterflies and moths in all stages of their life cycle. Make and take a butterfly observatory and a caterpillar rearing cage for some lepidopteran adventures at home. Bring a shoe box. This program is for ages 5 to adult, 5 to 12 with an adult and costs \$7 from 10:30 a.m. to noon. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

### SATURDAY AND SUNDAY

### AUGUST 11 AND 12

### 5TH ANNUAL NIGERIAN FESTIVAL

The 5th annual Nigerian festival, "Naija Fest 2007" will be held Noon to 8 p.m., Aug. 11 and 11 a.m. to 6 p.m., Aug. 12, at the corner of Eastern Avenue and Linwood Avenue in Baltimore. Admission costs \$5 for adults, and children under 10 years are admitted free. Activities include Nigerian and other African music, dance, arts, crafts, fashion and cuisine. Naija Fest will feature international and local African musicians performing Afrobeat, ethnic folk, African Hip-Hop, Afro-Reggae and traditional drumming.

For more information, call Vivan Ekey, 410-608-0420, e-

mail [vivianove@yahoo.com](mailto:vivianove@yahoo.com) or visit Web site [www.naijafest.org](http://www.naijafest.org) or [www.nyamaryland.org](http://www.nyamaryland.org).

## SUNDAY

### AUGUST 12 MEET A CRITTER

Check out one of the live critters up close while discovering what makes that animal special. This program is free, for all ages and begins at 2 p.m. No registration required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

## MONDAY

### AUGUST 13 MARTHA'S TREASURE HUNTERS

The Chesapeake Heritage Conservancy, Inc. will offer a cruise, 9 to 11 a.m. for children only, ages 6 to 10. Tickets cost \$15 per child. Reservations are required. Children become pirates of the Bay aboard the Skipjack Martha Lewis in search of sunken treasure. Children will read a map and help navigate the boat to find the treasure. For more information or to make reservations, call 410-939-4078.

### MONDAY, WEDNESDAY, FRIDAY

### AUGUST 13, 15, 17 THE NIGHT SHIFT CAMP

This night shift camp includes activities and explorations to get to know the creatures

of the night that frequent Leight Park. Price includes a pontoon trip and campfire with s'mores. This program is for ages 8 to 11 and costs \$70 from 6 to 9:30 p.m. Registration required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

## SATURDAY

### AUGUST 18 BLOOMIN' MARSH KAYAK TRIP

See what's blooming in the marsh and cruise the creek. This program is for ages 8 to adult, under 13 with an adult, and is \$10 from 11 a.m. to 2 p.m. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

### WHITE-TAILED DEER SURVEY

Harford County seems to be experiencing explosive population growth, and not just with humans. Help to determine if the deer population of Leight Park is a healthy size. Get the scoop on poop and conduct pellet (deer scat) counts out on the trails to determine how many deer are in this area. It is from 3 to 5 p.m. for ages 16 to adult. This program is free. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

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



# MORALE, WELFARE & RECREATION

## Activities/Events

### Chicago performs at The Warner Theater

Discount tickets are on sale for Chicago, 6:30 p.m., Oct. 7, at the Warner Theatre, located on 13th Street, between E and F Streets, N.W. at 513 13th Street, N.W., Washington, D.C. Tickets are on sale through Aug. 12 and cost \$31.40 to \$55 each (includes the service fee and shipping).

Price includes show ticket only, no transportation is provided. Open to all DoD ID card holders.

To order tickets, visit Web site [www.eventusher.com](http://www.eventusher.com); enter the special password: 105MWRAPGMD; follow the instructions on the ordering page.

For more information, call

or visit the MWR Leisure Travel Office, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or email.

Price includes show ticket only, no transportation is provided.

Open to all DoD ID card holders. For more information, please visit the MWR Leisure Travel Office located in the APG North Recreation Center, building 3326, call 410-278-4011/4907 or e-mail [MWR-LeisureTravel@apg.army.mil](mailto:MWR-LeisureTravel@apg.army.mil).

For more information, call Stacie Umbarger, program manager MWR Leisure Travel Services, 3326 Erie Street, APG, MD 21005-5001, 410-278-4011/4907 phone;

410-278-5684 fax or visit <http://www.apgmwr.com/travel.html>.

### MWR has tickets for The Wedding Singer

Tickets are available for The Wedding Singer, 2 p.m., Sept. 15, at The Hippodrome, Baltimore. Tickets are on sale until Aug. 12 and cost \$54.70 to \$68.20 each (includes the service fee and shipping). Price includes show ticket only, no transportation is provided. Open to all DoD ID card holders.

To order tickets, visit Web site [www.eventusher.com](http://www.eventusher.com); enter the special password: 105MWRAPGMD; and follow the instructions on the ordering page.

For more information, call or visit the MWR Leisure Travel Office, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or email [MWR-LeisureTravel@apg.army.mil](mailto:MWR-LeisureTravel@apg.army.mil).

### Meet the penguins at the Maryland Zoo

Travel to the Maryland Zoo Aug. 9 to see the penguins. Cost of the trip is \$20 per person for ages 2 and over and includes lunch, admission to the zoo and an encounter with the penguins.

