

POST SHORTS

Recycling schedule

The residential and recycling pickup schedule for Aug. 15, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



KUSAHC closes early today

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.

BJ's membership sale

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

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

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, in the APG North Chapel Fellowship Hall. 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.

Blue Cross/Shield visits APG

The APG Advisory Center has made arrangements

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OC&S honors three retiring 'Warriors'

Story by **YVONNE JOHNSON**
APG News

The U.S. Army Ordnance Center and Schools and Ordnance Mechanical Maintenance School paused to honor three senior leaders, all of whom are retiring after a combined service time of more than 85 years during a retreat ceremony at Ordnance Circle July 26.

The honorees included Col. Francis R. Merritt, deputy commander, Sustainment Operation, OC&S; Sgt. Maj. David E. Crump, sergeant major of the Weapons/Metalworking Services Division; and Sgt. Maj. Michael J. Strifolino, S3, 61st Ordnance Brigade.

Attending units on the field included the officers and non-commissioned officers of the 61st Ordnance Brigade and 16th and 143rd Ordnance battalions as well as a color guard led by Staff Sgt. Travis W. Arthur and Drill Sergeant (Staff Sgt.) Lawrence Smith. A howitzer salute battery, led by Chief Warrant Officer 3 Fitzgerald Gordon and Staff Sgt. Lawrence Weber fired an honor volley for each retiree.

Col. Bobby A. Towery, commander of the 61st Ordnance Brigade and OMMS, hosted the ceremony and served as commander of troops.

Towery said that the three leaders represent "the thousands

walking point for our nation." "They have walked point for each of us for more than eighty-five years," he said.

He extended his thanks to the three leaders and to their Families, "who have always placed the needs of the Army before the needs of their Families."

"On behalf of a grateful nation, I send thanks to you and your Families for a mission complete," Towery said.

A highlight of the ceremony was a presentation of a flag and a shell casing to each retiree. Towery led the presentation assisted by Command Sgts. Maj. Anthony Slater, 61st; Luis Rivera, 143rd; and William Hart, 16th.

During the retreat portion of the ceremony, as the flag was lowered and folded, Lt. Col. Amy Parker read a moving essay about the American flag titled, "I am the Nation." It read in part: "Yes, I am the nation and these are the things that I am. I was conceived in freedom, and God willing, in freedom I will spend the rest of my days. May I possess always the integrity, the courage and the strength to keep myself unshackled, to remain a citadel of freedom and a beacon of hope to the world."

A formal retirement ceremony for the three Ordnance Warriors was held at the Ordnance Museum July 27.

See **RETREAT**, page 2



Photo by SEAN KIEF APG PHOTO LAB

Soldiers forming the color guard and flag detail retire the flag during a Retreat Ceremony honoring Col. Francis P. Merritt, Sgt. Maj. David E. Crump and Sgt. Maj. Michael J. Strifolino at Ordnance Circle July 26.

Some TRICARE beneficiary data put at risk

Story by **FRED W. BAKER III**
Army News Service

Data for nearly 600,000 households enrolled in TRICARE stored on a government contractor's unprotected computer server could have been exposed to hackers, defense officials announced July 20.

"We take this potential data compromise very seriously," said Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. "The risk has been identified as low, but as a result of this unfortunate event, the Department of Defense is ensuring that steps are taken to keep affected beneficiaries informed."

Beneficiaries' names, addresses, Social Security numbers, birth dates and some health information was stored on a computer server that was not using a firewall and did not have adequate

password protection, TRICARE Management Activity officials said.

Officials disabled the server in May, and it is no longer used. Forensic analysis of the server found no evidence that any beneficiary information was compromised, said Leslie Shaffer, assistant privacy officer at the activity.

Science Applications International Corp. maintained the data in Shalimar, Fla., and used it to process several military health-care contracts, including those for customers in the Army, Navy, Air Force and Coast Guard. The server allowed for File Transfer Protocol transmissions of the data to its contract customers.

This is the first time SAIC has violated DoD computer security procedures, Shaffer said.

The TRICARE security breach was discovered after contract customers reported non-secure transmissions of

data. SAIC is investigating and some employees have been placed on administrative leave pending the outcome, a company release stated.

"I can assure you that the individuals responsible for managing that server were not following standard operating procedures. DoD has very strict guidance on how we protect sensitive data," Shaffer said.

Since May, SAIC has been processing the data, matching it with contact information so the beneficiaries could be notified.

"We're taking precautions to do everything we can within DoD, Health Affairs and the TRICARE Management Activity to ensure that our beneficiaries are notified," Shaffer said. "We have been working closely with SAIC to ensure all our procedures are being followed."

DoD and SAIC are mailing letters

this week to beneficiaries whose data was put at risk. An incident response center has been set up to field customer's toll-free calls and information is available through Web site www.saic.com/response for those who suspect identity theft, or who want to protect themselves from identity theft.

Beneficiaries who were put at risk are also being offered a free, one-year subscription to an identity restoration service, she said.

"I think anyone who receives a letter should take the protections that are necessary to ensure their data has not been compromised," she said. "Those numbers are available. I would recommend that the beneficiary use those numbers."

The incident response center can be reached toll free within the United States at 1-888-862-2680, or collect at 1-515-365-3550 from outside the United States.

MRICD welcomes new commander

MRICD

The U.S. Army Medical Research Institute of Chemical Defense welcomed back Col. Timothy K. Adams on July 20 as he assumed command of the laboratory from Col. Brian J. Lukey.

From late 2005 to mid-2006 Adams briefly served as MRICD's deputy commander and returns to the institute after graduating from the National War College.

Lukey, who took command of MRICD in January 2006, returned to Fort Detrick, Md., where on July 27 he assumed command of the U.S. Army Medical Materiel Development Activity.

The change of command ceremony was presided over by Col. Jonathan J. Jaffin, acting commander of the U.S. Army Medical Research and Materiel Command. The 287th Army Band from Wilmington, Del., provided musical accompaniment to the ceremony, and among the many distinguished guests were five former now retired MRICD commanders: Cols. Ernest Takafuji, Gary Hurst, James Little, James Romano and Gennady Platoff.

Before the ceremony, Jaffin presented Lukey with the Meritorious Service Medal, and his wife, Marita, with a Certificate of Appreciation.

"Brian has simply been stellar as commander of MRICD," Jaffin said. "One of the crucial areas for chemical defense



Photo by CARY SISOLAK

Incoming U.S. Army Medical Research Institute of Chemical Defense commander Col. Timothy Adams accepts the flag from Col. Jonathan Jaffin.

is the expansion of interagency cooperation. Brian has helped lead this effort on virtually every front. He's worked with the National Institutes of Health, increasing cooperation between ICD and NIH, increasing the amount of work ICD has done for this nation through NIH and culminating in ICD's being recognized as an NIH Center for Excellence."

Jaffin also called Lukey a "tireless advocate for the future" of MRICD.

"He's been working," Jaffin continued, "to ensure a new ICD be built to carry on this mission through the twenty-

first century, with the ability to provide state of the art research for many years to come."

As he took the podium after relinquishing command, Lukey said, "This change of command is not about me or even Colonel Adams. It is about you. Each and every one of you in some way is connected to the accomplishments of the MRICD mission."

"Colonel Adams," he said, "you are taking over the best job I have ever had. These people are by far your greatest asset. They will make your job easy and fun. I am honored and

See **MRICD**, page 5

Planning for civilian retirement

CPAC

For anyone preparing to retire, the Army Benefits Center-Civilian strongly recommends submitting a retirement application package to them within 90 to 120 days of the intended retirement date.

"You are also strongly encouraged to obtain an annuity estimate from ABC-C prior to retirement," said Teri Wright, CPAC.

To obtain an estimate, call the ABC-C at 1-877-276-9287.

"Your early submission will help to ensure a timely receipt of your first annuity payment from the Office of Personnel Management. If you submit your retirement package to the ABC-C with less than 60 days notice, you should be financially prepared for a delay in the receipt of your first annuity payment," she said.

Although there are circumstances that may cause a delay in an employee's application submission, the ABC-C strives to complete all packages expeditiously.

"Employees are encouraged to follow the ABC-C's 90 to 120 day recommendation whenever possible to help achieve a smooth financial transition into retirement," Wright said.

For more information on retirement, visit the ABC-C Web site <https://www.abc.army.mil>, and check out the Guide to Retirement at <https://www.abc.army.mil/Information/ABCRetirement/Information/RetirementGuide.doc>.

For more information, call Wright, 410-278-4331 or e-mail teri.wright@us.army.mil.

Watch card

Report any suspicious activity immediately to the APG Police:

Aberdeen Area, 410-306-2222, 4-2222
Edgewood Area, 410-436-2222, 5-2222

Off post in Maryland, 1-800-492-TIPS (8477) or call 911.

Your call may save lives.

Note - Do not carry this card when traveling outside of the United States.

Veterans' Voices

State death benefits for Maryland military killed in Iraq and Afghanistan

MDVA

The State of Maryland Death Benefit Program has been amended to include military personnel (residents of Maryland) killed in Iraq and Afghanistan.

