

APG News

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Published in the interest of the people of Aberdeen Proving Ground, Maryland

February 1, 2007 Vol. 51, No. 5



APG 90th Anniversary Dawning of a new era in APG's 90-year history

POST SHORTS

Recycling schedule

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

New arrivals required to attend Newcomers' Orientation

All newly arrived Soldiers and civilian employees are required to attend the APG Newcomers' Orientation, 1 p.m., Feb. 7, at the APG North Recreation Center, building 3326. Sponsors are encouraged to bring their family members, and all members of the APG community are welcome to attend.

More than 35 APG community activities and organization representatives will welcome arrivals with handouts and literature and will answer questions regarding their programs.

Each unit/activity is requested to report the number of attending personnel to Marilyn Howard, Army Community Service, building 2754, 410-278-9669/7572, fax 410-278-9685 or e-mail marilyn.howard@apg.army.mil by Feb. 1.

National Prayer Luncheon, Feb. 8

The annual National Prayer Luncheon will be held 11:30 a.m. to 1 p.m., Feb. 8, at Top of the Bay. The guest speaker will be Maj. Gen. Roger A. Nadeau, commander of APG and the U.S. Army Research, Development and Engineering Command.

Tickets cost \$10 each and are available from unit command sergeants major.

The menu includes fried chicken, roast beef, tossed green salad, rolls, tea and coffee.

For more information, call Chap. (Maj.) Fred MacLean, 410-278-4333.

Corrected hours for APG Army Education Center

The new hours of operation for the APG Army Education Center are Monday and Wednesday, 7:30 a.m. to 12:30 p.m.; Thursday and Friday, 7:30 a.m. to 12:30

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Commander of Aberdeen Proving Ground and the U.S. Army Research, Development and Engineering Command Maj. Gen. Roger A. Nadeau shakes hands with former employee Carrie Lawrence during the 90th anniversary reception at the Ordnance Museum Jan. 26. Looking on are RDECOM Command Sgt. Maj. Eloy Alcivar, far left, APG Garrison and Deputy Installation Commander Col. John T. Wright and Garrison Command Sgt. Maj. Elvis Irby, far right.

APG holds 90th anniversary reception

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

Aberdeen Proving Ground leadership invited employees, retirees, installation leaders and city, county, state and federal officials to a reception at the Ordnance Museum Jan. 26.

This was just the beginning anniversary celebration. More events will follow commemorating APG and will be observed until January 2008, according to Col. John T. Wright, APG Garrison and deputy installation commander.

Some of the prominent attendees were

Maj. Gen. Roger A. Nadeau, commander of APG and the U.S. Army Research, Development and Engineering Command; RDECOM Command Sgt. Maj. Eloy Alcivar; Wright; Garrison Command Sgt. Maj. Elvis Irby; David Craig, Harford County Executive; and Bill Securro, president of the Harford County Chamber of Commerce.

Wright thanked everyone for attending. He also thanked the committee who helped organize the event and Kenneth Masoner, a former member of the committee who "took a kernel of an idea and turned it into something."

Wright discussed some of APG's history, including the establishment of the installation in 1917 and the first shot of a Model 3-inch field artillery piece test fired Jan. 2, 1918.

"The main reason for celebrating the 90th anniversary is to capture the stories of those men and women who spent their lives here and made Aberdeen Proving Ground a great place to live and serve today," he said.

"They set a very high standard and we need to continue that standard for the next 90 years," he said.

Nadeau also shared some of his

thoughts about how APG's successful past will affect the future. He said that APG history is centered around chemicals and chemical munitions; test and evaluation; and research, development and engineering.

"Enjoy the events as the year progresses and we continue to remember history and for all of those who will very much drive the future," Nadeau said. "It is the history and the contributions of the past that will help drive the energy to complete the BRAC [Base Realignment and Closure]

See **90TH**, page 2

New Tax Center opens

Story by **EDRIC THOMPSON**
APG News

The Office of the Staff Judge Advocate, Client Services Division, celebrated the opening of its new Tax Center Jan. 22 in building 4117, Boothby Hill Road.

The center, which is open from 11 a.m. to 8 p.m., Monday through Thursday, offers free federal and state income tax preparation services until April 12 for active duty military members, retirees and family members.

Eric Feustel, installation tax attorney, said improved facilities and accessibility necessitated the move from the second story of the old post headquarters.

"The lighting is better, the layout is more spacious and the building is wheelchair accessible," Feustel said. "But the most important thing is that the center is within walking distance for a majority of the Soldiers."