Lunch will be served 11:30 a.m. to 12:30 p.m. at Celebration Lookout at the main entrance near the playground. After lunch, join the Maryland Zoo penguins and their keepers for a close-up look at a penguin's life.

Visitors will also be able partake in a special feeding session and meet and greet with live penguin ambassadors, tux and tails.

Meet at the front gate at 10 a.m.

For more information or to purchase tickets, call the MWR Leisure Travel office, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail [MWR-LeisureTravel@apg.army.mil](mailto:MWR-LeisureTravel@apg.army.mil).

### A trip to Broadway, with a choice of two shows

MWR will travel to Broadway Oct. 13. Participants will have a choice of two shows – Les Miserables or Phantom of the Opera. Tickets for Les Miserables cost \$130 per person. Tickets for Phantom of the Opera cost \$115 per person. Cost includes bus transportation and admission into the Broadway play.

For more information, to purchase tickets or make reservations, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or

e-mail [MWR-LeisureTravel@apg.army.mil](mailto:MWR-LeisureTravel@apg.army.mil).

### Visit the King Tutankhamun Museum exhibit

Spend a day with MWR in Philadelphia, Aug. 18, beginning with a visit to see King Tutankhamun and the Golden Age of the Pharaohs Exhibit at the Franklin Institute Science Museum. Other historical areas of interest in the beautiful city of Philadelphia will be available.

Cost of the trip is \$60 per person and includes bus transportation and admission to the King Tut exhibit.

For more information or to make reservations, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail [MWR-LeisureTravel@apg.army.mil](mailto:MWR-LeisureTravel@apg.army.mil).

### Tickets available for Toby's Dinner Theatre

Toby's Dinner Theatre has two locations: Best Western Hotel and Conference Center located on 5625 O'Donnell Street, Baltimore and 4900 Symphony Woods Road, Columbia, Md. (South Entrance Road between Route 29 and Little Patuxent Parkway). Shows are open to all DoD ID card holders.

#### Baltimore shows

Three upcoming shows include Grease, Nov. 19; Dreamgirls, Aug. 30 through Nov. 11; and Holiday Hot Nostalgia opening Nov. 20.

Sunday through Thursday, tickets cost \$43 per person for adults and \$27.50 for children; Fridays, tickets cost \$44.75 per person for adults and \$29.50 for children; and Saturdays, tickets cost \$47.25 per person for adults and \$45.25 for children.

#### Columbia shows

Three shows include Little Shop of Horrors through Aug. 19; Titanic, Aug. 23 through Nov. 11; The Sound of Music opens Nov. 15. Sunday through Thursday, tickets cost \$41 per person for adults

and \$26.50 for children; Fridays, tickets cost \$42.50 per person for adults and \$28 for children; and Saturdays, tickets cost \$45 per person for adults and children.

For more information or to purchase tickets, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail [MWR-LeisureTravel@apg.army.mil](mailto:MWR-LeisureTravel@apg.army.mil).

### Do-it-yourself New York City tours

MWR has scheduled several trips to New York City – eight hours for sightseeing, shopping, watching a Broadway matinee, venturing into China Town and more.

Trips will take place Aug. 18, Sept. 15, Oct. 20 or Nov. 17. Cost of the trip is \$40 per person. The bus will depart 8:25 a.m. and will return 10:30 p.m. Open to all DoD card holders.

For more information or to register, call or visit MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail [MWR-LeisureTravel@apg.army.mil](mailto:MWR-LeisureTravel@apg.army.mil).

### Sesame Street Live

Tickets for Sesame Street Live: When Elmo Grows Up will be held Sept. 13 through 16, at the 1st Mariner Arena, located on 201 W. Baltimore Street, Baltimore. Tickets cost \$16.50 each for Opening Night Special and \$18 each for Sept. 14 to 16.

Even the adorable wonder puppet Elmo ponders what it will be like when he's an adult. Join Elmo and his neighborhood friends as they explore the endless, exciting possibilities in Sesame Street Live: When Elmo Grows Up.

Open to all DoD employees. For more information or to purchase tickets, call MWR Leisure Travel Services, APG North Recreation Center, building 3326 410-278-4011/4907 or e-mail [MWR-LeisureTravel@apg.army.mil](mailto:MWR-LeisureTravel@apg.army.mil).

### Dover 400 Nextel Cup Race

The Dover 400 NASCAR Nextel Cup Race will be held 1:30 p.m., Sept. 23, at Dover International Speedway located on 1131 N. Dupont Highway, Dover, Dela. Only a limited number of tickets are available.

Tickets cost \$86 each for reserved grandstand seats (section 199 turn 2, rows 18-24); value seats (section 199 turn 2, rows 5 through 10) cost \$57 each; and the Busch Series general admission for the Sept. 22 race costs \$39 each (children 11 and under get in free with each paying adult).

For more information or to purchase tickets, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail [MWR-LeisureTravel@apg.army.mil](mailto:MWR-LeisureTravel@apg.army.mil).

### Aberdeen Ironbirds tickets

Tickets are available for the following Aberdeen Ironbirds games:

- 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 APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail [mwr\\_registration@apg.army.mil](mailto:mwr_registration@apg.army.mil) or visit Web site [www.apgmwr.com](http://www.apgmwr.com).