The Maryland Department of Public Safety and Correctional Services is administering the program because the benefits are provided by the same program that covers law enforcement, public safety, fire and Emergency Medical Service personnel killed in the line of duty. The current law does not include a funeral expense provision for military service members.

Application for benefits

The beneficiary or an individual or agency applying on behalf of the beneficiary must submit a letter of application to John Flynn, Executive Director, Human Resources; Department of Public Safety and Correctional Services; Suite 309; 6776 Reisterstown Road; Baltimore, MD 21215-2341.

Documentation

Along with the letter of application for the death benefit, the applicant must submit:

- A copy of the death certificate and report of casualty that provides evidence that the service member was killed in action while serving in Iraq or its contiguous waters or air space, or Afghanistan or its contiguous air space. If the service member is not killed in action but dies from injuries, a statement from the Department of Defense that the service member's death was a direct result of injuries sustained while in combat in Iraq or Afghanistan.
- Name, address and social security number of beneficiary, plus as appropriate:
 - a. Copy of marriage certificate, if beneficiary is the surviving spouse
 - b. Copy of birth certificate(s), if beneficiary is surviving child or children.
 - c. Documentation to verify dependency for the death benefit, if beneficiary is surviving dependent parent(s). (A copy of the most recent Federal Income Tax form filed by decedent,

showing dependency of parent(s) or other documentation to show that parent(s) received more than half their support from the decedent).

d. If there is no surviving spouse, children or dependent parents, or other documentation to verify that an estate has been opened and to verify who is the personal representative of the estate.

Legal Maryland resident

A veteran's legal residence within the state, for the purpose of establishing eligibility for state benefits, shall be established by reasonable and substantial evidence. This may include:

- An up-to-date voter's registration card, in the name of the veteran;
- A certified copy of a Maryland income tax report form, filed by the veteran immediately preceding his or her date of death; or
- A certified copy of a notice of tax assessment or tax bill on property located within the state, addressed to the veteran and dated within one year of his or her death.

Note: Additional information may be required due to any unusual or exceptional circumstances or to establish a causal connection between the decedent's job functions and death.

Benefit award

The secretary of Public Safety and Correctional Services may determine that a lump sum death benefit of \$125,000 shall be paid to the spouse, children, dependent parents or to the estate of any of the officers listed in I.D. of the state or any political subdivision thereof, and military service member who is killed or who dies in the performance of official duties.

The secretary of Public Safety and Correctional Services, after weighing all factors of the application, will determine whether to award or not award the benefit.

For more information, call the Maryland DPSCS, 410-585-3408, or visit Web site <http://www.dpscs.state.md.us/>.

Note: Information on scholarships for military members and their survivors or dependents is available at the Maryland Higher Education Commission Web site, <http://www.mhec.state.md.us>.

VA's Suicide hot line begins operations

Army News Service

To ensure veterans with emotional crises have round-the-clock access to trained professionals, the Department of Veterans Affairs has opened a national suicide prevention hot line for veterans.

"Veterans need to know these VA professionals are literally a phone call away," said Secretary of Veterans Affairs Jim Nicholson. "All service members who experience the stresses of combat can have wounds on their minds as well as their bodies. Veterans should see mental-health services as another benefit they have earned, which the men and women of the VA are honored to provide."

The toll-free hot line number is 1-800-273-TALK (8255). VA's hot line will be staffed by mental health professionals in Canandaigua, N.Y. They will take toll-free calls from across the country and work closely with local VA mental-health providers to help callers.

To operate the national hot line, VA is partnering with the Substance Abuse and Mental Health Services Administration of the Department of Health and Human Services.

"The hot line will put veterans in touch - any time of the day or night, any day of the week, from anywhere in the country - with trained, caring professionals who can help," added Nicholson. "This is another example of the VA's commitment to provide world-class health care for our nation's veterans, especially combat veterans newly returned from Iraq and Afghanistan."

The suicide hot line is among several enhancements to mental-health care that Nicholson has announced this year. In mid-July, the department's top mental-health professionals convened to review the services provided to veterans of the War on Terror.

VA is the largest provider of mental health care in the nation. This year, the department will spend about \$3 billion for mental-health. More than 9,000 mental-health professionals, backed up by primary-care physicians and other health professionals in every VA medical center and outpatient clinic, provide mental-health care to about one million veterans each year.

At Aberdeen Proving Ground, the Army Substance Abuse Program provides services to veterans, Family members of active duty Soldiers, civilian employees and Family members through the Employee Assistance Program.

Bill Sanchious, APG EAP, provides assessment and referral services for a gamut of mental and health related issues including, substance abuse, marriage, elder care, financial, stress, relationships and VA service entitlements.

"As a veteran, I understand the issues and am committed to providing quality care to veterans, Family members of active duty Soldiers, civilian employees and Family members," he said.

Sanchious can be reached at 410-278-5319, e-mail William.Sanchious@apg.army.mil, or by stopping by building 2477.

Army News

Army boosts enlistment bonuses

Story by
SGT. SARA WOOD
Army News Service

To bolster the growth of the Army by more than 34,000 Soldiers, Army officials are implementing a new bonus for recruits who sign up by the end of this fiscal year.

U.S. Army Recruiting Command this week announced a \$20,000 "quick-ship" bonus for aspiring recruits with no prior military service who enlist for at least two years of active duty and report to basic training within 30 days of enlistment. The program ends Sept. 30.

The new bonus was one of the initiatives highlighted by Army and Defense Department leaders who testified before the military personnel subcommittee of the House Armed Services Committee Aug. 1 about recruiting and retention efforts in the Army. The Army missed its active-duty recruiting goals in June for the second month in a row, but leaders said they are confident the service will make year-end recruiting goals.

"Despite the challenges we face and will continue to face in the future, the Army continues to be successful overall in growing and maintaining the all-volunteer Army," Lt. Gen. Michael D. Rochelle, deputy chief of staff for Personnel, told the committee.

Rochelle was joined at the hearing by Michael Dominguez, principal deputy undersecretary of defense for Personnel and Readiness; Lt. Gen. Clyde A. Vaughn, director of the Army National Guard; and Maj. Gen. Thomas P. Bostick, commander of Army Recruiting Command. All the leaders emphasized that Army recruiters face a very daunting task, as they are trying to grow the end strength of the Army in a challenging environment.

"Over the longer term, meeting recruiting targets will remain challenging," Dominguez said. "Propensity to enlist is down; willingness of coaches, teachers, counselors and parents to commend military service to America's youth is lower than is good for our nation and our military; the numbers of people who meet our enlistment standards is astonishingly low."

To counter these challenges, the Army has launched several recruiting initiatives, Bostick explained to the committee. The initiatives include:

- Adding incentives and heavily advertising the two-year enlistment option;
- Establishing a "super leads" program to help refine nearly one million leads to identify those with the highest potential to enlist,

saving recruiters valuable time and allowing them to focus on prospecting;

- Issuing an operational mission to the recruiting force for each recruiter to write six contracts between the end of June and September, with four recruits to join in this fiscal year;
- Requesting additional Soldiers graduating from initial training to serve as hometown recruiter assistants and returning combat veterans to serve as special recruiter assistants to tell their Army stories and influence prospective recruits;
- Re-emphasizing the \$2,000 referral bonus program;
- Requesting the temporary return of up to 1,000 former successful recruiters to augment the recruiting force; and
- Requesting general-officer assistance to help the recruiting effort in communities across America through speaking engagements in their hometowns, schools and colleges and at events.

Bostick noted that despite the tough environment, nearly 70,000 men and women have joined the Army this year, and those in the Army are reenlisting at record rates. He also defended the quality of the recruits, pointing out that in fiscal year 2006, 81 percent of the regular Army and 89 percent of the Army Reserve were high school graduates. Also, 85 percent of the recruits who shipped to basic training that year joined without any waivers.

"Regardless of their education credentials or test scores, every applicant we enlist is qualified to serve," Bostick said.

"When looking at recruiting statistics, it is important to remember that the Army is all-volunteer, has been at war for five years, and is undergoing a historic transformation," Rochelle said. "The Army is growing its end strength to meet the demands of its new structure, and despite a historical low of sixteen percent for youth propensity to serve in the military, the Army is still on target to achieve its year-end recruiting goals."

"The all-volunteer Army is 'Army Strong' precisely because each American that joins our ranks chooses to do so," Rochelle said. "Enlistment is the first act of selflessness that develops young Americans into the courageous troops we all admire. We are leveraging the flexibilities you have given us to close fiscal year 2007 successfully. We remain ahead of glide path to achieve our fiscal year 2007 recruiting mission, and I am reasonably confident that we can achieve that success in fiscal year 2008."

Interim policy allows Soldiers to retain Army combat uniforms following redeployment

Story by
J.S. LEIPOLD
Army News Service

A temporary change to Army uniform policy now allows active duty Soldiers to retain the Army combat uniforms they were issued prior to deployment into combat zones.

