

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Sept. 5 is plastic, glass and metal. Put items in blue bags and place them on the curb.



Route 24 gate reopens

The Route 24 gate in APG South will reopen 6 a.m. on Monday Sept. 3. The Magnolia Road Gate will close at the same time, and will remain closed after the holiday.

Reduced gate hours for holiday weekend

There will be reduced gate operations at Aberdeen Proving Ground for the Labor Day holiday.

The Harford Gate (Route 22) in APG North will close at 10 p.m., Friday, Aug. 31 and the Wise Road Gate in APG South will close at 8 p.m. on Friday, Aug. 31.

Both gates will reopen at 4 a.m. on Tuesday, Sept. 4.

The Maryland Gate in APG North and the Magnolia Road Gate in APG South will be open throughout the holiday period.

PWOC Bible studies

Protestant Women of the Chapel invite all women to the Fall Kick-off Program: "Prepare for the Bridegroom," 9 to 11:30 a.m., Sept. 6, at the APG Main Post Chapel, Fellowship Hall. Fall studies include "Falling in Love with Jesus," "The Search for Significance" and "You're Late Again Lord."

For more information, call Chaplain (Maj.) Fred MacLean at the APG Main Post Chapel, 410-278-4333.

RAB meeting tonight

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

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

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Record of Decision explains the future realignment of installation

DSHE

The Army announced Aug. 27 the availability of the Record of Decision for the realignment of Aberdeen Proving Ground. The ROD summarizes the decision for implementing realignment actions at APG as directed by the Base Realignment and Closure Commission.

APG is a U.S. Army Installation Management Command installation operated by the U.S. Army Garrison APG. It encompasses about 72,500 acres (39,000 acres of land area and 33,500 acres of water) in the northeast portion of Maryland on the northwestern shore of the Chesapeake Bay.

APG hosts units and activities of nine major Army Commands and supports 66 tenants, 20 satellites and 17 private organizations, making APG one of the largest landlords in the Army.

The ROD states that implementing the proposed action as analyzed in the 2007 Environmental Impact Statement reflects a proper balance between initiatives for protection of the environment, appropriate mitigation and actions to achieve the Army's requirements.

Special consideration was given to the effect of the proposed action on natural resources, cultural resources and traffic. All practicable means to avoid or minimize environmental harm from the selected alternative

have been adopted.

The Army will minimize effects on all environmental and socioeconomic resources by implementing best management practices as described in the EIS. Mitigation measures, as summarized in the ROD, will be implemented to minimize, avoid, or compensate for the adverse effects identified in the EIS at APG for biological resources and cultural resources. The EIS also identifies transportation projects that could eliminate adverse impacts from implementing the proposed action.

The ROD describes the disposition of these projects and the approach the Army will take to mitigate traffic concerns.

The Notice of Availability of the ROD will be published in the Federal Register. To obtain a copy of the ROD, contact Buddy Keesee at: Department of the Army, Directorate of Safety, Health, and Environment, ATTN: IMNE-APG-SHE-R, Building 5650, Aberdeen Proving Ground, MD 21005-5001; e-mail Buddy.Keesee@us.army.mil; or telephone 410-278-6755 during normal business hours Monday through Thursday. An electronic version of the ROD is available for download on the U.S. Army BRAC Division Web site http://www.hqda.army.mil/acsim/brac/nepa_eis_docs.htm.

End of 101 Critical Days of Summer safety campaign draws near

Story by **LORI YERDON**
U.S. Army Combat Readiness/Safety Center

Labor Day marks the end of the 101 Critical Days of Summer safety campaign and the Army remains dedicated to engaging and educating all Soldiers on safe practices — both on and off duty.

"Traditionally, the Labor Day weekend marks the end of summer," said the U.S. Army Combat Readiness/Safety Center Command Sgt. Maj. Tod Glidewell. "There's usually increased exposure to outdoor activities and travel during this holiday and Soldiers and their Family members should make every effort to ensure that their holiday weekend is a safe one."

Four Soldiers lost their lives to accidents during last year's

Labor Day weekend holiday. Three of the accidents occurred in privately owned vehicles, while the other accident was fire-related.

"The loss of even one Soldier is unacceptable," said Glidewell. "If Soldiers take advantage of the programs and tools that the Army offers and apply composite risk management into their daily activities, they may decrease their chance of becoming an accident statistic."

One of the Soldiers killed last Labor Day weekend was a passenger in a vehicle operated by another Soldier. When the driver lost control of the vehicle while trying to negotiate a turn, it rolled. The passenger was not wearing a seat belt and died at the scene of the accident. The driver fled the accident scene and was found



later, legally intoxicated.

"Drinking and driving is not an option that anyone, whether civilian or military, should ever consider," said Lt. Col. Roy Templin, chief, Driving Task Force, USACRC. "The battle-buddy concept should not only apply to the battlefield. Soldiers need to look out for each other off duty as well."

To date, overall POV fatalities are down 9 percent from last year. Army safety officials attri-

bute this feat to a combination of factors including engaged leaders and Army tools.

The Travel Risk Planning System, Motorcycle Mentorship Program and POV Toolbox are several of the tools that the USACRC offers in efforts to reduce risks associated with operating POVs.

"TRIPS is an invaluable tool that helps individuals plan for a long holiday weekend or road trip," added Templin.

"Additionally, the intent of this effective tool is to provide leaders with recommendations and insights into their Soldier's travel plans in order to protect the Army's most valuable asset, its personnel.

"Even with the commitment our Army takes to educate and train Soldiers on all safety-related issues, ultimately the decision lies with the individual Soldier to 'Never Give Safety a Day Off.'"

Army invests additional \$100M in Family and MWR programs

Story by **WILLIAM BRADNER**
FMWRC

Secretary of the Army Pete Geren and Army Chief of Staff Gen. George W. Casey Jr. have approved an additional \$100 million to expand and enhance more than 50 existing Family and Morale, Welfare and Recreation programs and services for Soldiers and Families affected by the Army's current deployment cycles.

For example, the Family Readiness Support Assistant program will offer relief to Family Readiness Group volunteer leaders by providing administrative support in maintaining phone rosters, telephone trees, scheduling activities and classes for FRG meetings and coordinating services with other garrison agencies. This expansion will reach down to the deployable battalion level, Army-wide and will cover active, National Guard and Army Reserve units. FRG volunteer leaders are applauding this change because it allows them to focus on providing more direct peer to peer support. It also improves communication among Family members.

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

Funds are allocated to expand childcare pro-

grams, reduce childcare fees, increase respite care for Families, extend childcare hours to accommodate working spouses, provide training for school guidance personnel to understand and recognize the stresses military students experience and expand Army sponsored off-post child care programs for geographically dispersed Families.

Garrison commanders will now have the authority to expand other Soldier and Family support services as well, by increasing staffing in our Army Community Service centers, Military family life consultants and sports, fitness and recreation programs.

"The intent is to signal to everybody that we've heard you and we're listening," Gen. Casey said. "We're going to make sure we are resourcing Family programming at the appropriate level to help our Families and our Soldiers who are under the stress of numerous deployments."

Gen. Casey said more funds will be designated for Family and Soldier support programs and services over the next five years. The Family and MWR Command is working with Garrison commanders and senior mission commanders to ensure the program enhancements and expansions are tailored to meet the needs of Soldiers and Families.

"We're listening carefully to Soldiers, Family members and leaders at all levels," Pinckney said. "The Army Leadership is proud of the service and sacrifices of both our Soldiers and their Families, and the total Army Family deserves the best possible support we can deliver."

APG schedules Retiree Appreciation Day

USAGAPG

Aberdeen Proving Ground will host the annual Retiree Appreciation Day activities 8 a.m. to noon at the APG North Recreation Center Oct. 20.

Scheduled speakers include Maj. Gen. Fred Robinson, commander of APG and the U.S. Army Research, Development and Engineering Command and Col. Jeffrey Weissman, APG Garrison and deputy installation commander.

The guest speaker will be Maryland Secretary of Veterans Affairs James Adkins.

In addition, panel discussions will be held by APG activities serving the retiree community such as the Commissary, Kirk U.S. Army Health Clinic, the Directorate of Law Enforcement and Security and others.

Combat service-related conditions and the APG 90th Anniversary Gala, set for Nov. 10 at Ripken Stadium, also will be discussed.

Lunch will follow in the building 4503 dining facility.

For more information, contact Janet Dettwiler, APG adjutant, 410-306-2301.



Photo by YVONNE JOHNSON
Veterans History Project coordinator Kathy Abey and former Garrison commander Col. John T. Wright introduce the new Aberdeen Proving Ground 90th Anniversary logo to attendees at the 2006 Retiree Appreciation Day at the Post Recreation Center.