## APG Youth Sports features flag football



Photo by BILL KEGLEY, APG YOUTH SPORTS

Referee Doug Cote watches Rashun Spearman, #28, pull down a reception as DeMarquise Brewster, #80, and Mitchell Satterfield, left look on during an APG Youth flag football game in May. For more information about flag football and other youth sports call Bill Kegley, 410-278-4995 or e-mail [william.kegley@apg.army.mil](mailto:william.kegley@apg.army.mil).

### Tickets available for Jolly Roger Amusement Parks

Yo-ho-ho Mateys! MWR Leisure Travel Services offers passes for the Jolly Roger amusements in Ocean City, Md. Passes are available for Jolly Roger Amusement Park, Jolly Roger at the Pier, Speedworld, Splash Mountain Waterpark, Jungle Golf, and Treasure Golf. Open to all DoD ID card holders.

For more information or to purchase passes, call 410-278-4011/4907.

### Pennsylvania Renaissance Faire

Tickets are available for the 2007 Pennsylvania Renaissance Faire, located on 2775 Lebanon Road, Manheim, Pa.

Tickets cost \$26.50 each for adults and \$9 for children ages 5 through 11. The Renaissance Faire will be held on weekends and Labor Day, Aug. 11 through Oct. 28.

For more information or to purchase tickets, call the MWR Leisure Travel office, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail [MWR-LeisureTravel@apg.army.mil](mailto:MWR-LeisureTravel@apg.army.mil).

### Maryland Renaissance Festival tickets available at MWR

Discount tickets for the Maryland Renaissance Festival cost \$14 for adults ages 16 and older and \$7.75 for children ages 7 to 15. Prices at the gate cost \$18 for adults and \$8 for children.

The festival is open weekends, 10 a.m. to 7 p.m., Aug. 25 through Oct. 21. The Maryland Renaissance Festival is located on 1801 Crownsville Road in Annapolis. Handicapped parking is available next to the main gate. When entering the parking lot, follow the signs to the designated handicapped parking area.

For more information or to purchase tickets, call 410-278-4907/4011.



Army Entertainment and Aberdeen Proving Ground MWR present

**ARMY CONCERT TOUR**

**MONTGOMERY GENTRY**

with Special Guests **Joe Nichols and Shauna Bolton**

**Saturday, September 29** ON SALE SOON

Aberdeen Proving Ground, MD

Gates open 6 p.m. Show starts 7 p.m.

**TICKET OUTLETS:**

**ticketmaster**

1-800-551-SEAT

APGMWR Ticket Outlets

Telephone Sales: 410-278-4907/4621/4011

TTY 410-278-4110

e-mail: [MWR-LeisureTravel@apg.army.mil](mailto:MWR-LeisureTravel@apg.army.mil)

No refunds, concert is rain or shine, lawn seating

For details go to **www.apgmwr.com**

No endorsement by the U.S. Army is implied.

MWR

Local Sponsors: THE WAGONS, WROC 83.3, Bud Light, Chase

National Sponsors: CHASE

### APG Bowling Center Snack Bar specials

Building 2342

#### Week of July 30

Special #1: Chicken salad sub with mayonnaise, lettuce, tomato, pickles, onions, potato chips, one cookie and soda for \$7.35.

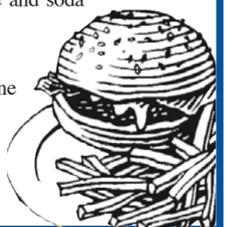
Special #2: Tuna wrap with lettuce, tomato, potato chips, one cookie and soda for \$4.75.

#### Week of Aug. 6

Special #1: Wing dings or wing zings (no mixing), French fries, one cookie and soda for \$5.85.

Special #2: Turkey club sub with bacon, cheese, mayonnaise, lettuce, tomato, pickles, onions, potato chips, one cookie and soda for \$5.95.

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



## Commentary: Organic or conventional – the choice is yours

Story by  
**KAY BLAKLEY**  
DeCA

When it comes to trends in the grocery industry, organic foods are most definitely leading the pack.

Commissary leaders keep a close eye on such trends, because one of our top goals is to provide you with exactly the products you want to buy. Limitations on shelf space is the deciding factor regarding the number of organic choices your local store is able to offer, but commissaries overall have more than tripled the number of organic products they have in stock.

Organic food is produced without using most conventional pesticides, fertilizers made with synthetic ingredients, bioengineering techniques, or ionizing radiation.

With regard to meat, poultry, eggs and dairy products, “organic” means they come from animals that are given no antibiotics or growth hormones.

You might have noticed the circular green and white “USDA Organic” seal hanging in your commissary or attached as a “shelf talker.” This same seal can be used on labels of products in which 95-100 percent of the ingredients are organic. Use of the seal is voluntary, however, some products may simply state “organic” on the label without use of the seal. If use of the seal is voluntary, what’s to keep a less than honest manufacturer from sneaking the word organic into its product name—a very hefty fine.

The U.S. Department of Agriculture issues and enforces a set of national standards that foods labeled “organic” must meet. People who sell or label a product “organic” when they know it does not meet those standards can be fined up to \$11,000 for each violation.