Legislation is presently on Capitol Hill for consideration by Congress which would allow the interim change to become permanent. A final decision is expected by the

end of September.

Organizational Clothing and Individual Equipment is the property of the Army, not the individual Soldier, so the Army cannot give OCIE-issued ACUs to Soldiers because it's prohibited without proper authority, According to Col. Rebecca Samson, chief, Troop Support Division, Army G-4.

"If Congress approves the proposed legislation, then deploying Soldiers can retain OCIE-issued ACUs worn in

combat," she added. "The benefit is that Soldiers won't have to go through the turn-in procedures of OCIE-issued ACUs they wore in the combat environment."

Active Army Soldiers may retain their ACUs issued through OCIE guidance as listed on their OCIE clothing record until permanent change of station, expiration of term of service or retirement, whichever occurs first.

Redeploying Soldiers from
See UNIFORMS, page 14

Retreat

From front page
Col. Francis R. Merritt

After 26 years and two tours at Aberdeen Proving Ground, Merritt said he enjoyed his years as battalion commander best, and he would miss work-



Sgt. Maj. David E. Crump

Crump enlisted in the Army in 1977 and retires with 30 years of service. He thanked Towery, Slater, Hart and Lt. Col. Karen Jordan, [commander, 16th Ordnance Battalion] for their support as well as Sgt. Maj. Chancey Alderman of Cohen Hall and his Family, represented by his son, Staff



Sgt. Maj. Michael J. Strifolino

Strifolino said he enjoyed his time on the brigade level staff, calling it, "absolutely rewarding."

"I was able to bring the team together and touch every Soldier's heart in the training realm," he said. "Here, you realize that it's



our responsibility to teach them how to do it right in order to survive."

He said he plans to stay in the area and stay close to the Army and its Soldiers.

"My parting thoughts are to all leaders, regardless of branch," Strifolino said. "Continue to mentor our sons and daughters. That is the ultimate mission."

APG News

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

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Staff

APG Commander Maj. Gen. Fred D. Robinson
APG Garrison Commander Col. Jeffrey S. Weissman
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Web site www.apgnews.apg.army.mil

APG youths attend fair



Anjelique Gonzalez-Soto learns the art of milking a cow.

Photos by RENEE MAIN, CYS
From left, Devin Beatty, Jalisa Arango and Ross Randow from the Aberdeen Proving Ground North Youth Center, meet a lizard at the 4-H petting exhibit while visiting the Harford County Farm Fair July 26.

Renee Main, School Age site supervisor, APG North Youth Center, won first place in the "People Posed" category in the Harford County photo contest for this photo of her children, Nicole and Russell. Her blueberry jam won first place in the fair and second place in the Ball "Bring Out Your Best" 2007 Adult Food Preservation Awards.



AAFES NEWS

AAFES celebrates back to school tax-free 'holiday' every day

AAFES

While stores across America will be jammed for a handful of days in the coming months for tax-free "holidays" on select items, Army & Air Force Exchange Service locations the world over continue to offer military Families tax-free shopping every day on everything in the store.

With merchandise ranging from shoes, school supplies, clothing and backpacks to sporting goods, lunch boxes and electronics, AAFES offers year-round one-stop, tax-free shopping for every student's needs.

"Why wait for a 'holiday?' AAFES has done its

homework when it comes to providing name brand merchandise at tremendous values," said AAFES chief marketing officer Richard Sheff. "Whether looking for that perfect outfit for the first day or pencils and protractors, one stop at the BX/PX is generally all military Families need for back to school."

Now through Aug. 24, AAFES is hosting a wide variety of back to school specials including deals on Toshiba and Compaq computers, backpacks from \$7.99 to \$19.99, 30 percent off L'Oreal and Revlon cosmetics, a wide assortment of Nike products priced from \$5.50 to \$20, two-for-one deals on select health and beauty items, 50 percent



Photo by HEATHER TASSMER

off select Armitron watches and much more.

"AAFES is taking the hassle out of back to school shopping," Sheff said.

"With store-wide savings

on virtually every merchandise category and tax-free shopping three hundred sixty five days a year, military Families always save big when shopping their exchange," he added.

AAFES, SoBe 'Mini' Sweepstakes offers big prize

AAFES

The Army and Air Force Exchange Service and SoBe beverages offer military shoppers a chance to 'get in gear' with an opportunity to win a 2007 Mini Cooper. Authorized BX/PX shoppers can enter the "SoBe Mini Cooper Giveaway" at AAFES main stores and shoppettes worldwide through Aug. 31.

"Skip the dealership," said AAFES chief marketing officer Richard Sheff. "Getting a new set of wheels this August could be as easy as stopping by the exchange and registering to win."

The drawing for the Mini Cooper with an approximate retail value of \$18,500, or the cash equivalent, will be held on or about Sept. 28. No purchase is necessary to enter. Winners do not need to be present to win.

More than an apple for the teacher

APG employee named Red Cross Volunteer of the Month for July

Story by
HEATHER TASSMER
APG News



American Red Cross

To say Emily Whaley is a busy person is an understatement. She recently got married, bought a house, and now has a baby on the way. The Harford County resident also works full time as a chemical engineer at Aberdeen Proving Ground's Joint Project Manager for Nuclear, Biological, Chemical Contamination Avoidance but she still finds the time to volunteer for the Red Cross.

Whaley's dedication to the Red Cross is the reason she was named Volunteer of the Month for July, said Douglas P. Lent, public relations/marketing associate for the American Red Cross Central Maryland Chapter.

Whaley teaches health and safety courses for the Central Maryland and Harford County Red Cross.

"Thanks to the dedication of volunteers like her, thousands of Marylanders are ready for life's emergencies," Lent said.

"Emily is a really committed person who worked many long hours at the Red Cross," he said. "She's always there when you call."

Bethany Brown, health and safety volunteer coordinator, echoed Lent's comments. She said in July, Whaley still volunteered 30 hours at the Red Cross after getting married and buying a house.

"It's mesmerizing how she fits the Red Cross into her schedule," Brown said and described Whaley as a "very enthusiastic volunteer."

"She's excellent at teaching," Brown said. "She sets a good example of what we look for in a teacher. She's a great person, and we like her a lot."

Lent said that Red Cross volunteers are

known for their compassion, and Whaley's attitude is a good example of that kindness.

"I had a student struggling with an exam," Whaley said. "He was reading too fast for comprehension, but when I read him the exam he was able to understand the material. He was very appreciative of my patience with him, and I was equally grateful that he was comfortable enough with me to admit he needed some extra help."

Whaley said she has been volunteering for the Red Cross for two years and feels very honored that she was named Volunteer of the Month.

She said that she was inspired to help other people after seeing someone in need when she was 10 years old.

"I was on a bike ride with my father and there was a man unconscious on the side of the road," she said. "Everyone was just standing around him not knowing what to do."

Whaley said that she wanted to learn CPR so that she could help other people if she came across a situation like the one she experienced on the bike ride.

She said she learned how to do CPR at age 15 when she became a lifeguard.

"Everyone needs to be trained on CPR," she said. "It could save someone's life."

Whaley said that sometimes finding

time to volunteer can be a challenge but she makes time for it on weekends she is free.

"It's something I feel strongly about, so I make the time to do it," she said.

Volunteering at Red Cross

"Volunteers are the backbone of the Red Cross," Lent said. "They comprise ninety percent of the work done by the organization. In Central Maryland, the Red Cross has more than 2,000 volunteers who perform crucial services that include teaching life saving skills, offering relief to disaster victims, organizing blood drives and providing emergency communications to those serving in the armed forces."

To volunteer with the Red Cross or enroll in a Red Cross health and safety course, call 410-624-2000 or visit www.redcross-cmd.org.

Red Cross history, mission

"For more than a century, the American Red Cross has worked to improve the quality of human life, to enhance self-reliance and concern for others, and to help people prevent, prepare for, and cope with emergencies," Lent said.

"Founded in 1905, the Central Maryland Chapter touches thousands of lives every day. In all we do, our mission remains to help prevent and relieve human suffering," he said.

MRICD

From front page

humbled to have commanded this unit."

Jaffin called Adams a "worthy successor," noting in addition to his long history with MRICD and the MRMC as a Soldier, veterinarian and leader, his earlier Army career as a field Soldier, which included his deployment and his instruction of Special Forces courses.

"Build on the work Brian has done," Jaffin said to Adams, "and keep ICD the premier chemical defense lab in world."

"It is a privilege to once again be able to return here to ICD," Adams began. "To be trusted with one of MRMC's and MEDCOM's most precious assets is truly a distinct honor. The dedicated commitment and quality of work which is produced within this lab is absolutely remarkable, and ICD is not only a research icon, but also an organization which is admired, respected, and recognized on both a national and international scale."

Adams commended Lukey's service to MRICD.

"He has taken exceptional care of the ICD Family and has brought the unit significantly forward during very difficult and challenging times and with significant personal sacrifice," Adams said.

Looking to the future and his stewardship of the institute, Adams told the assembled crowd, "The bar has been set high, so our work, ICD, is cut out for us as we adapt to new challenges and continue to provide the very best to our warfighters around the world and to our homeland security. I welcome these challenges, and look forward to working with you once again."