TSP implements new security procedures

CPAC

The Thrift Savings Plan is implementing a number of new security enhancements.

In May 2007, stronger passwords were introduced for the TSP Web site. In October 2007, TSP will no longer use the Social Security number as the primary identifier on the Web site or Thrift Line, or when they communicate with users.

"TSP will be assigning you a TSP account number, said Teri Wright, Civilian Personnel Advisory Center. "You will use this number, in conjunction with your TSP password and TSP PIN, instead of your Social Security number."

TSP will still need the Social Security number for submitting contributions, loan payments or to report disbursements to the Internal Revenue Service.

"You may also be asked for your Social Security number as an added protection if you call TSP to talk to a representative, but to the extent possible, TSP will use your new account number as the primary identifier," Wright said.

The TSP will send out account numbers in September.

"Be on the lookout for a bright blue mailer with this important information," she said.

Questions may be directed to TSP at 1-877-968-3778, or visit the TSP Web site www.tsp.gov.

Prevention is key to health of Soldiers, mission, nation

Story by
LYN KUKRAL
U.S. Army Center for Health Promotion & Preventive Medicine

If there was one, overarching message at this year's Army Force Health Protection Conference, it was this: prevention is not only the key to individual health, it's increasingly vital to the Army and nation's military success and economic well-being.

Attendees at the 10th annual Force Health Protection Conference Aug. 4 through 11 in Louisville, Ky., heard that message loud, clear and often. They also explored planning for public health emergencies like pandemic flu, using integrated medicine to heal Soldiers physically and mentally, food safety, nanotechnology and many other "hot" public health topics.

The conference, hosted by the U.S. Army Center for Health Promotion & Preventive Medicine, is the largest conference devoted to disease and injury prevention in the Defense Department. It drew a record-breaking 2,100 public health and healthcare professionals, up from last year's attendance of about 1,700. They represented the military and U.S. Public Health Service, the Veterans Administration, other government agencies and academia. They had 630-plus presentations and more than 30 workshops to choose from—most with continuing medical education credits.

The conference's plenary session boasted top DoD and U.S. public health experts who were of one mind on the subject of prevention.

Brig. Gen. Michael B. Cates, CHPPM commander and the Army's senior preventive medicine officer, welcomed the large crowd.

"We still think prevention is the best way to health," Cates said.

From an operational standpoint, preventing diseases and injuries—rather than fixing them after they happen—maximizes available warrior-power on the battlefield. Hospitalization and rehabilitative care rapidly compound costs: both nationally and in the military health system. About 97 percent of medical costs are spent on fixing medical problems, while about 3 percent goes to preventing those problems.

Other speakers agreed that military

health care needs to work harder at accelerating preventive efforts, as does the rest of the U.S. healthcare system.

Calling the Army's current approach to health care a "disease-care system," acting Army Surgeon General Maj. Gen. Gale S. Pollock emphasized that a preventive approach makes better sense.

"We need to care for people inside the Army the same way we care for our vehicles and our weapons," she said, citing the intensive routine maintenance that war-fighting equipment undergoes to keep it in top-notch condition.

Pollock touched on several Army innovations aimed at enlisting Soldiers and family members in preventing or mitigating health issues like post-traumatic stress, traumatic brain injury and deployment strains on spouses and children. These initiatives include Battlemind, a training system that prepares Soldiers for the stress of war and helps detect mental health issues before and after deployment; the Army Chain Teaching Program, aimed at reducing the stigma Soldiers face when seeking care for behavioral health or traumatic brain injuries; and a proactive, preventive set of videos to prepare children of various ages to cope when a parent deploys.

The DoD-level perspective on the importance of preventing illness and injury to winning wars was offered by Ellen Embrey, assistant secretary of defense for Force Health Protection and Readiness.

"The department's force health protection and medical readiness programs use a wide range of military health system resources to promote health, protect force health and sustain the medical readiness of our active and reserve component military personnel," Embrey said.

"Those programs and resources have ensured that Soldiers fighting in current operations are less likely to be sidelined by disease and non-battle injury, or DNBI."

Historically, DNBI have been a greater cause of casualties than injuries inflicted by enemy combatants, Embrey said. However, rates for Operation Enduring Freedom and Iraqi Freedom continue to be the lowest reported for any previous major



Illustration by BEN BUNGER, CHPPM
Exercise builds endurance, strength and resilience, all important to preventing injuries, keeping weight under control and precluding chronic illnesses that stem from obesity.

military contingency operation.

"The DNBI rate per week has been about five percent in OEF and four percent for OIF," she said. "For comparison, DNBI rates per week for the 1991 Gulf War were 6.5 percent; for Operation Joint Endeavor in Bosnia, they were 7.1 percent; and for Operation Joint Guardian in Kosovo, they were 8.1 percent."

Fewer personnel affected by illness and injury yields increased mission success, reduces the need for replacement warriors and decreases demand for medical treatment and evacuation.

Embrey cited pre- and post-deployment health assessments (maintained by CHPPM's Army Medical Surveillance Activity), pre-deployment hazard assessments, environmental health surveillance (conducted by CHPPM and deployed preventive medicine specialists), and periodic health assessments and screenings (conducted by military medical treatment facilities and medical units) as key components of the invisible, medical body armor designed to keep Soldiers fit,

physically resilient, and resistant to illness and injury.

These measures, however, address specialized health issues created when wars are fought. Even more fundamental to prevention are home-front measures that can be taken to prevent chronic and long-term health issues faced by military members and civilians alike.

Eating healthy foods, reducing alcohol intake, exercising, controlling weight and regular medical checkups are the weapons all can use to fight Americans' number one killer, heart disease, and other lifestyle-associated diseases like some cancers, diabetes and obesity.

Results of this year's DOD "Survey of Health Related Behaviors Among Active Duty Military Personnel," indicated that smoking (including use of smokeless tobacco products), alcohol consumption and being overweight are issues that Soldiers in some age groups need to target for improvement.

Prevention of these chronic diseases is a shared concern, one that acting U.S. Surgeon General Rear

Adm. Kenneth Moritsugu emphasized as fundamental to his mission and that of military public health practitioners.

Moritsugu, the nation's top public health official and the senior officer of the U.S. Public Health Service, urged conference attendees to "stay engaged" on this longer-term prevention goal. Prevention of chronic diseases leads to both healthier communities and reduced healthcare costs, he said.

"We recognize that good health doesn't just happen. Rather, it's a habit of smart choices and sound clinical care," Moritsugu said. "Disease prevention and wellness are neither civilian nor military constructs—they are both. ... Healthy choices, identifying and understanding what makes for good health—these are universally applicable practices."

Next year's Force Health Protection Conference will reflect continued emphasis on the importance of prevention to individuals and healthcare systems. Slated for Aug. 8 through 15, 2008 in Albuquerque, N.M., its theme is, "Prevention is the Key." Visit <http://chppm-www.apgea.army.mil/fhp> for information.

Top U.S. public health official cites prevention as 'first priority'

CHPPM

Following are excerpts from the Force Health Protection conference speech of acting U.S. Surgeon General Rear Adm. Kenneth Moritsugu delivered at the conference's plenary session Aug. 7.

"The first priority [of the Department of Health & Human Services and of the U.S. Public Health Service] is prevention—what each of us can do in our own lives and communities to make ourselves and our Families healthier.

Expenditures for health care in the United States continue to rise. And each year millions of Americans die from preventable causes.

Today more than ninety million Americans live with chronic diseases, and treating these patients costs approximately \$1.5 trillion a year. And, about seventy percent of deaths in our country are caused by chronic diseases.

"As a nation, we are spending too little on preventing these conditions, and we are losing too many lives.

"Right now we live in a treatment-oriented society. We need to change to a prevention-oriented society. Our health care system cannot thrive in a treatment-oriented society. Times, technology and expectations are changing. We must turn the tide and embrace prevention.

"We know that we can prevent or manage many diseases by modifying behavior.

"Until we truly embrace prevention and staying healthy with the same rigor that we have for treatment after we are sick, this problem will persist.

"Five key public health steps can prevent most chronic diseases:

- Tobacco control
- Good nutrition
- Physical activity
- Maintenance of a healthy weight
- Regular health screenings

"Eventually, science is likely to advance

to the point where prevention can be tailored to an individual's basic genetic makeup. Personalized health care will combine the basic scientific breakthroughs of the human genome with computer-age ability to exchange and manage data.

"However, until we get there, until America's scientists move further into the areas of emerging fields of genomics and proteomics, until 'prevention prescriptions' can truly be individually tailored, making healthier food choices, reducing alcohol consumption, daily exercise, routine screenings and not smoking are the best places to start."