Products containing 100 percent organic ingredients are allowed to state this fact on the label; products containing at least 70 percent organic ingredients may state “with” whatever the organic ingredients are – “with organic nuts, raisins and dates,” for example; products containing less than 70 percent organic ingredients may not make any organic claim on the front label, but may list specific organical-



ly produced ingredients on the side panel of the package. This gets a little complicated, doesn't it? Still, there's more.

Do the terms “natural” and “organic” mean the same thing? No, they don't. Only foods labeled “organic” have been certified as meeting USDA organic standards.

But organic foods will assure good health for me and my family because they are safer and more nutritious, aren't they? While many people assume this to be true, there is no conclusive research supporting such claims. Even though USDA certifies organic foods, it makes no claim that organics are safer or more nutritious than conventionally grown foods, nor does it allow manufacturers to make such claims on the labels of organic products.

Whether you choose organic or not, remember that common sense still has a role to play. A cookie made with all organic ingredients is still a cookie – high in sugar, high in fat and high in calories. That doesn't mean you shouldn't eat cookies. We all need a sweet treat now and then, but the fact that it's organic doesn't necessarily make it healthy.

If organic foods appeal to you, but their higher price takes a serious bite out of your food budget, make the commissary your first choice for purchasing organic. Our overall price savings of 30 percent or more applies to organics, too.

For more information on choosing and using organic foods visit Kay's Kitchen at DeCA on the Web, <http://www.commissaries.com>.



### Channel 21 features Pentagon Channel programming

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

#### Monday

ATS Reloaded, 8 a.m.  
Fit for Duty, 10 a.m.  
Around the Services, 12:30 p.m.  
State Department Briefing, 2:30 p.m.  
Around the Services, 5:30 p.m.  
Freedom Journal Iraq, 7:45 p.m.

#### Tuesday

RECON, 9 a.m.  
Fit for Duty, 10 a.m.  
Around the Services, 12:30 p.m.  
Army Newswatch, 3 p.m.  
Around the Services, 5:30 p.m.  
Freedom Journal Iraq, 7:45 p.m.

#### Wednesday

Army Newswatch, 9:30 a.m.  
Fit for Duty, 10 a.m.  
Around the Services, 12:30 p.m.  
American Veteran, 1 p.m.  
Around the Services, 5:30 p.m.  
Freedom Journal Iraq, 7:45 p.m.

#### Thursday

Army Newswatch, 9 a.m.  
Fit for Duty, 10 a.m.

Around the Services, 12:30 p.m.  
Focus on the Force, 1 p.m.  
Army Newswatch, 3 p.m.  
Around the Services, 5:30 p.m.  
Freedom Journal Iraq, 7:45 p.m.

#### Friday

Focus on the Force, 9 a.m.  
Fit for Duty, 10 a.m.  
Around the Services, 12:30 p.m.  
Army Newswatch, 3 p.m.  
Around the Services, 5:30 p.m.  
Freedom Journal Iraq, 7:45 p.m.

#### Saturday

Tales of Glory, 9 a.m.  
Fit for Duty, 10 a.m.  
Around the Services, 12 p.m.  
Battleground, 3:30 p.m.  
ATS Reloaded, 5:30 p.m.  
RECON, 8 p.m.

#### Sunday

Around the Services, 8 a.m.  
Fit for Duty, 10 a.m.  
Army Newswatch, 12 p.m.  
Today's Military, 1 p.m.  
The Face Behind the File, 6 p.m.

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

**ATS Reloaded** - Revisits the best of the week and keeps viewers up to date on important information. Includes stories that have touched service members stationed around the world.

**Battleground** - Features historic films from World War II, the Korean War and the Vietnam War.

**Fit for Duty** - Takes viewers through a high-energy 30-minute workout led by service members.

**Focus on the Force** - A production dedicated to telling personal stories of military men and woman supporting the missions of each Unified Combatant Command.

**Freedom Journal Iraq** - Focuses

on military missions, operations and U.S. military forces in Iraq.

**RECON** - Provides an in-depth look on a variety of topics from real world operations, missions, military events/history and other subjects highlighting the accomplishments of U.S. military men and women.

**The Face Behind the File** - A series of special programs profiling veterans and their stories.

**Today's Military** - Profiles the careers of men and women in the Army, Marine Corps, Navy, Air Force and Coast Guard, including their respective Reserve and National Guard formations.

**Tales of Glory** - A report from Multi-National Division-North and Task Force Lightning in northern Iraq.



Your health is KUSAHC's goal



## Army launches 'chain teaching' program for PTSD, TBI

Army News Service

The Army launched a "chain-teaching" program July 18 to help Soldiers and their Families identify symptoms and seek treatment for those suffering from Post Traumatic Stress Disorder and mild Traumatic Brain Injury.

The chain-teaching program, available at Army Knowledge Online or [www.us.army.mil](http://www.us.army.mil), includes a standardized script and supporting audiovisual products that leaders will use to teach Soldiers about the signs and symptoms of these behavioral and mental-health issues.

All active-duty and reserve-component Soldiers will receive the training within 90 days of the launch.