Col. Timothy K. Adams

Adams first entered military service after high school in 1974 and became a Special Forces medic. Separating from the service in 1977, he earned a bachelor's degree in biochemistry from Purdue University and then a doctorate in veterinary medicine, 1986, from Purdue Veterinary School. Adams re-entered the service, taking a direct commission in The United States Army Veterinary Corps. Adams also holds a master's in public health from Harvard University and a doctorate in toxicology from Duke University.

As a Veterinary Corps officer, Adams's assignments have included the 7th Special Forces Group, Fort Bragg,

N.C.; the 100th Medical Detachment, Muenchweiler, Germany; the 483rd Medical Detachment, Daharan, Saudi Arabia; the Student Detachment, Fort Sam Houston, Texas; the 1st Special Warfare Training Group, Fort Bragg, N.C.; Command and General Staff College, Fort Leavenworth, Kan.; the Northern Europe Veterinary Detachment, North Germany Division; and the U.S. Army Medical Research Institute of Chemical Defense, where he served as chief of the Applied Pharmacology Branch from 2001 to 2002.

Adams took command of the 72nd Medical Detachment (Veterinary Service) in September 2002 and led the detachment to South West Asia, in support of Operation Iraqi Freedom, in March 2003. In August of 2004 he was assigned to the U.S. Army Medical Research Institute of Infectious Diseases, Fort Detrick, Md., where he became

chief of the Integrated Toxicology Division. During that time, Adams participated in hurricane relief efforts in Mississippi and Louisiana as the Joint Task Force Katrina staff veterinarian.

Adams's awards and decorations include the Bronze Star Medal with oak leaf cluster, the Meritorious Service Medal with four oak leaf clusters, the Army Commendation Medal, the Army Achievement Medal with two oak leaf clusters, the Meritorious Unit Citation, the National Defense Service Medal (two bronze service stars), the Southwest Asia Service Medal (three bronze service stars), Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, the Humanitarian Service Medal, the Kuwait Liberation Medal (Kingdom of Saudi Arabia), and the Kuwait Liberation Medal (Government of Kuwait). His skill badges/tabs include the Expert Field Med-

ical Badge, the Special Forces Tab, the Parachutist Badge, the Scuba Divers Badge, Honduran Jump Wings, and the Gold German Troop Duty Proficiency Badge. He is a member of the Order of Military Medical Merit and holds the Surgeon General "A" Proficiency Designator for Veterinary Comparative Medicine.

Adams and his wife, Sandy, have four sons, Joseph, James, John and Jacob, and a daughter, Jacqueline, as well as a granddaughter, Larissa.

POST SHORTS

for a claim representative of the Service Benefit Plan Blue Cross/Blue Shield to visit Aug. 14.

The representative will be

available from 9 to 11:30 a.m., in building 305, room 236, and 12:30 to 1:30 p.m. in building E-4811 (Seminar Area of Conference Center) to dis-

cuss claim problems and plan coverage. No appointment is necessary.

For more information, call Teri Wright, Civilian Personnel Advisory Center, 410-278-4331.

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 on Nov. 10.

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

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; Ivy Henderson, Garrison, 410-278-0943; Maria Lusas, ATEC/DTC, 410-278-1222; Patti Kazlo, ATC, 410-278-3406; 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.

Army bands perform locally

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

Well-Being Council meeting Aug. 16

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

KUSAHC closes at noon, Aug. 17

Kirk U.S. Army Health Clinic will close at noon, Aug. 17, for its organization day activities.

Reminder: Vehicle storage in housing areas

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 Aberdeen Proving Ground Housing Areas. Vehicles in violation of APGR 190-5 and APGR 210-8 are subject to impoundment at the owner's expense.

NFFE Local 178 holds monthly meetings

The National Federation of Employees NFFE-IAM, Federal District 1, IAMAW, AFL-CIO, NFFE Local 178 invites all bargaining unit members to attend monthly meetings 11:30 a.m. to 12:30 p.m., building E-4415 (RDECOM, ECBC, ECBC matrixed employees, MRICD, 22d Chemical Battalion and Acquisition Center government employees). Meetings will be held Aug. 16, Sept. 20 and Oct. 18.

Topics include union health benefits, union member rights/benefits, legislative update and NSPS (National Security Personnel System Update).

For more information, call 410-436-3942 or e-mail local178@apg.army.mil.

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 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.

AAFES, Hershey's sponsor Elvis sweepstakes

The Army & Air Force Exchange Service, in conjunction with Hershey's and Reese's Elvis Peanut Butter and Banana Crème candy, is offering military shoppers an exclusive opportunity to win the rock and roll trip of a lifetime to 3734 Elvis Presley Boulevard in Memphis.

Now through Aug. 25, AAFES shoppers can register for the "Hershey's Elvis Sweepstakes" at participating PXs around the globe. The sweepstake's grand prize includes roundtrip airfare for four, four tickets to Graceland, a hotel for four days and three nights and \$500 in spending money.

The "Hershey's Elvis Sweepstakes" prize package, valued at \$4,200, will be awarded on or about Sept. 28.

No purchase is necessary to enter and winners need not be present to win.

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.

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

Community Notes

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 Bat-

tery 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 Afro-beat, ethnic folk, African Hip-Hop, Afro-Reggae and traditional drumming.

For more information, call Vivian Ekey, 410-608-0420, e-mail vivianove@yahoo.com or visit Web site www.naijafest.org or 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.

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

Cooling stations available in Harford County

The Harford County Department of Community Services has made several senior centers available as cooling stations for Harford County residents in need of relief from the heat. The centers are open from 8 a.m. to 4 p.m., Monday through Friday.

Centers include the Havre de Grace Activity Center located on Lewis Lane, Havre de Grace; the Edgewood Senior Center located on Gateway Drive, Edgewood; the Aberdeen Senior Center located on Franklin Street, Aberdeen; the Highland Senior Center located on Highland Road in Street and the McFaul Activity Center located on MacPhail Road, Bel Air. In the event it is needed, arrangements will be made to extend the hours.

Outreach staff from the Harford County Office on Aging will contact frail and infirmed clients to monitor their comfort and safety throughout this extraordinary high temperature weather event.

For more information, call HCDCS, 410-638-3389.

Host families needed

One hundred volunteer host families are needed to "adopt" two players for the 2007 Cal Ripken Stadium in Aberdeen, Aug. 8 to 18. Game dates are Aug. 11 to 18.

Volunteer parents will be required to provide beds for two players, food, housing, transportation and more.

Host Families will receive T-shirts, a Host Family celebration, a gift bag with an activities guide and coupons to support the Host Family's experience.

Players will include the Maryland State Champions, a Harford County representative, teams from eight regions across the United States and six international teams from Japan, Cana-



da, Australia, Mexico, South Korea and the Dominican Republic.

For more information, or to volunteer, contact Janice Chan of the Ripken Foundation at 410-823-0808, e-mail jchan@ripkenfoundation.org or visit Web site, <http://worldseries.ripkenbaseball.com/>.



MORALE, WELFARE & RECREATION

Activities/Events

Meet the penguins at the Maryland Zoo

Travel to the Maryland Zoo today 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, APG North, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

See the Wiggles

See Sam, Murray, Jeff and Anthony in "Racing to the Rainbow," 3 p.m., Aug. 10, at the Baltimore 1st Mariner Arena. Tickets cost \$29.75. Seats are located on 200 level.

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

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.

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.

ADHD Workshop

The Exceptional Family Member Program will hold Another Dynamic Huggable Delightful Child, 6 to 8 p.m., Army Community Service, building 2754 Conference Room.

This workshop series is open to all service members, DoD civilians, Family members and retirees and will focus on parents who have children diagnosed with Attention Deficit Hyperactivity Disorder.

The workshop is to educate parents on ADD/ADHD, behavior modification and communication techniques.

Dates and topics

- Aug. 23, What is ADD/ADHD?
- Aug. 30, Causes of ADD/ADHD
- Sept. 6, Getting a Good Assessment
- Sept. 13, Strategies to Manage Behavior
- Sept. 21, Strategies to improve learning
- Sept. 28, Medication Management

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.

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; 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.

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.

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.



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.

Maryland State Fair tickets available

MWR Leisure Travel Services offers discount tickets for the Maryland State Fair, to be held Aug. 24 to Sept. 3, in Timonium. Admission tickets cost \$5 for adults; \$2.50 for children ages 6 to 11; \$16 for all-you-can-ride vouchers; and a pack of five food coupons costs \$4.50. The last day to purchase these tickets is Aug. 17.