At FHP, public health planning focuses on pandemic flu

Story by
SARAH MAXWELL
Fort Detrick

Department of Defense and Army medical agencies teamed up to host a pandemic influenza workshop aimed at training military public health professionals on how to deal with a widespread disease outbreak or other public health emergency.

Presented at the U.S. Army Center for Health Promotion and Preventive Medicine's 10th Annual Force Health Protection Conference held in Louisville, Ky., Aug. 4 through 11, the one-day workshop delivered a collaboration of the federal government's top disease researchers and emergency planners to about 300 participants from across the services. The workshop was co-sponsored by the DOD Global Emerging Infections Surveillance and Response System, or DOD-GEIS, and CHPPM.

Although experts at the conference said they aren't certain about what the next pandemic disease will be, they all agreed that it's just a matter of time before the world and the U.S.

military have to deal with a global epidemic ("pandemic").

"If a pandemic influenza virus emerges, it will not stop at one border or at one installation's gate," said Maj. Duvel "Bill" White, workshop track chief and CHPPM disease epidemiology program manager. "Because the Department of Defense has missions across the globe, we all have to work together in planning for public health emergencies. This type of emergency planning strengthens our Army, our Department of Defense and our nation against many public health threats."

The recent outbreaks of H5N1, commonly referred to as bird flu, along with Severe Acute Respiratory Syndrome, or SARS, showed the world that diseases don't stay within political or geographical borders.

Even with SARS being stopped fairly quickly, it still carried a cost in the billions and disrupted societies for several months, according to Dr. Donald Burke, a global authority on infectious diseases. As a retired colonel in Army medicine and now dean of the University of Pittsburgh's

School of Public Health, Burke said he lent his expertise to the conference because he believes the military is essential to combating an outbreak.

"How it [DoD] responds to the epidemic will be an important factor as to how well the entire United States responds to the epidemic. So, I felt it was important we were all working together," he said.

The first step to combating a pandemic influenza outbreak is rapid detection, said Dr. Jean Otto, senior epidemiologist for DOD-GEIS and workshop "table-top" exercise planner. Interconnected with laboratories, hospitals and world health agencies across the planet, specifically in high-risk outbreak areas, GEIS is constantly surveying indicators of where a disease eruption could happen.

Otto explained that if an outbreak were detected, the next step would be to work with other agencies to contain it. If for some reason these steps didn't suppress it, there would be a possibility it could spread to the United States or affect troops deployed across the globe. Since that potential

exists, the need for military health professionals to be trained and ready to take on a pandemic is essential.

The workshop addressed the issue with about half a dozen experts explaining in detail the threat of a possible PI outbreak and its potential repercussions. They presented the latest research gathered in both the national and global arenas. Attendees then applied this information in the table-top exercise designed by Otto to help them understand their roles at the installation level. The exercise took participants through local installation public health emergency responses from the initial outbreak through the aftermath of an influenza pandemic.

White said CHPPM and DOD-GEIS wanted specifically to reach out to more than 100 Public Health Emergency Officers who attended the conference, because they are the ones who serve as public health emergency planners and advisors to installation commanders. PHEOs are typically hospital commanders or public health experts designated as installation public health threat subject-matter experts.

"They're where the rubber meets the road," Otto said. "We want to establish situational awareness of the kinds of scenarios that we could face in a pandemic—specifically the kinds of issues the Public Health Emergency Officer would have to grapple with—helping them become aware."

Working with the civilian community, understanding command and communication structures to pass vital medical information, delivering patient care and managing infection control are just some of the issues military healthcare professionals would deal with during a pandemic emergency. Although the workshop focused on influenza, this kind of public health emergency planning and training could have much wider applications, Otto said.

"Whether it be pandemic influenza or some other disease, being able to meet and become familiar with their counterparts in other agencies and establishing relationships ahead of time will facilitate a more rapid and efficient response for other diseases," she added.

APG News

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WIC program helping APG parents

Story and photo by
YVONNE JOHNSON
APG News

Aberdeen Proving Ground service members and employees who are enrolled in Harford County's Women, Infant and Children program may find it more convenient to conduct their business on post.

A WIC clinic is held every Tuesday, 9 a.m. to 5 p.m. in Army Community Service building 2752.

"Families can receive the same services here that they would at any other WIC office," said Diana Hayes, ACS Parents and Children Together outreach program manager.

WIC services at ACS include health screenings by registered nurse, nutritionist and certified lactation consultant Beth Kegley. In addition Kegley counsels parents on nutrition habits and choices for themselves and their children, checks weight, conducts hemoglobin screenings for iron deficiencies and promotes and monitors breastfeeding for infants.

The program also provides vouchers for the purchase of infant formula and for certain food products like milk, eggs, cheese and cereals.

"These vouchers are for specific products only and can only be used for the purchase of those products," Kegley said.

She said that eligible infants and children can remain on the WIC program up to the age of 5. In addition, pregnant and postpartum mothers are covered for up to six months after delivery for non-breastfeeding moms and for up to a year for breastfeeding mothers.

"You don't have to be eligible for food stamps to be eligible for WIC," Kegley added. "Our guidelines are much more general."

"We use state guidelines



Beth Kegley, a registered nurse, nutritionist and lactation consultant, left, advises Mary Blount, right, on nutritional goals for her and her daughter Miriam, 22 months, center, during their Women, Infant and Children appointment in Army Community Service building 2752 Aug. 14.

to determine eligibility, then, everything is done right here, from voucher issue to check cashing," Hayes said. "We can also refer you off post to other county and state programs."

"This place is terrific," said WIC customer and military spouse April Peavey. The mother of three, ages 8, 7 and 4 months, Peavey said she likes the APG office for its convenience.

"It's easy to get to, and you don't have to wait a long time to be seen," Peavey said. "And the ladies here are extremely friendly and helpful."

Another military spouse, Mary Blount, who is pregnant with her second child, is receiving services for herself and for her 22-month-old daughter Mariam.

"It's very convenient, the service is good and the information is very helpful," Blount said, adding that she's learned a lot about nutrition and diet for herself and her children.

Hayes said that anyone needing a WIC appointment can call either her office or the Aberdeen WIC office, 410-273-5656.

"Just be sure to mention

that you are military or that you work on APG," Hayes said.

For more information or to make an appointment, contact Hayes, 410-278-4372.

APG Family helps ballplayers feel at home

Story and photos by
YVONNE JOHNSON
APG News

Like many other local Families, Shannon and Andrea Travers open their home to strangers every year and they say that they are better people for it.

The Travers are one of dozens of Families who host visiting little league players to the Cal Ripken World Series held every August in Aberdeen since 2002.

For the past four years, they have served as a host Family,

providing meals, transportation and a warm bed in a safe environment to at least two 12-year olds, depending on the amount of volunteers.

Shannon Travers is a firefighter with Aberdeen Proving Ground's Directorate of Safety, Health and Environment's Fire and Emergency Services Division, and Andrea is a contractor with PWL Consulting at the Edgewood Chemical Biological Center.

Both take vacation time to tend to their young visitors, who can be a handful espe-

cially this year, as the Travers hosted five guests instead of the usual two.

"They were short of host Families this year due to a shortage of host Family volunteers," Shannon Travers said, "But Ripken Baseball is helping us out."

He said the use of a 15-passenger van they use to get the players to practices in games comes in handy along with the usual assistance that includes laundry detergent or an allowance.

"You have to wash their uniforms everyday," Andrea added. "There are some inconveniences, but these kids need someone to be there for them on this end so they can concentrate on playing. Just seeing the smiles on their faces when they get to the stadium, you realize this is a dream come true for them."

The Travers, whose own children are grown and out of the house, said that sleeping arrangements include a set of bunk beds and two air mattresses in the Family room. Plus, a standard breakfast for the players includes bacon, eggs and pancakes.

"They eat really healthy," Shannon chuckled, "but when you look at the whole picture, this one week out of your life is gonna help some 12 year-olds have the time of their lives."

The Travers' guests were all from the same team, New England's Greenwich, Conn. The players included Sam Fraser, center field, Ned Oliver, left field, Dylan Callahan, shortstop, Max Hoff, left field and Chris Ragusa, second base.

On Aug. 12 the team took a tough loss from the Pacific Southwest team, 6-0, but they played hard and never lost their enthusiasm, thanks in part, they said, to their host Families.

"They're a lot of fun," Ragusa said of the Travers. "Our whole stay has been



Andrea and Shannon Travers pose with the baseball players from the New England Greenwich, Conn., team that they hosted during the Cal Ripken World Series at Ripken Stadium in Aberdeen. The players from left, Ned Oliver, Max Hoff, Chris Ragusa, Sam Fraser and Dylan Callahan.



Chris Ragusa takes his at-bat while Dylan Callahan warms up in the on-deck circle during their Aug. 12 game versus Pacific Southwest.

amazing."