"We emphasize that every commander needs to be able to do an individual assessment of each Soldier," said Col. C. Elspeth Ritchie, psychiatry consultant to the Surgeon General of the Army. "If a Soldier has an issue, that commander needs to be able to reach out and help that Soldier. Soldiers also need to be able to help each other."

There is also a version of the program designed specifically for Family Readiness Groups.

"Combat is inherently brutal and difficult, and it impacts humans in different ways," said Army Chief of Staff Gen. George Casey Jr. "We have made significant improvements in the identification and treatment for PTSD and mild TBI, but we must aggressively work research, prevention and treatment of these injuries and encourage Soldiers and their Families to seek treatment."

All Soldiers in combat suffer stress, but most recover quickly. Those whose symptoms persist may have PTSD.

PTSD and mild TBI are genuine medical and psychological conditions that can negatively impact a Soldier's personal life, professional abilities and health. Soldiers may be affected by only one or both conditions at the same time.

By seeking help, Soldiers can receive professional assessments that direct them toward the right care for their specific conditions.

"It's impossible not to be changed by going to war," said Dr. Deborah Warden, national director for the Defense and Veterans Brain Injury Center, headquartered at Walter Reed Army Medical Center. "Parsing out what parts are a stress reaction and what parts have to do with a previous concussion is difficult."

Previously referred to as "shell shock" or "battle fatigue," PTSD follows a terrifying physical or emotional event, and causes the individual to have persistent, frightening thoughts and memories or flashbacks. Soldiers with PTSD may have any of three kinds of symptoms for weeks or months after the event: re-experiencing the event over and over; avoiding people, places or feelings that remind them of the event; and feeling keyed up or on-edge.

Mild TBI, also known as a concussion, is caused by trauma to the head but may have no physical signs. It is accompanied by loss of consciousness, loss of memory of events immediately before or after the trauma, confusion and disorientation.

TBI and PTSD share such common symptoms as difficulty concentrating, memory problems and irritability, but TBI symptoms can also include headaches, dizziness and balance problems. A person with PTSD may have nightmares and anxiety that worsen.

Soldiers may still suffer from PTSD even if they were not hospitalized or personally injured, just as they may suffer from mild TBI without having been knocked out. In fact, mild TBI is frequently the result of repeated exposure to mild explosions or moderate explosions resulting in significant pressure changes in Humvees, according to health experts.

The chain-teaching program does not replace behavioral-health assessment tools and measures already in effect. Rather, it provides command emphasis and education at unit and Family levels to reinforce the Army's commitment to provide the best health care possible.



Photo courtesy of US ARMY

Soldiers from the 82nd Airborne Division are ready for the unexpected as they prepare to clear a house in Ar Raqqa, Iraq, July 6. All Soldiers in combat situations like this suffer stress, but most recover quickly. Those whose symptoms persist may have Post Traumatic Stress Disorder. The Army has launched a "chain-teaching" program to help Soldiers and their Families identify symptoms and seek treatment for those suffering from PTSD, as well as mild TBI.

The program equips Soldiers to recognize PTSD and mild TBI symptoms in others.

"It is important to remember, although you may not be struggling, your battle buddy may be. We know that combat and operational experiences will impact every Soldier differently," says the chain-teaching script.

The training encourages Soldiers to realize their careers are endangered not when they seek help for their problems, but when they allow a mental-health condition to worsen without proper care.

"This is an attempt to shift the culture," Ritchie said. "We know it will take time, but we need to act now."

"Our Army is doing everything possible to come to grips with a very challenging and com-

plex issue," said Gen. Casey. "This is not just a medical problem; it is an Army problem, and we are going to do all we can to help our Soldiers."

The new program is part of the overall Army Medical Action Plan, the Army's initiative to develop a holistic approach to a sustainable system where Soldiers are supported, treated and vocationally rehabilitated to prepare them for successful return to duty or transition to active citizenship.

More information on the chain-teaching program and other behavioral-health programs is available at [www.behavioralhealth.army.mil](http://www.behavioralhealth.army.mil). Check the August issue of "Soldiers" magazine for the story titled "Battling PTSD."

(Editor's note: Information provided by the U.S. Army Medical Command Public Affairs.)

## Weight-loss surgery limits food intake

Story by

**CAPT. BETHANY DESCHAMPS**  
MEDDAC

Gastric-bypass surgery is becoming a more common option for weight loss among morbidly obese individuals.

The surgery creates a tiny food pouch, allowing the stomach to be bypassed during digestion.

Food flows from the pouch to the jejunum, a part of the small intestine.

The outcome is greater weight loss with long-term maintenance of the weight loss. It is a viable option for those individuals who need to lose greater than 100 pounds and have comorbidities, such as diabetes, high blood pressure and high cholesterol.

With the surgery come serious lifestyle changes, including diet.

One of the first dietary challenges is becoming used to the amount of food tolerated.

The tiny pouch can only hold about 8 ounces (1 cup) of liquids and solids at a time. Consuming too much food and liquid at one time or consuming it too quickly can cause dumping syndrome, a condition where food and

liquid is quickly dispelled from the body shortly after it is consumed.