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



Army Entertainment and Aberdeen Proving Ground MWR present

ARMY CONCERT TOUR

MONTGOMERY GENTRY

with Special Guests Joe Nichols and Shauna Bolton

OPEN TO THE PUBLIC



Saturday, September 29 ON SALE SOON

Aberdeen Proving Ground, MD TICKET OUTLETS: ticketmaster

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



No refunds, concert is rain or shine, lawn seating

For details go to www.apgmwr.com



Sports

Senior Club Championship

Ruggles Golf Course will hold a Senior Club Championship for ages 55 and older, Sept. 15 and 16, with an 8 a.m. start. There will be men and ladies divisions. The championship is open to all annual patrons. The entry fee costs \$40 and includes range balls, cart, prizes and continental breakfast on first day, hot dog with soda on the turn both days, and appetizers with beverages after second day play. The tournament will be flighted according to handicap. Participants must have a USGA handicap to enter.

For more information or to register, call 410-278-4794, or visit the Pro Shop at Ruggles.

Senior Golf Special

Ruggles Golf Course is offering a Senior Golf Special to golfers age 55 or older: play Monday through Thursday until 2:30 p.m. for \$33. This special may not be used with any other discounts. Tee time registration is recommended.

For more information, call 410-278-4794 or e-mail david.correll@us.army.mil.

Units are set to duke it out in October

Another Amateur Boxing Night is set for 6 p.m., Oct. 20, in the parking lot of Hoyle Gymnasium, building E-4210. The 16th Ordnance Battalion will defend their title against the 143rd Ordnance Battalion.

Tickets cost \$5 for active duty military, \$10 for civilians and \$20 for ringside seats. Admission is free for children 6 and younger. The event is open to the public. Doors open at 4 p.m.

The event will be held inside the gym in case of inclement weather.

Purchase tickets at MWR Leisure Travel Services building 3326, 410-278-4011/4907 or Hoyle Gymnasium, 410-436-3375/7134.

Fall, winter leagues forming

Bowlers don't have to be good to have fun. All leagues are based on a handicap system.

Teams establish a handicap after they bowl the first three games. Handicaps are 90 percent of 200.

Monday Nite Mixed League is limited to the first eight teams, three members per team, any combination. Bowling starts 6 p.m., Sept. 24, for \$10 per person per week for 12 weeks. Cash prizes are awarded at the end of league.

The Monday Nite Football Widows starts 6 p.m., Sept. 24, three members per team, for \$10 per person per week for 10 weeks. Cash prizes awarded at the end of league.

Tuesday Intramural meets 5 p.m., Jan. 8 and starts Jan. 15. Cost is \$6 per person per week for 10 weeks. Trophies awarded at the end of league.

Wednesday Mixed will start at a time to be determined. Teams include two men and two women.

Thursday National Guard includes three men and one woman, two men and two women, or three women and one man. The league will meet 7 p.m., Sept. 13, and will start at a time to be determined.

Friday Fun Bunch includes three men and one woman, three woman and one man, or two men and two women. The league will meet 6 p.m., Sept. 14. The cost and start time will be determined.

Saturday Youth League starts 9:30 a.m., Sept. 15. This is an opportunity for youths to come out and meet new friends, enjoy parties, giveaways and more throughout the season. There will be a banquet at the end of league. Everyone is guaranteed something.

Sunday Trio is limited to the first 10 teams, any combination, two men and one woman, two woman and one man, three men, or three women. Bowling starts 1 p.m., Sept. 23, for \$10 per person per week for 10 weeks.

Lunch is served daily. Weekly lunch specials are advertised in the APG News every week.

For more information, call the APG Bowling Center, 410-278-4041.

SCHOOL LIAISON

Roye-Williams holds open house

Roye-Williams Elementary School will hold an "Open House/Back to School Night," 6:30 p.m., Aug. 24.

Roye-Williams will combine its Open House and Back to School Night to form a partnership between home and school before the school year begins.

The school store will be open for parents and students to purchase back-to-school supplies, and parents will be able to deposit funds into their child's lunch account.

For more information, call the school, 410-273-5536.

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

APG Bowling Center Snack Bar specials Building 2342

Week of Aug. 6

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

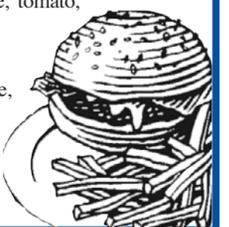
Special #2: Turkey club sub with bacon, cheese, mayonnaise, lettuce, tomato, pickles, onions, potato chips, one cookie and soda for \$5.95.

Week of Aug. 13

Special #1: Double cheeseburger with bacon, mayonnaise, lettuce, tomato, pickles, onions, French fries, one cookie and soda for \$6.95.

Special #2 Chicken tender wrap with lettuce, tomato, cheddar cheese, ranch dressing, potato chips, one cookie and soda for \$4.75.

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



Cadets receive EOD equipment, information briefs



Photo by AMBER SOWARDS, DATA IMAGING TEAM
Sgt. 1st Class Foster Folger, 22d Chemical Battalion (TE), right, adjusts the remote control package for the EOD ANDROS Robot for 1st Lt. Scott Hubbard, Company C, 143rd Ordnance Battalion, center, a sponsor in the battalion's Cadet Troop Leadership Training Program during a recent visit to view EOD equipment and receive information briefings. West Point Cadet Shawn Baker looks on and waits his turn to maneuver the robot. The 16th and 143rd Ordnance battalions sponsor West Point cadets in their junior year with an opportunity to experience Army life in active duty units at Aberdeen Proving Ground prior to choosing their basic branch.

Preventing heat-related illness

<http://www.redcross.org/services/hss/tips/heat.html>

Warm weather means activities and fun under the sun. Whether an individual loves putting on shorts and feeling the warm outdoors, everyone should be careful not to let a heat-related illness spoil the day.

Normally, the body has ways of keeping itself cool, by letting heat escape through the skin, and by evaporating sweat (perspiration). If the body does not cool properly or does not cool enough, the victim may suffer a heat-related illness. Anyone can be susceptible, although the very young and very old are at greater risk. Heat-related illnesses can become serious or even deadly if unattended.

Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear a hat or to use an umbrella.

Drink water. Carry water or juice and drink continuously even if not feeling thirsty. Avoid alcohol and caffeine, which dehydrate the body.

Eat small meals and eat more often. Avoid foods that are high in protein which increase metabolic heat.

Avoid using salt tablets unless directed to do so by a physician.

Slow down. Avoid strenuous activity. If performing strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 and 7 a.m.

Stay indoors when possible.

Take regular breaks when engaged in physical activity on warm days. Take time out to find a cool place. If an individual recognizes the signals of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool.

Know what these heat-related terms mean

- **Heat wave:** More than 48 hours of high heat (90 degrees Fahrenheit or higher) and high humidity (80 percent relative humidity or higher) are expected.

- **Heat index:** A number in degrees Fahrenheit that tells how hot it really feels with the heat and humidity. Exposure to full sunshine can increase the heat index by 15 degrees Fahrenheit.

- **Heat cramps:** Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or the legs. It is generally thought that the loss of water and salt from heavy sweating causes the cramps.

- **Heat exhaustion:** Heat exhaustion is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a result, the body is not cooled properly. Signals include cool, moist, pale, flushed or red skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.

- **Heat stroke:** Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high - sometimes as high as 105 degrees Fahrenheit.



Stages of heat-related illness

Heat-related illness usually comes in stages. The signal of the first stage is heat cramps in muscles. These cramps can be very painful. If caring for a person who has heat cramps, have him or her stop activity and rest. If the person is fully awake and alert, have him or her drink small amounts of cool water or a commercial sports drink. Gently stretch the cramped muscle and hold the stretch for about 20 seconds, then gently massage the muscle. Repeat these steps if necessary. If the victim has no other signals of heat-related illness, the person may resume activity after the cramps stop.

The signals of the next, more serious stage of a heat-related illness (often called heat exhaustion) include:

- Cool, moist, pale skin (the skin may be red right after physical activity)
- Headache
- Dizziness and weakness or exhaustion
- Nausea
- The skin may or may not feel hot

The signals of the late stage of a heat-related illness (often called heat stroke) include:

- Vomiting
- Decreased alertness level or complete loss of consciousness
- High body temperature (sometimes as high as 105 degrees Fahrenheit)
- Skin may still be moist or the victim may stop sweating and the skin may be red, hot and dry
- Rapid, weak pulse
- Rapid, shallow breathing

This late stage of a heat-related illness is life threatening. Call 9-1-1 or the local emergency number.

General care for heat emergencies:

- Cool the body
- Give fluids
- Minimize shock

For heat cramps or heat exhaustion, get the person to a cooler place and have him or her rest in a comfortable position. If the person is fully awake and alert, give a half glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse. Remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets. Call 9-1-1 or the local emergency number if the person refuses water, vomits or loses consciousness.

Heat stroke

Heat stroke is a life-threatening situation. Help is needed fast. Call 9-1-1 or the local EMS number. Move the person to a cooler place. Quickly cool the body. Wrap wet sheets around the body and fan it. If ice packs or cold packs are available, wrap them in a cloth and place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. (Do not use rubbing alcohol because it closes the skin's pores and prevents heat loss.) Watch for sign of breathing problems and make sure the airway is clear. Keep the person lying down.