Callahan said that he liked Aberdeen so much he'd like to come back to visit.

"She fixes really good breakfasts," added Oliver. "I'd love to come back again too."

Max Hoff's mother Penny,

the coaches' wife who travels with the team, extended her thanks to the host Families.

"We couldn't do any of this without host Families," she said. "Thanks for taking care of our kids and showing them such a wonderful time.

You make it that much more of a charming and unique experience."

The team closed out its Ripken World Series run with a 1-3 record, losing its final game in a nail-biter to the team from Olympia, Wash., Aug., 15.

Bucks to ducks: AAFES contest explores the great outdoors

AAFES

Airmen and Soldiers hunting for bargains at BXs and PXs throughout the United States including, Hawaii and Alaska toward the end of August or beginning of September can bag their share of more than \$20,000 worth of outdoor adventure prizes including elk, deer and duck hunts, as well as a new all-terrain vehicle.

Through a partnership with Maurice Simmons, Tru-glo, GSM, Rocky Boots and Hunting Apparel, ARG, Arctic Shield, Whitewater Hunting Apparel and Simmons Optics, authorized Army & Air Force Exchange Service (AAFES) shoppers can register to win one of the following nine prizes through Sept. 6.

- Grand Prize - \$10,000 Arctic CAT ATV
- 1st prize - \$5,000 elk hunt for one
- 2nd prize - \$4,000 Southern Sportsman Lodge deer hunt for one
- 3rd prize - \$2,000 Arkansas duck hunt for one (two to be awarded)
- 4th prize - \$150 Simmons telescope (two to be awarded)
- 5th prize - \$150 GSM wildlife viewing camera (two to be awarded)

"It's open season on outdoor adventure at AAFES," said AAFES' chief marketing officer Richard Sheff. "Hunters who stop by the exchange can not only track down a great deal on the latest outdoor gear, but maybe even win a prize that will make the upcoming season one they won't soon forget."

The Drawing for the AAFES "Hunting Sweepstakes" will be held on or about Oct. 12. No purchase is necessary to enter, and winners do not need to be present to win.

POST SHORTS

Post Office seeking custodial help

Part-time custodial help is wanted at APG Post Offices.

Working hours would be split between the APG North Post Office (7 hours) and APG South Post Office (3 hours), for a total of approximately 10 hours.

For more information or to apply, call the Postmaster, 410-278-7967.

CBRN Defense Course offered at Fort Bragg

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

Units are encouraged to send additional Soldiers.

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

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

To obtain slots in Class 08-07, Sept. 7 through 21, contact the CBRN Defense School, 910-396-8991/9143 (DSN 236) or a unit schools NCO. For more information, visit the CBRN Defense School Web site, <https://airborneteam.bragg.army.mil/cbrn>.

Registration closes three days before course start date.

APG Black Employment Program seeks members

The APG BEP is seeking a diverse group of interested, innovative, dedicated and driven managers, supervisors and employees from all professional and racial categories, all pay bands/grades, as well as military equal opportunity advisers and equal opportunity representatives from all tenant activities, to join and support the mission and goals of the APG Equal Employment Opportunity Program.

Find out more at the next

meeting 1:30 p.m., Aug. 30, in the EEO/Courthouse, building 2043.

For more information, contact Kimberly Alcorn, EEO Office, at 410-278-1145 or kimberly.alcorn@us.army.mil.

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 Sept. 14.

This offer is good for new customers and for membership renewals.

Renewal membership holders should bring their current card with them.

'Retired Federal Employees' meets Sept. 18

Susquehanna Chapter 1522 of National Active and Retired Federal Employees Association for Harford and Cecil Counties will meet 11:30 a.m. in Havre de Grace United Methodist Church social hall, 101 Union Avenue, Havre de Grace. A light lunch with potluck will be served.

Guest speaker Chad Tate will discuss "How Mortgage Brokers Work," which includes sub-prime loans, what they are and what is the danger; what is the source of the money; and who "holds the bag" if the borrower can't pay.

The business meeting will follow at 1:15 p.m.

For more information, call 410-939-3973.

Thrift Shop to disburse funds

The APG Thrift Shop will accept requests for donations from service organizations and military units through Oct. 31.

The request should include the name of the organization, point of contact, address, tele-

phone number, amount requested and specific details on what the funds will be used for.

In the past, donations have been granted to area Boy Scouts, Army Community Service, the APG Fire Department and veterans' organizations.

Mail or drop off requests to APG Thrift Shop, building 2458, APG, MD 21005-5001. For more information, call the store during operating hours, which are 11 a.m. to 6 p.m., Wednesday; 10 a.m. to 2 p.m., Thursday; 10 a.m. to 1 p.m., the first Saturday of the month, 410-272-8572. Consignments are only taken 11 a.m. to 2 p.m. and 4:30 to 5:30 p.m., Wednesday and 10 a.m. to 1 p.m., Thursday.

Everyone is reminded not to use the area in front or to the back of the shop as a dumping site. The Thrift Shop only wants items that can be in good as new condition.

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 (RDE-COM, ECBC, ECBC matrixed employees, MRICD, 22d Chemical Battalion and Acquisition Center government employees). Meetings will be held 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.

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 APG housing areas. Vehicles in violation are subject to impoundment at the owner's expense.

Harford County job fair

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

ers in healthcare, food service, finance, education, emergency services, manufacturing, and other fields, as well as the APG Civilian Personnel Office and several government contractors will be on hand.

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

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

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



BOSS News
"Better Opportunities for Single Soldiers"

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

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

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

Community Notes

THURSDAY

AUGUST 30 PUBLIC CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer public cruises aboard the Skipjack Martha Lewis at 3 p.m. and 5 p.m. Tickets cost \$15 for adults and \$7 for children under 10 and include a 75-minute cruise around the Susquehanna Flats. Passengers can board the Skipjack Martha Lewis at Tydings Park located at 352 Commerce Street, Havre de Grace. Credit cards will be accepted.

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

SUNSET CRUISE

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

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

FRIDAY

AUGUST 31 LIGHTHOUSE CRUISE

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

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

SUNDAY

SEPTEMBER 2 LADIES AUXILIARY SUNDAY BREAKFAST

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

For more information, call 410-676-4456.

TUESDAY

SEPTEMBER 4 TOASTMASTERS MEETING

Gunpowder Toastmasters Club 2562 will hold its regular meeting, 11:40 a.m., at the Gunpowder Club, building E-4650, Parrish Road in APG South, due to the Labor Day holiday on Monday.

The club is open to anyone on or off post who wants to improve their communication, leadership and listening skills and to overcome the fear of speaking in public.

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

FRIDAY AND SATURDAY SEPTEMBER 7 and 8 MARGARITA NIGHT

The Chesapeake Heritage Conservancy, Inc. will offer Margarita Night, 6:30 to 8:30 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

SEPTEMBER 8 20TH ANNUAL DUCK FAIR

The Havre de Grace Decoy Museum and the Bayou Condominium Grounds will hold the 20th Annual Duck Fair, 9 a.m. to 5 p.m. at the Havre de Grace Decoy Museum located on 215 Giles Street. The fair will feature carvers and wildlife artists, photography exhibits, crafts and games for children, a live auction featuring antique and contemporary decoys, silent auctions and sporting goods and carving supplies. Admission is free.

For more information, call Margaret Jones, 410-939-3739.

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

Chapel News

Who is Father Pat?

Father Andre Patenaude, internationally known as "Fr. Pat" is a LaSalette priest. He travels throughout New England and across the globe, spreading joy through his music and spiritual presentations. As a musician, composer, singer and recording artist, Father Pat shares God's love. Thousands have experienced the healing touch of his unique ministry. Their lives have been forever changed spiritually, emotionally and physically.

His Web site is www.father-pat.org.

Father Pat's Schedule of Events Sept. 20-23

Thursday - Sept. 20

5:30-8:30 p.m.

Musical program for Soldiers at "Lighthouse" – Main Post

For more information, call Chaplain (Capt.) Robert Thomas, 410-278-3976

Friday - Sept. 21

6-8:30 p.m. at Main Post Chapel

Spiritual and musical program sponsored by the Catholic Women of the Chapel. Spiritual presentation followed by and integrated with music and a healing service.

Saturday - Sept. 22

9:30 a.m.-5 p.m. at Edgewood Chapel

Retreat for adults – couples, singles, including Soldiers, Airmen, Marines, National Guard and others who are interested in growing spiritually.

Lunch will be provided. Registration is needed for the retreat in order to plan for meals. Forms are available at APG chapels.

6-7 p.m. at Edgewood Chapel

Concert and spiritual presentation for AIT Soldiers.

For more information, call Chaplain Scott Thompson, 410-436-5011

Sunday - Sept. 23

Catholic Mass – 8:45 a.m.