It will usually be dispelled from the mouth, through the colon, or both. To prevent dumping syndrome, foods must be consumed very slowly and in small amounts. It will usually take 30 minutes to an hour to consume 1 cup of food.

Liquids, unless they are being consumed as a meal, need to be consumed between meals. Liquids should not be consumed until about 30 minutes after eating and should not be consumed about 30 minutes before a meal.

Foods that are high in sugar or fat are not well-tolerated. If they are consumed, especially in large quantities, they can cause dumping syndrome. Examples are regular soda, fruit juices, candy, ice cream, cookies, high-fat meats, fried foods, cakes and pies, salad dressing, mayonnaise, peanut butter, sour cream and potato chips.

The most tolerated foods and beverages are those that are low in sugar, low in fat, or sweetened with a non-caloric sweetener, such as Splenda or Equal. Types of fruits and vegetables

that can be eaten are also limited.

Fruits canned in heavy syrup may cause dumping syndrome because of their high sugar content.

The acid and pulp in citrus fruits, such as oranges and grapefruits, may cause problems, and other fruits, such as pineapples, apples and melons, may cause gas distress.

Vegetables with tough skins or seeds, such as tomatoes, corn, celery, potato skins and cucumbers with skin, are not well-tolerated the first six months after surgery. Cabbage, cauliflower, broccoli, squash and raw Brussels sprouts may cause gas distress.

It is common for gastric-bypass patients to become lactose-intolerant; therefore, dairy products may be limited. Also, full-fat dairy products, such as whole milk, can cause problems.

The best choices for dairy products would be non-fat milk, yogurt and low-fat cheeses.

Non-fat soy milk and yogurt also are good alternatives for those who develop lactose-intolerance. Alcohol and carbonated beverages also tend to cause problems, like gas distress and dumping syndrome.

Smells of certain foods may cause nausea and vomiting, especially in the first six months after the surgery. Some common adverse food smells include red meat, eggs, broccoli, cauliflower and chicken.

Spicy foods may cause indigestion and should be avoided.

Nuts and popcorn are not well digested and should also be avoided.

Because there are so many foods that should be avoided and the fact that so little food can be tolerated at one time, there is a risk of malnutrition after surgery.

It is important to eat foods tolerated and to avoid dumping syndrome. Every time dumping syndrome occurs, a lot of nutrients are not absorbed, including calories.

It is critical to eat four to six small meals every day that include lean proteins, complex carbohydrates and foods high in vitamins and minerals. Each food taken in should be nutrient-dense for prevention of any kind of malnutrition or nutrient deficiencies.

After gastric-bypass surgery, certain vitamins and minerals, such as calcium, iron and vitamins B-12, D,

and C, are at the highest risk for deficiency in the body. It is important to take a chewable multi-vitamin every day, a calcium supplement that comes from calcium citrate and includes vitamin D and an iron supplement.

Vitamin B-12 shots will be administered monthly by injection or a sublingual supplement.

Gastric-bypass surgery is a life-changing event, especially when it comes to dietary habits. It is important before the surgery to be educated by a registered dietitian on what is nutritionally best for a successful outcome after the surgery. It also is important post-operation to have scheduled visits with a dietitian so that he or she may monitor dietary progress.

The gastric-bypass surgery should be a last resort for weight loss. A balanced diet, regular exercise and a healthy lifestyle should be the first and are always the best options for successful weight loss and maintenance. (Editor's note: Author is chief, Nutrition Care Division at the Medical Department Activity, Fort Riley, Kan. Reprinted from the Fort Riley Post.)

## Antibiotics not answer for common cold, runny nose

Story by

**CARLLA E. JONES**  
CHPPM

Antibiotics are not the answer for every illness.

Many people want to start using an antibiotic right away after catching a cold. However, antibiotics do not help fight viruses that cause colds, flu, bronchitis and most sore throats. Taking antibiotics when they are not needed may do more harm than good.

Most infections are caused by two types of germs: bacteria and viruses. Bacteria are organisms that are found almost everywhere in the human body, except normally sterile places like the blood stream and in spinal fluid. Viruses, on the other hand, are organisms that cause disease by invading healthy host cells in the body. When the virus particles multiply, the host cells burst. This allows the viruses to infect other cells.

Antibiotics kill bacteria, but not viruses. So, antibiotics will not work against upper respiratory viral illnesses such as colds, flu, runny noses or most coughs. Taking antibiotics for these kinds of viral infections will not:

- Cure the infection
- Keep other people from catching the infection
- Help someone feel better

In fact, taking antibiotics for viral infections will increase the risk of antibiotic resistance later.

Every time someone takes antibiotics, sensitive bacteria are killed, but resistant germs may be left to grow and multiply. Repeated and improper uses of antibiotics are the primary causes of an increase in drug-resistant

bacteria. Nearly all of the significant bacterial infections in the world are becoming resistant to the most commonly prescribed antibiotic treatments. The problem with this resistance is that when antibiotics don't work, the consequences can include longer-lasting illnesses, more doctor visits, extended hospital stays and the need for more expensive medications. Some resistant infections can even cause death.