DLES addresses bicycle, pedestrian laws

Story by
HEATHER TASSMER
APG News

Bicycle and pedestrian laws on Aberdeen Proving Ground are derived from applicable Maryland Department of Transportation statutes.

Bicyclists are required by law to ride on the extreme right or shoulder with the flow of traffic on the right side of the road, said Joe Davis, chief of the Directorate of Law Enforcement and Security's Traffic Section.

Davis said bicyclists who ride at night are required to have a front headlight and to have a red light/red reflector attached to the rear of the bicycle in order to be visible to drivers.

One of the differences between APG and Maryland state law is with helmets.

"All APG bicyclists are required to wear helmets," he said. "And, bicyclists and pedestrians are prohibited from wearing headphones."

By law, pedestrians are supposed to walk against traffic.

"For example, on roadways without sidewalks, such as along Plumb Point Loop, walkers are required to walk no more than two abreast and must yield to oncoming traffic," Davis said.

Although Maryland traffic laws are applicable to APG, there are still bicyclists and pedestrians who disobey them.

Jackie Reed, senior training specialist with the U.S. Army Environmental Command/Log Sec Team, said she has spotted APG community members disobeying the laws many times.

"The four-way stop sign near the troop store, community center, and building 4415 is a particular hot spot," Reed said. "I've seen an adult male bicyclist blow through that stop sign three times now, always coming from the area of the clinic and turning onto the main road. It's as if they

believe that turning right for them does not require a stop at all."

She said that she has seen walkers wearing headphones in the afternoons.

Davis said that the Traffic Section staff will "increase patrols for violators who disobey stop signs and wear headphones while bike riding or walking.

"Bicyclists and pedestrians can be issued citations" for disobeying traffic laws, he said.

"People need to be safe and comply with the rules of the road," Davis said.

He also emphasized traffic safety when school begins.

"Those who fail to stop for school buses when the flashing red lights are activated will receive a \$600 fine," Davis said.

For more information about traffic laws, visit the MDOT's Web site, <http://www.sha.state.md.us>.



http://www.ci.springfield.or.us/pubworks/Trans_Div/New%20Website/bike%20pic.jpg

Explosive hazards exposed, use common sense

Story by
TAYLOR BARBAREE
U.S. Army Combat Readiness Center

Time and time again, unexploded ordnance incidents have shown no prejudice in selecting victims.

However, with education and training, people may have a choice not to become a UXO statistic.

Often times, incidents involving UXO can occur at home involving civilians as well as Soldiers serving abroad during deployments.

"The first thing Soldiers need to understand is that it is against Army regulations and Department of Defense directives to touch a UXO, much less have one in their possession," said Capt. Charles Terry, an ordnance officer and commander of the 666th Explosive Ordnance Disposal Company, located in Jacksonville, Ala. "You have to remember ordnance or munitions are designed for one thing, and that is to blow up."

Terry, who served tours in Afghanistan and



Photo by DOD
A UXO Rockeye submunition is found unearthened at a local military range.

Kosovo, said people need to take a "common sense approach" in dealing with ordnance. The most important step is to call the proper authorities who are professional experts trained to deal

with the object in question. Education is key to making an individual understand the dangers of UXO, he explained.

"During my time in Kosovo and Afghanistan, where there is a large amount of unexploded munitions, we [EOD units] spent a great deal of time educating people about the dangers of UXO present," Terry said. "Basically the more people you can educate, the better the likelihood of leaving these dangerous devices into the hands of professionals. I cringe every time I hear about a fatal or harmful incident involving a Soldier or civilian, which in most cases could have been prevented."

According to DOD, military munitions, including UXO, come in a variety of types, sizes and shapes and they may not be easy to recognize. Military munitions include, but are not limited to: small arms ammunition, projectiles, cartridges, bombs, rockets, pyrotechnics, grenades, blasting caps, fuzes, simulators, and raw explosives. They are designed to kill or injure enemy forces or damage enemy equipment, and

contain some form of energetic material such as propellants, explosives, or pyrotechnic mixes. When military munitions do not function as intended during use, they become unexploded or ordnance or UXO.

In a message to the Army, Tad Davis, deputy assistant secretary of the Army for the Environment, Safety and

Occupational Health, reminded Army personnel and their Families to "learn, remember and follow the three R's of explosives safety:

Recognize - when you have encountered a military munition and that munitions are dangerous.

Retreat - do not touch, disturb, or move it.

Report - call 911."

For more information about military munitions safety or to obtain safety videos for training purposes, visit the U.S. Army Combat Readiness Center's Web site, <https://crc.army.mil/messages/ground> or the UXO safety education program site, <https://www.denix.osd.mil/uxosafety>.



Your health is KUSAHC's goal



Commentary: Immunizations are vital to a child's health

Story by
HEIDI JACKSON
KUSAHC

Vaccinations are a very important part of a child's physical exam.

Vaccines have protected children and continue to protect children from harmful and potentially fatal diseases.

Many diseases in the United States are not as common and widespread as they are in other countries due to better nutrition and better sanitation, and most importantly, vaccines.

Thus, many parents ask that if these diseases are not as common in the United States than in other countries, then why do we still vaccinate our children from these diseases. We vaccinate our children from these diseases because many of these diseases are brought in from travelers who have visited or are visiting from other countries.

Our military Families are at a higher risk of obtaining these diseases since many of them have traveled and lived abroad.

Vaccines work very well in preventing children from contracting serious illnesses such as diphtheria, polio, tetanus, hepatitis, meningitis, and in fact are about 90 to 99 percent effective.

The side effects to these vaccines are minimal. Fever and soreness at the site of the injection may occur, but acetaminophen (Tylenol) or ibuprofen can be given to help ease these side effects. Rarely do severe side effects occur, and the benefits from the vaccine far outweigh the side effects.

During the first two years of life, children will require a series of immunizations that are given during the well baby medical visits. It is important that your infant attend these well baby visits to receive the

immunizations as scheduled and thus not fall behind.

When your child turns four years of age, another set of immunizations are required, and every child must have these immunizations before entering preschool and/or day-care. These immunizations are the DTaP (diphtheria, pertussis, and tetanus), the IPV (polio), the MMR (measles, mumps and rubella), and the Hep A (hepatitis A vaccine-if not already received).

The next time your child requires immunizations is age 11, about the time a child is entering middle school. The vaccines your pre-adolescent child receives at this time is a Tdap (Tetanus, diphtheria, pertussis booster), the Hep A vaccine (if not already received), and the MCV-4 (meningococcal vaccine).

As of January 2006, two new vaccines have been added to the children's immunization schedule by the Center for Disease Control and Prevention, and the American Academy of Pediatrics. These vaccines are strongly recommended for attendance in the Maryland Public Schools. The first one is the hepatitis A vaccine, and the second one is the meningococcal vaccine.

The hepatitis A vaccine should not be confused with the already required three series hepatitis B vaccine that most infants receive shortly after birth. The hepatitis A vaccine can be given as early as one year of age, and should be initiated at any age beyond one year of age, if your child has never received the vaccine. This vaccine is a two-series vaccine received six months apart and provides life-long immunity. It protects against



the hepatitis A virus, a virus that causes liver inflammation and is prevalent in the United States. This virus causes symptoms of nausea, vomiting, fever, and jaundice (a yellowing of the skin), and significant weight loss. The virus can be easily transmitted in contaminated food and water, unlike the hepatitis B vaccine that is solely transmitted by coming in direct contact with someone with the hepatitis B virus. The side effects to this vaccine are minimal, redness and soreness to the site of the injection. About 5 percent of individuals receiving the vaccine also reported headaches, but these headaches were usually relieved with tylenol.

The other new vaccine is the meningococcal vaccine. While this vaccine was traditionally given to college age students living in close quarters such as dormitories, it is now recommended to be given at 11 years of age.

Cases of meningococcal meningitis in the past couple years have been reported among the middle and high school age group, along with the college age group. Meningococcal meningitis is one of the most rapid and overwhelming infectious diseases known to man.

A child can be well at one moment, develop a headache, stiff neck, fever and drowsiness within a few hours, and possibly

die within 12 hours from the initial onset of the symptoms.

Usually, the meningococcal disease is transmitted by intimate contact with an infected person, or staying in the same room with that person for more than four hours a day. Side effects to this vaccine are minimal and include soreness and redness at the injection site. No serious side effects to this vaccine have been reported so the benefit of the vaccine certainly outweighs the side effects.

Making sure your child is properly immunized and current with his vaccinations is essential to preventing him and others from contracting severe diseases.

Because parents, school officials, and our state representatives have so strongly advocated the need for immunizations, the incidence of these diseases have lessened. However, in order for these diseases to be completely eradicated, we must diligently make sure our children are immunized.

Two recommended Web sites for additional information on immunizations are www.immunize.org and www.cdc.gov/nip/.

Physical examinations and immunizations for children are provided at Kirk U.S. Army Health Clinic. You may schedule your child an appointment for an immunization update or physical exam by calling 410-278-KIRK.