10-11 a.m. – Kindergarten - 8th Grade Religious Education Program

Noon-2 p.m. – Catholic Youth Group

6:30 p.m. – Chapel Community Concert followed by an

ice cream social in the fellowship hall at Main Post Chapel

For information contact Gerri Merkel, director of Religious Education, 410-278-2516, Connie Richardson, Catholic Pastoral Coordinator or Olivia Wheaton, Religious Education Coordinator. To register contact Gerri Merkel or the Chapel for forms.

APG Catholic religious education classes begin

Children's classes

Children's classes for preschool to grade 8 for the sacraments of Reconciliation, Eucharist and Confirmation will be held 9:50 to 11 a.m., Sept. 16, at the Main Post Chapel. A parent's meeting will be held 10 to 10:45 a.m., Sept. 9.

To register, contact Olivia Wheaton, 443-617-3132.

Catholic Women of the Chapel

CWOC invites all women to the first Friday of the month gatherings 10 a.m. and Monday evenings, 6:30 to 8:30 p.m.

September meetings will be Sept. 7 and 21. All meetings are held at the Main Post Chapel Fellowship Hall.

For more information, call Cathy Day, 410-937-2617, Kathleen Santana, 410-273-7358, Librada Peters, 410-864-8815 or Bernadette Kovalsick, 410-322-5206.

Protestant Children's Church

PCC is conducted every Sunday during the 10:15 Protestant Worship Service in the

Fellowship Hall at Main Post Chapel. All are welcome.

Protestant Adult Bible Study

Protestant Adult Bible Study is held every Sunday, 9 to 9:50 a.m. at the Main Post Chapel.

Gospel Children's Church/Sunday School

Children's Church is conducted every Sunday during the noon Gospel Worship Service at Main Post Chapel. All are welcome.

Children and adults are invited to attend Gospel Sunday School 11 a.m. to noon at the Main Post Chapel. For more information, contact Clarence Weaver, 443-567-8934.

Volunteers are always welcome and training will be provided.

For more information on Religious Education Chapel Programs, call Gerri Merkel, DRE, 410-278-2516.

Hispanic Picnic planned, Sept. 7

The APG Catholic Community will host a Hispanic Picnic, Sept. 7, at CAPA Field, APG South. A planning meeting will be held at the Edgewood Chapel, noon, Sept. 3. The chapel will furnish roast pork, hot dogs, hamburgers and vegetables. Everyone is asked to bring a choice of vegetable, salad/dressing or dessert. If anyone can cook a Hispanic dish for a crowd, the chapel will need a list of ingredients.

For more information or to attend the meeting, call Connie Richardson, 410-676-0179.

Annual eCYBERMISSION competition begins

Science, math, technology is focus

Story by
JAMES LAW
eCYBERMISSION staff

Registration for the U.S. Army's 2007-2008 eCYBERMISSION competition opens Sept. 1 at www.ecybermission.com.

The increasingly popular program, a U.S. Army-sponsored, Web-based science, math and technology competition, is now beginning its sixth year of operation.

Managed by the Army's Research, Development and Engineering Command, eCYBERMISSION is designed to spark students' interest in science, math and technology and encourage them to pursue related careers.

Former Army Chief of Staff Gen. Eric Shinseki established eCYBERMISSION in 2002 with the vision of creating "a science fair for the nation." Since its inception, more than 35,000 students have participated and more than \$4.6 million has been awarded.

"The competition is designed for sixth-, seventh-, eighth- and ninth-graders whose interest in science needs just the right combination of challenge, support, excitement and reward," said Dr. Michael Doyle, eCYBERMISSION program manager. "The structure of this Web-based contest helps students move from textbooks to application of scientific process in real life scenarios."

Each team of three or four students identifies a problem in their community, formulates a hypothesis and conducts research and experiments. Mirroring the modern workplace, teams are encouraged to collaborate online using discussion forums, chat rooms and instant messaging administered and monitored by eCYBERMISSION staff. They then use the eCYBERMISSION Web site to submit their Mission Folder, the official write-up of their project, along with supporting data.

A slate of volunteer judges, many of them Army personnel, score the Mission Folders and determine the regional first and second place winners. Criteria winners are also determined for each grade and region. The criteria categories are: application of science, math and technology; innovation, originality and creativity; team collaboration and communication; and benefit to the community.

Students winning at both the national and regional level have the potential of receiving up to \$8,000 in U.S. EE Savings Bonds. The 16 regional first place teams also receive an all-expense paid trip to Washington, D.C., for the National Judging and Educational Event where they present their projects live to a panel of judges.



Photo by DAVID NATIONS

Materials scientist Dr. Ryan Emerson demonstrates a filament winding machine to national finalist students at the U.S. Army Research Laboratory June 19 as part of the eCYBERMISSION National Judging and Educational event.

The NJ&EE culminates with the awards banquet where the national winners are announced.

In June, more than \$1 million dollars in U.S. EE Savings Bonds were awarded to regional and national winners in the 2006-2007 eCYBERMISSION competition.

"Developing America's future leaders in science, math and technology is a joint effort that calls upon all who positively touch children's lives—parents, teachers, coaches, youth-group leaders, and more," Doyle said. "The nation's global competitiveness and national security depend on a strong U.S. workforce that

is engaged and employed in the sciences."

For more information, call 866-GO-CYBER (462-9237) or e-mail missioncontrol@ecybermission.com.

eCYBERMISSION needs volunteers -- Will you accept the challenge?

Story by
LAUREN STACEY
eCYBERMISSION staff

Since eCYBERMISSION's first competition more than five years ago, U.S. Army Soldiers and civilians have been part of the team and an essential component of eCYBERMISSION's success and growth.

These committed volunteers promote the competition, serve as on-line coaches, evaluate team submissions and act as team advisors.

During the 2007-2008 competition, the Army expects 12,000 students to participate in the eCYBERMISSION competition. Volunteers are needed to promote the program, engage with educators and other volunteers, and guide the student teams.

Serving as a volunteer is a great way to support both the U.S. Army and the local community.

"Every year I judge the folders, I'm overwhelmed by the extraordinary ideas," said Virtual Judge Jerome Hesch, an electronics technician for the U.S. Army Center for Health Promotion and Preventive Medicine. "As future leaders of this great nation, they demonstrate tremendous ingenuity and determination. The quality and diligence of these students is enlightening and motivational, and it keeps me coming back to eCYBERMISSION year after year."

There are five roles in which one can serve as a volunteer:

Ambassador

Serve as the "Face of eCYBERMISSION" by promoting the competition and recruiting other volunteers in the community. Individual must pass a background investigation. Minimum time commitment is 10 hours per month August through December and 2 hours per month January through July.

Installation Point of Contact

Coordinate the activities of multiple ambassadors at military installations. Individual must pass a background investigation.

Minimum time commitment is 10 hours per month August through December and 2 hours per month January through July.

CyberGuide

Provide on-line assistance to eCYBERMISSION teams by answering questions and providing guidance through the use of discussion forums, chat

rooms and instant messaging. Individual must have an active Department of Defense security clearance. Minimum time commitment is 24 total hours September through February.

Virtual Judge

Evaluate and score team Mission Folders on-line. Individual must have an appropriate interest or background in science, math, technology or education. Minimum time commitment is 20 to 24 hours during three-week period February through March.

Team Adviser

Assist student teams with

registration, mission challenge selection and mission folder submission, and provide guidance during project development. Minimum time commitment is 3 to 4 hours per week September through February.

Interested individuals can learn more and register to volunteer on-line at www.ecybermission.com. Use 'APG' as the registration code.

For more information, call 866-GO-CYBER (462-9237) or e-mail volunteerprogram@ecybermission.com.



MORALE, WELFARE & RECREATION

Activities/Events

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, 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 Titanic, 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 Sept. 15, Oct. 20 or Nov. 17. Cost 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.

Aberdeen Ironbirds tickets

Tickets are available for the following Aberdeen Ironbirds games:

- Oneonta Tigers, 7:05 p.m., Sept. 6
- Tickets cost \$13.50 per person and include a complimentary Ironbirds hat.

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

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.

Dover 400 Nextel Cup Race

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

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

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

Lyric Opera House

The Lyric Opera House will present Playhouse Disney Live, 12:30 p.m. or 3:30 p.m., Nov. 23 and 24.

Blast off to adventure with some favorite Playhouse Disney pals including the Little Einsteins Leo, Annie, Quincy and June and more.

Limited tickets are available. Tickets cost \$42 for orchestra/box seating; \$30.50 for tier level/dress circle seating first tier; and \$19 for balcony seating. Everyone regardless of age needs a ticket to enter.

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.