### To prevent antibiotic resistance:

- Do not take an antibiotic for a viral infection like a cold or the flu.
- Take necessary antibiotics exactly as the doctor directs. Don't skip any doses.
- Don't take someone else's prescription.
- Talk to a healthcare provider about antibiotic resistance. Ask whether an antibiotic will be effective in treating a specific illness.
- Do not demand antibiotics for children if their healthcare provider has determined they are not needed.

Be smart when using antibiotics. Remember that colds and flu are caused by viral infections that cannot be treated by antibiotics.

Children and adults with viral infections will recover when the illness has run its course.

The spread of viral infections can be reduced through frequent hand-washing and by avoiding close contact with others.

Since viral infections can sometimes lead to bacterial infections, healthcare providers need to know if an illness gets worse or lasts a long time.

To get smart about knowing when antibiotics work, visit the Centers for Disease Control and Prevention Web site, <http://www.cdc.gov/drugresistance/community/know-and-do.htm>.

## Consumers warned of potentially contaminated Castleberry Chili products

Story by

**COL GARY VROEGINDEWEY**  
DOD Veterinary Services Activity

Castleberry is working with various agencies to investigate possible contamination of products with Clostridium botulinum, a bacterium which can cause botulism, a life-threatening illness. Consumers should check their shelves for any of the products listed and return the product to the location where the product was purchased for a full refund:

Castleberry's Barbecue Pork in Barbecue Sauce, Barbecue Beef, Beef Stew, Brunswick Beef Stew Chicken & Beef, Chili with Beans, Chili no Beans, Corned Beef Hash, Creamed Chip Beef Gravy, Georgia Hash, Hot Chili with Beans, Hot Dog Chili Sauce, Onion Hot Dog Chili Sauce and Sausage Gravy. Some of the recalled products were also sold as Bunker Hill's Chili no Beans, Spicier Chili no Beans and Hot Dog Chili Sauce.

"We are taking this precautionary measure to ensure the safety of our consumers," said Steve Mavity, SVP Technical Services/Quality Assurance for Castleberry.

Consumers with any questions or concerns about this recall should go to Castleberry's Web site (<http://www.castleberrys.com>) or call Castleberry's consumer hotline, 1-888-203-8446.

The Food and Drug Administration notified Castleberry about four potential cases of botulism involving individuals who ate these products.

Common symptoms of botulism include: general weakness, dizziness, double-vision and trouble with speaking or swallowing. Additional symptoms include: difficulty in breathing, muscular weakness abdominal distension and constipation. People who have these problems should seek immediate medical attention.

"We will continue to work closely with the FDA, USDA and CDC," Mavity said.

## HealthBeat: Bringing beneficiaries timely, relevant TRICARE health benefit information, e-newsletter

U.S. DoD Military Health System

TRICARE has unveiled HealthBeat, its new electronic beneficiary newsletter, in conjunction with the redesigned TRICARE Web site.

Up-to-date benefit information combines sleek graphics to create an e-newsletter—making it easier for beneficiaries to find TRICARE news and information when they need it. This is TRICARE's first online beneficiary newsletter.

HealthBeat links beneficiaries directly to TRICARE's most important benefit information.

Among its many features, beneficiaries will find the latest TRICARE benefit updates; links to pertinent news releases and articles about TRICARE and the military health system; and the Doctor Is In column.

HealthBeat will reside on the My Benefits portal of the redesigned TRICARE Web site. Beneficiaries do not have to be a subscriber to get HealthBeat, however, they may sign up on the HealthBeat Web page. TRICARE will send a monthly e-mail to subscribers informing them that the latest e-newsletter has been uploaded to the My Benefits portal of the TRICARE Web site. The e-mail will include an overview of that issue's content with a link to the full e-newsletter on the Web site. Additionally, TRICARE will periodically send HealthBeat news flashes on benefit issues.

To view or subscribe to HealthBeat, beneficiaries may visit [www.tricare.mil/HealthBeat/](http://www.tricare.mil/HealthBeat/). Beneficiaries may opt-out of receiving the e-newsletter at any time.

# Golf courses at APG fun for all ages

check out the summer specials



Photo by MATT AUGHEY, MWR

Story and photos by  
**HEATHER TASSMER**  
APG News

Don't let the "dog days of summer" ruin outdoor fun.

Morale, Welfare and Recreation is offering many specials to golfers this season.

**The "Dog Days of Summer" specials are offered all day Monday through Friday and weekends after 3 p.m. through Sept. 30. Golfers can play on Ruggles for \$30 and Exton for \$20 and includes greens fee with a cart. Golfers must present a coupon from the MWR Web site, [www.apg.mwr.com](http://www.apg.mwr.com), to receive the discount.**

**Another summer special offered through the end of August is "Links to Lanes." For \$20, customers can play nine holes of golf and two games of bowling in one week and receive a meal ticket for the APG Bowling Center. The golf portion must be played Monday through Friday after 4:30 p.m. and the bowling portion can be completed any time lanes are available.**

#### Getting to know the APG courses

Ruggles was named after Col. Colden Ruggles, first commander of Aberdeen Proving Ground. It was constructed in the mid 1950s.

Exton was built in the early 1920s and was dedicated in honor of Col. Charles Exton, commanding officer of the Edgewood Arsenal from 1923 to 1927, said Ruben Ferguson, operations assistant at Exton Golf Course.