Commentary: The doctor is in

Guard your health, August is National Immunization Awareness Month

By
DR. JACK SMITH
TRICARE Management Activity

With summer drawing to a close, parents are enrolling their children in school, students are entering college and health care workers are preparing for the upcoming flu season. Now is the perfect time for all service members, retirees and their Families to catch up on their immunizations.

August is National Immunization Awareness Month, and we are encouraging all TRICARE beneficiaries to take the time to review their individual and family immunization records with their physician.

TRICARE and its team of health care professionals realize the important role of immunizations as part of a healthy lifestyle. Beneficiaries can receive all necessary vaccinations through military treatment facilities, TRICARE network and non-network providers.

Why are immunizations important?

Immunizations are important to overall public health. With the exception of safe drinking water, there is no other health improvement strategy with such a tremendous effect on reducing disease and improving health.

Vaccine-preventable diseases and deaths still occur in the U.S., affecting children, adolescents and adults. Pneumococcal disease - for example - still causes thousands of deaths and 175,000 hospitalizations each year in the United States alone. Together, pneumonia and influenza are the seventh leading cause of death in the United States, and the sixth leading cause of death among people 65 years of age and older.

Immunizations are critical for mission readiness. If you are a service member who is deploying overseas, you should receive all required immunizations before arriving in country. If you are not current on immunizations, you should obtain indicated vaccines at your unit's medical facility immediately upon arrival to ensure you remain healthy throughout the deployment.

Who should be immunized?

Immunizations are important, regardless of age, sex, race, ethnic background or country of origin. Recommended vaccinations begin at birth and continue throughout life. By staying up-to-date on your immunizations, you can protect yourself from life-threatening conditions while also protecting your family, friends and community from their spread.

When should one be immunized?

Children are particularly vulnerable to infection, which is why they should be kept up to date with required immunizations and necessary boosters throughout life. Immunizations are not only important for your child's health but also a requirement for school attendance. If you have not already scheduled your children an appointment for immunizations, you should do so as soon as possible.

Gastric bypass surgery—it's not for everyone

Story by
HEATHER TASSMER
APG News

An Aberdeen Proving Ground mail clerk who struggled with weight problems throughout her adult life is feeling better after having gastric bypass surgery.

"I dieted all my life and had been big my whole life," Ellen Baldwin said. "The diets worked but not for long. I kept on having failure after failure. I'd lose weight and gain back more than what I lost."

She said in the fall of 2004, she decided to end this cycle with gastric bypass surgery as a last resort. She was 49 years old and weighed nearly 300 pounds.

She said the surgery has helped her get down to 178 pounds.

The most common kind of gastric bypass surgery, Roux-en-Y, is when an individual's stomach is made into a small pouch using staples, stitches or a plastic band, according to the WebMD Web site, www.WebMD.com.

The small stomach is then "directly connected to the middle of the small intestine, bypassing the rest of the stomach and upper portion of the small intestine," according to WebMD.

This is the kind of gastric surgery Baldwin experienced.

Baldwin said dieting brought her down to 280 pounds right before her surgery.

The obesity was not only bad for her self-esteem but caused her to have diabetes and sleep apnea, she said.

"The main reason I had gastric bypass surgery is because I didn't want the diabetes to take over my life," she said.

After receiving approval from her family doctor, Baldwin went to Sinai Hospital in Baltimore for her surgery. Prior to the procedure, she filled out a survey about the types of diets she tried, the diets' directions and whether they were successes or failures, she said.

"Since I was going through a life change with the surgery, the doctors wanted to make sure I could at least follow a diet," she said.

In addition, she went through a stress test and electrocardiogram or ECG test to ensure her heart could handle the surgery, and a psychological evaluation, which all gastric surgery patients must have before the procedure.

"From my understanding, it was to be sure that you were doing this procedure for yourself and not for others," she said. "Some people think that if they get the surgery done, people will like them better but if they were not well liked when they were big, then they still won't be when they're thin."

Another purpose of the psychological evaluation "is to ascertain whether the patient is stable enough emotionally to handle a major life change of this kind... profound life-long change in eating habits after surgery, ability to follow-up numerous times with various physicians for a prolonged period of time, take certain vitamins and minerals reliably for the rest of their lives, etcetera," said Dr. Darius Mydlarz of Kirk U.S. Army Health Clinic.

The cost of adult gastric bypass surgery ranges from \$20,000 to \$30,000, according to the National Institutes of Health.

Baldwin said her insurance covered the surgery but she had co-pays for the medical tests.

She said that she spent four days in the hospital after her surgery. She was not allowed to eat any food and could only sip water.

She was out of work for 15 days and part of the absence was for the pre-operation procedures.

She consumed protein shakes for several months after coming home from the surgery.

Baldwin became sick a few times during her adjustment period to her new egg-sized stomach pouch.

She said the first time it was because she



Photos courtesy of ELLEN BALDWIN

Another part of the diet restricts her from drinking with meals. She can only drink 30 minutes before and after a meal because the stomach cannot digest the food fast enough before the liquid would wash away the nutrients, Baldwin said.

She said only recently has she been able to drink "normally" instead of just sipping the water.

In addition to iron pills, Baldwin takes a chewable vitamin every day because the stomach cannot absorb a solid one, she said.

Although it took her some time to get used to the portions and different kinds of food she could eat, she said the surgery was well worth it.

"I feel good now," Baldwin said. "I sleep better at night and I am taking less medication for high blood pressure." She said her sleep apnea and diabetes are cured.

She said she used to be skeptical about gastric bypass surgery before she had it done.

"At first I didn't want it because I thought it was the lazy way out," Baldwin said. "But it's not the lazy way out. It's a lot of work and you're still dieting all your life."

She said those considering the surgery should research doctors.

"Some doctors could care less and some hospitals aren't as good at the surgery," she said.

A person must like water and be able to eat a variety of food in order to make the surgery successful, Baldwin said.

She recommends that patients attend a gastric surgery support group after the procedure where health professionals and gastric surgery patients discuss subjects such as food preparation, what foods they can eat and any issues they may be facing.

Baldwin said she also recommends exercise to help keep the body toned and to eat "mini meals" throughout the day.

"The mini meals can consist of a handful of peanuts or almonds," she said.

Pat Beauchamp, a public affairs specialist in APG's Visual Information Services Division, said she also had a positive experience with gastric bypass surgery.

After shedding about 90 pounds from the surgery, Beauchamp went from a size 28 to a size 16 in women's clothing.

"[Losing the weight] has been a very liberating experience," Beauchamp said. "I can do steps without puffing before I get to the top."

She said she tried all of the Weight Watcher diets and took Phen/Fen (phentermine/fenfluramine) diet pills before undergoing Roux-en-Y surgery in August 2006.

"The pills were extremely successful," Beau-

was taking iron pills along with her thyroid medication.

She has to take iron pills because the surgery can cause an iron deficiency.

"I wasn't aware that I couldn't take iron and my thyroid medication together and I felt like I was dying," she said. "I stress to anybody who goes through gastric bypass to talk to their doctor about what medications they aren't supposed to take together."

Another time she was sick may have been due to dumping syndrome, a condition where food moves too quickly through the small intestine.

Symptoms include sweating, weakness, nausea, diarrhea, rise in heart rate and abdominal cramps.

On one occasion, Baldwin said she became sick after eating a sandwich too fast.

"It felt like I was having a heart attack," Baldwin said. "I felt it in my chest, and it hurt very bad."

The third time she didn't feel well was when she ate beef and faced consequences because of the high fat content.

"It too was very painful," she said. "I couldn't sit down or stand up I was in so much pain. I had trouble breathing and was sweating profusely."

She said the surgery also caused her taste buds and sense of smell to change and the sight of eggs and smell of chicken made her nauseous.

"It was a year and a half before I could look at an egg," she said. "Even talking about eggs made me nauseous."

Baldwin said she has to follow a low-fat and low-sugar diet for the rest of her life.

Her doctor emphasizes eating protein first before other foods for energy and curbing hunger.

It took her four to five months after the surgery to lose about 40 pounds, she said.

She also eats cup-sized portions of food every three and a half to four hours five or six times a day.

It wasn't always easy to eat such small portions of food, she said.

"It took me six months to feel like I wasn't eating a baby-sized portion," Baldwin said.

She said for the first two months, she didn't feel hungry.

Commentary: Points to consider before undergoing gastric bypass surgery

By
DR. DARIUS MYDLARZ
KUSAHC

Gastric bypass surgery is quite risky in terms of post-operative morbidity, which approaches 15 percent.

In other words, there is approximately 15 percent chance of having a significant medical complication (defined as a complication requiring a prolonged hospital stay, more surgery or other invasive interventions, pneumonia, blood clots in the lungs called pulmonary embolus, heart attack, etc).

There is also about 1 percent mortality from this surgery. This depends heavily on who does it and where it is done — some hospitals/surgeons are better than others.

This is one reason why you have to choose the candidates well and perform a battery of tests and assessments before a green light is given.

Doctors want to make sure that the patient's body and mind has a reasonable chance of withstanding the overall stress of such major surgery.