Sports

Greens Keeper Revenge Outing

Exton Golf Course will hold a Greens Keeper Revenge Outing, 8:30 a.m. start time, Sept. 1. The event will be an 18-hole scramble. Cost is \$20 for annual patrons, \$25 for value card and authorized patrons and \$30 for guests.

For more information or to register, call Ruben Ferguson, 410-436-2213 or e-mail ruben.ferguson@us.army.mil.

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.

Ruggles holds Customer Appreciation Tournament

Ruggles Golf Course will hold a Customer Appreciation Tournament, 8 a.m., Sept. 29. The tournament will be an 18-hole, two-person scramble. Minimum team handicap is 12. A continental breakfast will be

served prior to the start and refreshments and awards upon completion of event.

Cost is \$20 for annual patrons; \$33 for authorized patrons; and \$40 for guests.

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

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. 5, and will begin bowling 7 p.m., Sept. 12.

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. 7. The cost and start time will be determined.

Saturday Youth League starts 9:30 a.m., Sept. 8. 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.

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.

Upcoming Civilian Welfare Fund events/trips

Sept. 15 – Spend the day in New York City at your leisure. Cost of \$35 per person includes bus transportation.

Oct. 5 – Trip to Sight and Sound to see "In the Beginning;" dinner at Hershey Farms

Oct. 20 – Scrapbooking Crop at Top of the Bay

Nov. 9 thru 12 November – Trip to the Grand Canyon by railway

Nov. 23 thru 25 – A weekend in New York City to see Radio City Music Hall Christmas Spectacular with hotel accommodations

Nov. 24 – Trip to New York City for the Radio City Music Hall Christmas Spectacular

Dec. 1 – Ice skating, 5:45 p.m. to 7:45 p.m., at Ice World is free to APG military, civilians, contractors, retirees and their Families. A limited number of tickets are available, so reservations should be made in advance. Skate rentals are not included.

For more information or to make reservations, call Angela Keithley, Civilian Welfare Fund Office, 410-278-4603/4771.

Pennsylvania Renaissance Faire tickets available

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, 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 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., 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.



ACS upcoming events

All scheduled events will be held at the Army Community Service Center, building 2754, Rodman Road unless otherwise noted.

The ACS Employment Readiness Program in partnership with Aberdeen Proving Ground Federal Credit Union and Harford Community College Small Business Development Center will sponsor *Smart Start Your Business seminars*. This free 90-minute orientation program provides an overview of the ways to start a business, the skills and duties of a successful entrepreneur and how to write a strategic business plan. Other services offered by the SBDC will also be discussed.

Seminars will be held 11:30 a.m. to 1 p.m. Sept. 19, Oct. 31 and Nov. 14.

For more information or to RSVP, call 410-278-9669.

The *Waiting Families Support Group* is scheduled for 6 to 7 p.m., Wednesdays, at ACS, building 2754 Rodman Road. This group is designed to provide resource information to assist spouses and Family members remaining behind while the military sponsor serves on unaccompanied tours, extended TDY, or deployments.

Meetings will be held, Sept. 19, Oct. 17, Nov. 14 and Dec. 5.

For more information, call Marilyn Howard, ACS, building 2754 Rodman Road, 410-278-9669/7572.

A *Support Group for Survivors* meets 6 to 8 p.m. each Tuesday. The topic is "Talking it Out." The support group is open to adults affected by unhealthy relationships including domestic and/or sexual violence.

A *Support Group for Adult Survivors of*

Sexual Abuse will meet 11 a.m. to 1 p.m. on the second Wednesday of each month. "Let's Talk About It" provides emotional support, begins the healing process, and shares experiences and resources.

The Relocation Program will hold a *Home Buying and Selling Seminar class*, 11 a.m. to 1 p.m., Sept. 18, at the APG North Recreation Center, building 3326.

Family Information Network Meeting, or FIN, support group meets 11:30 a.m. to 1 p.m., the second Wednesday of the month. It is designed to provide education, information and support to those Families who are living with or caring for an exceptional Family member.

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. 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

Victim Advocacy APG 24-Hour Hotlines: Domestic Violence is 410-652-6048; Sexual Assault is 1-410-322-7154.

APG Bowling Center Snack Bar specials

Building 2342

Week of Aug. 27

Special #1: Grilled ham and cheese, French fries, one cookie and soda for \$4.35.

Special #2: Bowlerburger with cheese and bacon, mayonnaise, lettuce, tomato, pickles, onions, potato chips and soda for \$7.65.

Week of Sept. 4

Special #1: Egg salad sandwich with lettuce, tomato, potato chips, one cookie and soda for \$3.55.

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

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



Army Entertainment and Aberdeen Proving Ground MWR present

ARMY CONCERT TOUR

MONTGOMERY GENTRY

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

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Saturday, September 29 ON SALE SOON

Aberdeen Proving Ground, MD

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No refunds, concert is rain or shine, lawn seating

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

Local Sponsors: WPGC 631, Bud Light, Chase

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

TRICARE reminds beneficiaries to be prepared before disaster strikes

TRICARE

Preparing for a disaster ahead of time may alleviate some stress people may face during a storm and ease the burden on Family and loved ones. A few simple steps will help military Families prepare for storm season or any disaster.

TRICARE officials remind their 9.1 million beneficiaries worldwide to make a plan as a Family and keep in mind several simple things.

Keep basic items such as water, non-perishable food, a battery-powered radio, flashlights and first-aid items in an emergency kit.

Because medical help may not be immediately available during a natural disaster, be sure to pack all [of the Family's] health related items in a waterproof emergency kit. These items could include:

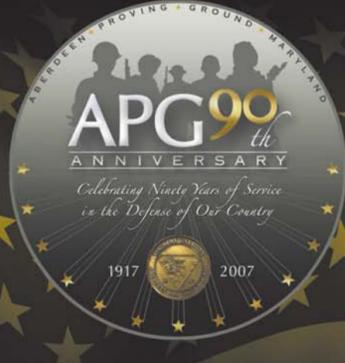
- Copies of each Family member's uniformed services ID card (or sponsor's name and Social Security number, Family members' names, addresses, phone numbers, etc.);
- Copies of each Family member's Medicare card or other health insurance card, if applicable;
- Copies of medical records for each Family member;

- List of each Family member's primary care manager other doctors names and phone numbers;
- Emergency contact names and phone numbers;
- List of other important phone numbers, including regional contractor, Medicare, and Express Scripts (the TRICARE Pharmacy contractor);
- List of each Family member's prescription medications and their doses, in case they need to be replaced;
- List of each Family member's allergies;
- A properly-stored 30-day supply of all prescription medications for each Family member;
- For those who require Insulin, a 30-day supply as well as proper storage to keep it cool;
- Nonprescription drugs, such as pain relievers, anti-diarrhea medication, antacid, laxatives, bug spray, itch control, etc.;
- List of medical devices' style/model and serial numbers, such as pacemakers;
- Extra wheelchair batteries or other special equipment; and
- Extra eyeglasses and hearing-aid batteries.

For more information and valuable tips, visit TRICARE's Disaster Relief Web page www.tricare.mil/DisasterRelief/index.cfm.

Aberdeen Proving Ground 90th Anniversary Gala

★ ★ ★ November 10, 2007



Ripken Stadium

Club Level
7-11 p.m.

open to the public
Music, Food, Entertainment
Advanced tickets on sale from Aug 21 - Sep 30
Advanced tickets are \$45
Regular tickets are \$50

Call 410-278-4603 for more information.






No endorsement by US Army implied.

To purchase tickets for the APG 90th Anniversary Gala

7 to 11 p.m., Nov. 10 at Ripken Stadium

Name _____

Address _____

Telephone _____ **Credit card number** _____

Expiration Date _____ **Signature** _____

Pay by check. Make payable to Civilian Welfare Fund.

Mail to the Civilian Welfare Fund, ATTN: Angela Keithley, Building 2727, Aberdeen Proving Ground. MD 21005-5001, or call 410-278-4603.

LEAVE DONATIONS		
To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Ronda McKinney, 410-278-8988, or e-mail rondamckinney@usag.apg.army.mil .		
Employees eligible for donations in the Voluntary Leave Transfer Program		
James Addas Karen Blades Sarah Boats William Bond Sandra Boyd Debra Bonsall (daughter has brain tumor) Jeanie Bowman Teresa Bridges Linda Brown Brett Christy George Colletta James Craven Barbara Crossley Dawn Crouse Ruth Cunningham John Daigle	Shelia Davison (benign paroxysmal positional vertigo) Marc Devecchio Wayne L. Doyel Dawn Folck Cathleen Holmes David Harding Ira Hines Carolyn Johnson Reginald Johnson Beverly King (caring for husband) Cathryn Kropp Victoria Little Joyce Mauldin Louis McCarter (kidney failure)	Phillip Mellowship Sandra Miller Karen Moss Gloria Morales Trudie Norman Cindy Orwig Lester Pilcher Judith Rembold Barbara Seker Donna Sexton Joyce Spies Alison Tichenor Elizabeth Usmari Louis Winters Sharon Woods Charles Young

APG students participate in Jump Start Program

Students transitioned to APG and tour Aberdeen Middle School



Detective Mike "Big Mike" Farlow, community policing/crime prevention specialist, talks to Aberdeen Proving Ground students about APG activities during the Jump Start Program at Aberdeen Middle School Aug. 21.