"He was key in founding the golf course," Ferguson said.

In May 1998, Exton's clubhouse was named after Pedro "Pete" Rivera, an avid golfer and Exton employee for more than 30 years.

Anyone with proper ID can try out their golf games on Ruggles' 18-hole course or Exton's 9-hole course.

"Our courses are open to the public," said Debbie Long, business manager of the APG golf courses.

More than 35,000 rounds are played between the two courses each year, Long said.

#### Youth golfers

Youths from ages 7 to 18 also have the opportunity to play and develop their skills on the courses through the Junior Golf Program, a partnership with Child and Youth Services.

"The program is generally about kids learning the game," said Bill Kegley, APG Youth Sports director. "We teach them skills, etiquette and character traits they can use in all walks of life."

#### Lessons

Golfers can take private or group lessons from Dave Correll, a PGA professional. He has had about 3,500 students and has given more than 10,000 lessons, according to APG's MWR Web site [www.apg.mwr.com](http://www.apg.mwr.com).

#### Arranging competitions/organizational outings

For competitive golfers, Ruggles offers the Summer Scramble each year in July.

The Summer Scramble is open to all golfers, Long said.

"The tournament is geared toward goodwill between golfers," she said. "You don't have to be a perfect golfer to enter."

She said if golfers don't have a team, the Ruggles staff will pair them up with other players.

The club championship, held in September, is limited to members only.

Anyone can hold organizational tournaments at Ruggles and Exton, Long said.

Gene Chandler, a former special assistant to the commanding general of the U.S. Army Test and Evaluation Command, said he has organized a sickle cell golf fundraiser at Ruggles for the past 18 years.

"I chose Ruggles as the place to have the fundraiser because I knew they would give me a better bargain on golf fees [than other courses]," he said.

Chandler spends six days each week playing golf and most of the time he chooses to play on the courses at APG.

"The scenery is lovely particularly at Ruggles. Holes three and seven are breathtaking," Chandler said.

He said Ruggles is a very challenging and open course.

"It's not difficult when it comes to obstacles," he said. "It's a long course, and people prefer long to water hazards."

He also said the staff is very accommodating and gives pointers on games.

Jack Jolley, former APG provost marshal, said he usually plays at Ruggles.

"It meets all my needs and is in better shape than I've seen it in a long time," Jolley said. "It's challenging from every place you play."

Gina Dannenfeler, director of MWR, encourages golfers to try out the APG courses.

"Our staff wants to give you the best golfing experience in Harford County," Dannenfeler said.

For more information, visit [www.apgmwr.com](http://www.apgmwr.com).



From the top: Dave Correll, PGA professional, watches as 8-year-old Danny Murphy hits the ball during the APG Junior Golf Program; George Hinton, a Directorate of Law Enforcement and Security retiree, tees off at Ruggles Golf Course July 16; Tom Marron putts at Ruggles July 16.

## Tees offer various levels of skill

Both APG golf courses provide several sets of tees for a variety of skill levels.

Exton has red, white and blue tees. Red is for high handicap, beginner and lady golfers, said Dick Haskell, an Exton rec aide assistant.

Haskell said the white and blue tees are basically the same except for a few holes. As golfers advance, they can play their first nine holes on the white and second nine holes on the blue, Haskell said.

Ruggles provides five sets of tees to golfers: the black, red, white, blue and gold.

Debbie Long, business manager of the APG golf courses said the blue and black tees are for golfers who have a low handicap.

The blue tees measure at 6,811 yards from the tee box to the green and the black tees measure at 7,100 yards.

Long recommended the red tees for golfers

who are beginners. The red tees measure 5,546 yards from the tee box to the green.

"The distances are a little shorter from the tee box to the green," she said. "Golfers can keep up with the other players."

She recommended the white tees for average players. The white tees measure 6,247 yards between the tee box to the green.

"The white tees are what most golfers play on," she said.

The gold tees are designated for seniors and were added to Ruggles about 6 years ago, Long said.

Long said that many of the golfers who play on Ruggles and Exton are retired military and civilians.

To book a tee time/outing call Ruggles, 410-278-4794 or Exton, 410-436-2213.

## Understanding golf handicaps

Just like bowling, golfers can have handicaps for tournaments.

Golfers must play and keep track of their scores for 10 to 20 games to become eligible for a handicap, said Dick Haskell, an Exton Golf Course rec aide assistant.

"Every course has its own par," Haskell said. "The handicap system takes off so many strokes so that a poor player and good player can be equal or have a fair competition."

Golfers must pay a fee for the United States Golf Association to compute their handicaps, he said.

For more information about handicaps, visit <http://www.usga.org/home/index.html>.

### DIRECTIONS TO EXTON VIA MAGNOLIA GATE

From I-95, take Exit 74 Route 152 exit toward Joppa. Cross Route 40 and proceed a mile and a half to the Magnolia Gate of APG South.

Obtain a visitor's pass at the Magnolia Gate on Magnolia Road. At the first traffic light, keep straight. At the second light, turn left onto Wise Road. About a mile down the road, the golf course will be on the right. Turn right onto Everette Road and then turn right onto Club Road.