The goal is to choose candidates who really need it (who can really benefit from the weight loss and who cannot lose weight and

keep it off in any other way) and who at the same time have a reasonable chance of avoiding major post-operative complications.

For example, significant heart disease is a contraindication to having the surgery because these patients have an unacceptably high risk for a heart attack during or after the surgery.

Finally, one of the several reasons why gastric bypass works (why people lose weight) is that after surgery, patients often experience significant behavioral changes in the way they approach food. Most patients report decreased hunger and feeling full much earlier in a meal than before. Patients also gravitate towards healthier food by choice and they seem to lose cravings for high-calorie, fat and sweet foods.

These complex behavioral changes are at least partially due to hormonal changes after the digestive tract has been "rear ratched" by surgery and due to changes in the way the gastrointestinal tract communicates with the brain. After all, it is the brain that perceives hunger based on the information it receives from the gastrointestinal tract and the chemicals, hormones and nutrient levels in the blood.

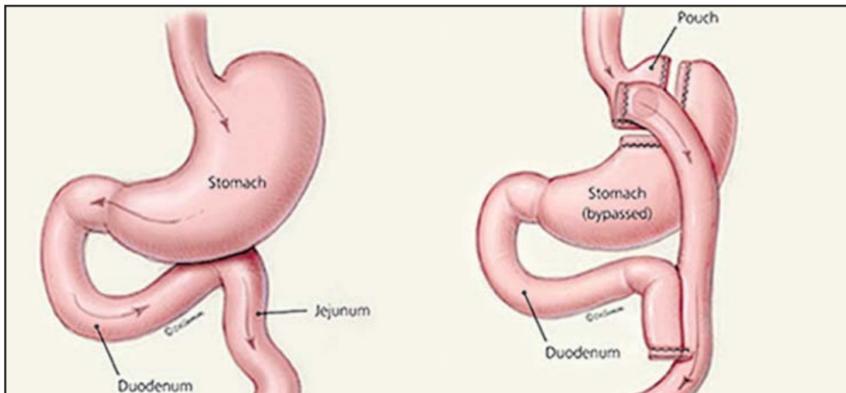
Morbid obesity

Those who are morbidly obese have a Body Mass Index of 40 or more which is equal to 100 pounds more than "ideal" weight.

To calculate a BMI:

Weight (pounds) ÷ height (inches)² x 704.5 = BMI

Source: American Obesity Association



http://www.aafp.org/afp/20060415/1403_f1.jpg
This is an example of a stomach before and after gastric bypass surgery. When a patient undergoes the surgery, his or her stomach is made into a small pouch. The pouch is then attached to the middle of the small intestine, bypassing the rest of the stomach. After surgery, patients must follow a special diet to lose and keep weight off.

champ said. "I lost over 100 pounds when I used them."

To her disadvantage, the Food and Drug Administration took the pill out of stores because they were associated with heart valve problems, she said.

Beauchamp turned to a different kind of diet pill but it was not recommended for those with glaucoma. She stopped taking the pills because she developed glaucoma. Then she gained back the weight and an additional 20 pounds.

Beauchamp said she decided to get the surgery because she was obese her whole adult life, and she had friends that had successful gastric bypass surgeries.

She chose the Greater Baltimore Medical Center as the place to have the operation completed. She experienced psychological, heart, blood and many other tests before the surgery.

"It's not something where you walk in and get surgery the next day," she said. "They perform a series of tests to make sure you are healthy and a good candidate for the surgery."

Candidates must also be "morbidly obese," she said.

Beauchamp said she was only supposed to be hospitalized for three days but hemorrhaging prolonged her stay for four more days.

She said her insurance covered the surgery and if she hadn't had insurance, the surgery would have cost about \$15,000 or \$16,000.

Beauchamp said she only became really sick once since she underwent the operation and it was from eating beef.

Doctors advise against eating beef because "it is a denser meat and is harder to digest," she said.

"I was on a murder mystery dinner theater trip in Pennsylvania where they served prime rib," she said. "It was the best prime rib I've had in my life, and I couldn't stop eating it."

She said she became light headed and sweaty and vomited several times the next day.

Beauchamp said now she eats small quantities of food three times a day because her doctor said that patients who eat more will be ingesting too many calories.

Like Baldwin, Beauchamp said she has to make protein a priority in her diet.

"I have to get fifty to sixty grams of protein a day," she said. "I have to eat protein first and if I have room, I eat the other items on my plate."

She said sometimes she uses liquid protein shakes, broccoli or other vegetables in order to get the proper amount of protein.

"Occasionally I have a few french fries," she said. "It doesn't kill me."

Beauchamp also takes a multivitamin, calcium with Vitamin D and Vitamin B 12 for energy.

She also has to drink plenty of water during the day to keep the body hydrated.

"I use Crystal Light [beverage powder]," she said. "It's a tasty way to get your water."

For the first several months after surgery, she could only sip water during meals. Now she can eat and drink at the same time, Beauchamp said.

Her doctor recommended against drinking carbonated beverages because they can cause the stomach to expand.

She said she used to drink four or five sodas a day prior to surgery and has only consumed six since August.

"I don't miss them at all," she said.

For additional advice on what to eat, she said she attends a gastric bypass support group once a month.

"The support group was really helpful with getting through the holidays," Beauchamp said. "I was used to having a lot of food including lots of high-calorie sweets during the holidays, and the group helped me to stop and think 'I can't have a half a pound of turkey, candied sweet potatoes and pumpkin pie.'"

The group also provided low calorie and low fat recipes for dishes, she said.

Before the surgery she was diagnosed with diabetes and now her blood sugar is normal.

Her advice to others is to talk to other gastric bypass patients and research doctors and hospitals.

"I was very fortunate when I had surgery," Beauchamp said. "The staff at Greater Baltimore Medical Center was very responsible and caring. I had the feeling that their primary purpose in life was to help me get well."

Big bucks offered for power prize

Story by
DONNA MILES
American Forces Press Service

A typical dismounted troop going out for a four-day mission

carries as much as 40 pounds of batteries and rechargers in his pack. The Defense Department wants to reduce that load significantly, and it's dangling a

\$1 million carrot to entice people to help them do it.

The DoD launched its "wearable power" prize competition, July 5, to come up with new innovations to lighten Warfighters' loads.

The goal is to reduce the weight for the power system that drives radios, night-vision devices, global positioning systems and other combat gear, including a recharging system, to about two pounds per day, said William Rees, deputy undersecretary of Laboratories and Basic Sciences.

"The mantra is four days, four kilograms," he said.

He said that a competition will attract some of the best minds in business, academia and elsewhere to help achieve that goal.

After all, he noted, it was the opportunity to win a prize that drove Charles Lindbergh to make the first nonstop trans-Atlantic flight.

The Defense Advanced Research Projects Agency has

experienced similar successes using a contest to attract competitors to develop innovative unmanned vehicles able to navigate a 132-mile course through the Mojave Desert.

Now the Defense Research and Engineering Office is hoping to tap into that same competitive spirit to develop longer-duration, lighter-weight power supplies.

Three prizes will be awarded in November 2008: \$1 million, \$500,000 and \$250,000.

Competitors have until Nov. 30 to register for the competition. Everyone - private citizens, companies, international organizations - is eligible, Rees said, although the lead member of all teams must be a U.S. citizen.

"If one of them thinks that they can hit it out of the park on this, we are not prejudiced about the origin of it," Rees said. "We just want to lighten the pack load for our folks in uniform."

Entries are expected to run



Photo by TECH SGT ANDY DUNAWAY
Staff Sgt. Bill Hatzman, from Troop C, 4th Squadron, 14th Cavalry Regiment, radios information on the movement of Iraqi civilians as fellow Soldiers and Marines search for insurgents near the Syrian border.

the gamut. Rees said he envisions creative ways to generate power on the battlefield, from solar generators to devices that capture the power created when a Soldier's boot hits the ground.

"We want a prototype," he said. "We want something that is a little bit more than your standard duct tape and baling

wire, but it is still a prototype. It doesn't have to be a finished system, but it has to demonstrate what we need it to do."

Information about the technical details, contest rules and qualification requirements is posted on the DoD Web site, <http://www.dod.mil/ddre/prize>.

Uniforms

From page 2

all components who will end their term of service must turn in ACUs - including coats, trousers and the infrared flag,

regardless of condition - to their home station or demobilization clothing issue points.

Reserve and National Guard Soldiers are allowed to retain ACUs issued as OCIE when the mobilization stations perform a lateral transfer to their unit's property book officer.

Clothing records of individual Soldiers from all components deploying through the continental United States replacement centers will be maintained by the center's PBO until they can be trans-

ferred. Upon redeployment through the centers, Soldiers will be allowed to retain one set of ACUs for up to 120 days for ceremonial purposes, and then they must be returned to the clothing issue points or sent to the Soldiers' property book officers.

Questions on OCIE-issued ACUs may be addressed to Shirley Bryant-Harper, 703-614-0956, e-mail shirley.bryant-harper@hqda.army.mil, or Col. Rebecca Samson, 703-693-9957, e-mail rebecca.samson@hqda.army.mil.