Story and photo by
HEATHER TASSMER
APG News

Sixth-grade students who live on or around Aberdeen Proving Ground North beat the back-to-school jitters when they participated in a pilot Jump Start Program and received a tour of Aberdeen Middle School Aug. 21.

APG Detective Mike "Big Mike" Farlow, community policing/crime prevention specialist, came up with the idea for the JSP.

"The program's purpose is to ease anxieties of transitioning from elementary to middle school," Farlow said.

Eileen Campbell, APG Child and Youth Services

school liaison, coordinated with AMS principals to conduct the program.

Farlow said that some children have fears of opening lockers and changing classes and that the program is designed to make them feel more comfortable with the middle school environment.

Farlow and Campbell spoke

to about 15 students during the program some of which were with their parents. Farlow introduced himself and talked about the Drug Abuse Resistance Education classes that are offered on APG. Campbell praised the work of Farlow and gave students some tips for their first year of middle school.

The students also met Chandra Krantz, head principal; Natalie Holloway, sixth-grade principal; Lamark Holly, seventh-grade principal and James Johnson, eighth-grade principal.

Krantz told the students that the school is divided into planets and that the sixth-graders are either in the Earth or Venus location for their core classes.

She said that the JSP is helpful for new students.

"Anytime you give students a chance to ease into a transition, it gives them a chance to get a feel of what they are getting into," Krantz said.

Holly discussed some school policies including cell phones and dress codes with the students and gave them a tour of the school.

Several parents had positive feedback about the program.

Nikki Smith, spouse of Sgt. Joseph Smith, dropped off their children, Zachary and Kaleigh, at the program.

Smith said she and her Family moved to APG in March from Germany.

Smith said that the JSP was beneficial because the children would "know the layout of the school and won't be lost on the first day of school."

Bobbie Jones, spouse of Master Sgt. Michael Jones, attended the program with her daughter Ciera.

"Ciera will see how to get around the school and won't be so nervous," she said.

Garvin Jackson, a sixth-grade student, also said the program was beneficial.

"You don't usually get tours when you are new to a school," Jackson said.

He said the first day of school will be better because he will know where his classrooms are located.

Farlow said he and Campbell are planning on conducting the program next year and may extend the program to Edgewood Middle School depending on the increase of population to APG South.

Campbell said she was pleased with the outcome of the program.

"Mr. Holly had a great sense of humor and was quite animated on the tour," she said. "The students really had a great time."

She said that she and Holly serve on the Local Action Plan committee for Harford County Public Schools/APG school partnerships, and that the group determined "easing student transitions during the first two weeks of school" as a key issue the committee would like to improve.

Isolda McClelland, Army Community Service Exceptional Family Member Program manager, also attended the JSP to ensure children with disabilities could also defer some anxiety with starting middle school. AMS staff encourages parents to learn more about the school.

Krantz said that the school has an open door policy, and parents or guardians can visit the school from 8 a.m. to 4 p.m. as long as they have identification.

Parents can attend the AMS Back to School night Sept. 6 from 6 to 8 p.m. to learn more about their children's teachers.

Letter to the Editor:

As I was entering the gate this morning and automatically showed my ID card to the [police officer], I couldn't help but wonder how often we take the police officers, our installation's first line of defense, for granted. I thanked the police officer for "being there" and saw his face light up. That reaction "made my day."

I would offer that we all take these valuable officers for granted, and I would think that as we approach the Labor Day holiday, that it would be a great gesture if more of us would pause long enough to simply say words like: "Thanks for a good job," "Thanks for being there" and/or "we appreciate your support."

When I see these installation police officers, our first line of defense against acts of terrorism, I cannot help but remember my two tours in Vietnam and being so appreciative of the Soldiers who "stood the watch" while I worked and/or slept. Many of our officers are veterans from our armed services.

We may also fail to realize that many times they pull double shifts to cover personnel shortages.

I offer only that as we use special events to celebrate or remember, it is probably most appropriate that we use the Labor Day holiday as a time to express our gratitude for our security force and installation police officers who "also serve."

Respectfully,
Benjamin Brusio
U.S. Army Research Laboratory

Applying for law school at government's expense

OSJA

The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education program. Under this program, up to 15 Army officers may be selected to attend law school at government expense while on active duty. Because of possible funding limitations participation will be contingent on availability of funds.

Selected participants in the FLEP will attend law school at either their state's-supported school or a school that grants military members in-state tuition beginning the fall of 2008 and remain on active duty while attending law school.

Interested officers should review Chapter 14, AR 27-1 (The Judge Advocate General's Funded Legal Education Program) to determine their eligibility.

This program is open only to active duty commissioned officers in the rank of second lieutenant through captain and must have at

least two but not more than six years of active duty at the time legal training commences.

Further eligibility requirements are governed by statute (10 U.S.C. 2004) and are non-waiverable.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test.

Applicants must send their request through command channels, to include the officer's branch manager at Army Human Resources Command, with a copy furnished to the Office of the Judge Advocate General, ATTN: DAJAPT (Yvonne Caron-10th Floor), 1777 North Kent Street, Rosslyn, VA 22209-2194, to be received before Nov. 1. Submission of the application, well in advance of the deadline, is advised.

Interested officers should contact Maj. Richard Hatfield, deputy staff judge advocate, or Nora L. Farrell, paralegal specialist at 410/278-1112/1107, respectively.



CPSC urges parents to help children avoid injuries as they head back to school

CPSC

[Children] may already know their ABCs, but do [parents] know the ABCs of keeping their children safe as they head back to school?

The U.S. Consumer Product Safety Commission is urging parents to put safety at the top of their lists of things to do and to pay special attention to helmets, art materials and back-to-school clothing this fall.

Parents and school officials should also look for hidden hazards on playgrounds and on soccer fields that could sideline children with injuries or may even be deadly.

CPSC offers the following ABCs of back-to-school safety:

A: Always wear the right helmet for the activity.

Wearing a helmet significantly reduces the risk of a head injury and can save your child's life. Bicycle helmets, for instance, can reduce

the risk of head injury by as much as 85 percent.

There are different helmets for different activities. Each type of helmet is made to protect the head from the impacts that are common to a particular sport or activity. For the best protection, make sure the child wears the right helmet whether it's for biking, football or baseball.

Fit is important. A helmet should be comfortable and snug, level on the head and securely buckled so it doesn't move or fall off during a fall or collision.

For more information on helmet safety, go to CPSC's publication "Which Helmet for Which Activity" at www.cpsc.gov/cpscpub/pubs/349.pdf.

B: Be safe on the playground and on the soccer field.

Hidden hazards can lurk on the playground

or sports field. More than 200,000 children each year visit hospital emergency rooms due to injuries received on playgrounds.

To prevent the most common type of playground injury -- a child falling from equipment -- make sure there is at least a nine inch layer of shock absorbing surface material made of wood chips, mulch, sand, or pea gravel, or safety-tested rubber or fiber material mats underneath and around playground equipment.

Cover exposed hardware that can catch clothing, and remove any free-hanging ropes. Both are strangulation hazards.

On the soccer field, [parents should] work with their child's school to ensure portable soccer goals are securely anchored when in use. Movable soccer goals can fall over and kill or injure children who climb on them or hang from the crossbar. Since 1979, CPSC has reports of at least 28 deaths associated

with soccer goals.

C: Care with clothing and art materials.

Don't buy jackets or sweatshirts, or any upper outerwear for children, if they have hood or neck drawstrings. Remove drawstrings from hoods or around the necks of jackets and sweatshirts in children's closets.

Drawstrings pose a strangulation hazard because they can get caught on playground equipment or other products. Over the past 20 years, CPSC has received reports of 23 deaths and 64 non-fatal incidents involving the entanglement of children's clothing drawstrings.

Art should be fun, not dangerous. Make sure any new art materials bought or that the school uses contain the statement, "CONFORMS TO ASTM D-4236." Check older art materials to see if they've been recalled at www.cpsc.gov.



Your health is KUSAHC's goal



Commentary: Send your child back to school with 'grow-and-go' foods

Story by
MAJ KAREN FAUBER
DeCA

Books, pencils, pens, calculators and book bags: it must be time for school again. It's hard to believe that another summer has slipped away; yet, the sound of that big, yellow bus is just around the corner. With all the back-to-school hustle and bustle it can be so easy to forget about the nutritional value of the food children will eat during the school day.

Research has shown that children's ability to learn and their attention span in school are greatly affected by the quality of their diet. We all want to give our children the best when it comes to food. Too often we are in a rush and go for what is most convenient which may not be a healthy choice. This is especially true at the beginning of the school year when we are trying to get back into a routine. Yet, for children, eating a peanut but-

ter and jelly sandwich too often can get old quickly, and often it ends up in the trash can.

One way to keep children interested in their daytime meal and teach them the good nutrition is to involve them in planning their lunches and snacks. Try having them look for healthy lunch and snack ideas on the Web and plan a menu for a week or longer. Once they find healthy foods they like they will often request it. Have them write out a list and take them to the commissary to shop for those items.

While planning meals and snacks, use the opportunity to teach young children about making healthy choices. Explain how "grow-and-go" foods will help them feel good and have fun at school. "Grow-and-go" foods are high in complex carbohydrates, good sources of protein, vitamins and minerals and contain a moderate amount of fat.

Suggestions for grow-and-go foods

Lunch and snack ideas

- B-n-B wrap (Banana and nut butter wrap)

Mash a banana and mix with any nut butter. Here is an opportunity to try a different butter like almond butter which is high in vitamin E and protein. If your child prefers, sprinkle with dried fruit or coconut for a different flavor. Spread it on a whole wheat wrap, roll it up and bag it.

- Turkey, ham, or chicken and hummus wrap

Spread some plain hummus on a wrap, add meat slices, any cheese (optional), lettuce and cucumber slices. Roll it up and bag it. Hummus adds a unique flavor. If your children do not like it, use mustard or a little mayonnaise.

- M-n-C roll up (Meat and cheese roll ups)

Take any thinly sliced luncheon

meat and your children's favorite cheese, roll it up and bag it. Also pack some whole grain crackers or pita chips for energy packed carbohydrates.

- Baby carrots, cucumbers chunks, grape tomatoes, hummus, whole grain crackers and pita chips

Put some hummus in a small container to use as a dip. Bag the carrots, cucumber chunks and grape tomatoes. Also pack some whole grain crackers or pita chips for energy packed carbohydrates.

Keep low-fat yogurt, cheese, sandwiches cold by using a frozen ice pack or a frozen juice box.

- Tortilla chips, plain yogurt, and salsa

Cut up tortillas in quarters, sprinkle a little salt on them and heat them in the microwave for a minute or two. Mix the yogurt, for protein and calcium with salsa or just put plain salsa in a small container for a dip.

- Cold pizza, pasta, or chips are okay now and then. All foods can fit into a healthy diet if eaten in small amounts.

- Trail mix

Mix almonds, peanuts, dried fruit and whole grain cereal for a nutrient dense, energy-packed food and bag it. This is a great take it anywhere kind of food.

- Cheese sticks, nuts, frozen yogurt, 100 percent juice boxes, dried fruit, fresh fruit and canned fruit all make great snacks and additions to lunches.

These are just a few nutritious lunch and snack ideas that may work for you and your children. For more ideas, go to <http://www.commissaries.com> and click on the DeCA Dietitian (the apple). Visitors to the site can post questions on the DeCA dietitian forum and look for useful nutrition information in the weekly column.



Navy chaplain (Lt.) Brian Jacobson demonstrates 'wrestling with the devil' to overcome sin.

Chapel Hosts 'Ropin' With Jesus'

Story and photos by
YVONNE JOHNSON
APG News

A Virginia couple who uses the flavor of the 'old west' to teach modern-day Bible studies brought their message to the Aberdeen Proving Ground main post chapel in the form of the Ropin' With Jesus Christian Cowboy Ministry Aug. 19.

Gene and Claire Palmer of Howardsville, Va., said they have been spreading the gospel through rodeo-themed activities that include pony rides and lassoing make-shift cattle to reinforce biblical lessons in young people for five years.

"We started out in Vacation Bible School and it kind of ballooned from there," Claire said.

The couple travels throughout the mid-Atlantic spreading their ministry at no charge to host churches.

"We think 'Ropin' With Jesus' gives a new perspective," she said. "Our goal is to draw children in and give them the gospel message in a fun environment."

A persistent rain drove the event inside the chapel's fellowship hall where the Palmers put on skits and demonstrated roping techniques while explaining the correlation between western terms and the gospel. Claire said that the program is even more enjoyable when they can offer the pony rides.

"The kids get caught up in it and the parents do too," she said.

Chaplain (Maj.) Fred MacLean and members of the Protestant Service attended the event along with Navy chaplain (Lt.) Brian Jacobson and his wife Keerstie, who invited the Palmers to APG after meeting them in Virginia. Keerstie Jacobson is a volunteer at the APG South horse stables.

The Jacobsons, the Palmers and MacLean dressed in traditional cowboy apparel and gear for the event.

Before demonstrating roping techniques on a straw steer, Gene Palmer told the audience of predominantly children, that the rope represents the testimony with which "you bring people to Jesus."

"Each person has their own testimony and it includes saying the Lord died for your sins and asking Him to come into your heart," he said.

The show included a skit between the Jacobsons that demonstrated the literal version of 'roping' someone with the gospel. Lt. Jacobson delivered his testimony to his wife, and as she accepted the gospel and prayed for forgiveness, the rope that was binding her wrists fell away.

"I'm free!" she exclaimed.

To reinforce the lessons learned, feigning confusion, Gene Palmer asked for a volunteer to explain to him "what in tarnation happened," and 7-year-old Alison Smith obliged, explaining to Palmer that the woman was freed through prayer and demonstrating how to pray.

Kneeling with Smith, Palmer said, "You know what, I feel better. Hallelujah!"

Displaying the elaborate saddle and accessories they brought with them, Claire Palmer explained the

biblical symbolism of horse saddles and tack.

"The bridle not only steers the horse, it stands for the importance of holding your tongue," she said. "It is very important for us to watch the words we speak because they are very difficult to undo so this serves as a reminder for us to bridle our tongues."

Holding up the breastplate, she said that while it fits over the horse's head and keeps the saddle from slipping, it also stays firmly in front of the horse.

"Like the bridle, our righteousness is before us at all times," she said. "If you have a good spiritual bridle the devil will see that you are a child of God."

"The saddle," she said, "is the strongest piece and it tells us to be firm and bold in our faith."

She said that with saddlebags, cowboys always carry food in one side and a bible in the other.

"Naturally, they carry food because if you go without food too long you get weak," she said. "That's what happens spiritually if we don't read our bibles. It feeds our spirit and helps us talk with God."

"The best part is it's a toll free call and you can talk with God every day," she added.

The program closed with the children lining up to take turns roping the 'steer.'

"This was just wonderful," said Loraine Bright, a volunteer Sunday school teacher as she watched her daughter play.

"The chapel always has good programs for our Families. We'd just like to have more adult volunteers and particularly Soldiers, join in," Bright said.

"We heard about ['Ropin' With Jesus'] through the chapel," said Protestant service member Sgt. 1st Class Joe Newby, who brought his wife, Kiersten and children Alden, 5, and Erin, 9. "We've been here three years and we're very happy with the chapel programs; especially with what they have for children," he said.

MacLean thanked the Palmers and complimented them on their unique ministry.

"Most adults grow up playing cowboy at one time or another," MacLean said. "What this does is spur their imagination. It communicates and speaks in a language they already understand."

"And for children, it's easy to remember the pieces [of equipment] and know what they look like and what they stand for. Then, when it's time for them to talk about it, people can understand."

"I've been around horse and playing cowboy all my life," Gene Palmer said, adding that he and his wife had prayed for "the kind of ministry that can reach young people."

"We go wherever God sends us because we believe that this is our calling."

The Palmers said that their home church - the First Baptist Church of Charlottesville, Va., - is planning the erection of a small western "town" complete with bank, dry goods and barber shop storefronts to enhance their ministry.

For more information or to schedule a visit from the Ropin' With Jesus Cowboy Ministry, call the Palmers at 434-263-8482.



From left, Keerstie Jacobson, Claire Palmer, Jacobson and Gene Palmer lead the congregation in song.



Chaplain (Maj.) Fred D. MacLean, right, coaches Peyton Jones and other children in the proper way to rope with Jesus. The youths waiting their turn include from left, Karisma Logan, Alison Smith and Jordan Bright.



Gene Palmer of the Ropin' With Jesus Cowboy Ministry teaches Alden Newby, 5, how to rope with Jesus.



Gene Palmer listens closely as Alison Smith, 7, shows him how to pray.