The center has also extended its hours to better accommodate training and duty schedules.

"One of the challenges we faced last year was that some Soldiers couldn't get here before closing time, so this year we're open 11 a.m. to 8 p.m., and all returns will be prepared between noon and 7 p.m.," Feustel said. "The Soldier is our primary client, so we're going to do everything we can to help."

The center will be staffed full-time by eight Soldiers who have received intensive training and Voluntary Income Tax Assistance certification in the basic and intermediate levels of federal income tax preparation. The training was conducted by the Internal Revenue Service on its latest tax software.

Master Sgt. Terry Fragale, tax preparer, is confident that the staff will provide the best service possible for military families.

"Each person here has his or her level of expertise, and we all work together to help each other," Fragale said. "If I don't know the answer to something, someone else will. With our training, we can point things out to service members that they might miss if they attempted to use the software by themselves."

Feustel said there are several advantages to using the Tax Center staff

instead of "doing it yourself."

"We will save the client time; we will inform him or her of all deductions and credits available to service members and retirees; we will explain the latest changes to the tax laws and we will provide support if there's a mistake," Feustel said.

Appointments are not necessary for simple returns consisting only of wage income, interest income less than \$400 and a single-state tax return. However, complex returns, which will not be handled until Feb. 12, may require scheduling.

"The majority of the clients that we serve are the trainees, so their returns shouldn't be too complex; they can come in off the street. But when it comes to pension income, rental property, multiple-state returns and things like that, the client should call us to discuss whether or not an appointment is necessary," Feustel said.

Come prepared

In order for the tax preparers to process returns, clients must bring all the appropriate supporting documents. To ensure a smooth process, individuals should log on to the APG homepage, Staff Judge Advocate Section, and complete the client questionnaire.

"This will explain which documents they need to bring. We can't prepare the return if they are missing documents," said Sandra K. Williams, installation tax coordinator. "The required documents vary on a case-to-case basis. If they're not certain, they need to come in and speak with us, but most individual tax payers will know enough about their situation to know what credits they are eligible for and what forms they need."

Aberdeen Proving Ground Garrison and Deputy Installation Commander Col. John T. Wright said he was pleased with the new center and that he hopes Soldiers will take advantage of the Installation Tax Assistance Program.

"Truly it is one of those benefits that folks on the outside will pay a lot of money for, and quite frankly, they'll waste a lot of money," Wright said. "I would encourage service members and their families to take advantage of the free services. They'll enjoy it - if one can enjoy taxes, that is."



Maj. Matthew E. Sutton, right, commander, U.S. Army Ordnance Center and Schools Marine Detachment, transfers command to incoming Commander Maj. Steven J. Skirnack during the change of command ceremony at the Post Theatre Jan. 19.

OC&S Marine Detachment welcomes new commander

Story and photo by **ANDRICKA THOMAS**
OC&S

The U.S. Marine Corps Detachment at the U.S. Army Ordnance Center and Schools transferred command from Maj. Matthew E. Sutton to Maj. Steven J. Skirnack, former division ordnance officer at the 2nd Marine Division at Camp Lejeune, N.C., at a change of command ceremony at the Post Theatre Jan. 19.

Brig. Gen. James B. Laster, commander, Marine Training Command, toured the school and attended the ceremony.

At his next assignment, Sutton will continue serving the Marine Corps at Camp Smith, Hawaii, as an ordnance officer and maintenance manager.

Having previously been assigned

to Aberdeen Proving Ground on several occasions, Sutton said he felt honored to have served as the commander of the Marine Detachment at OC&S.

He attended the school here first as a private in 1982, returned as a sergeant and then again as a warrant officer.

"But coming back as the commander of the Marine Detachment has been the greatest privilege an ordnance Marine could have," Sutton said. "As an ordnance Marine, there are a lot of opportunities for young Marines to progress through the ranks."

Sutton is living testimony to that fact, as he went from a private to a major.

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Veterans' Voices

Law puts more pressure on VA to protect against ID theft

Story by
JOHN NEVILLE
Turret Staff Writer

Last month, President Bush signed into law the Veterans Benefits Improvement Act of 2006. Aside from expanding health care benefits and setting aside money for new facilities, the bill is an attempt to better secure the personal data of millions of veterans. It also requires the VA to follow specific procedures if such a theft occurs again.

Last May, a laptop containing the names and Social Security numbers of 26.5 million veterans and 2.2 million members currently serving with the National Guard and reserves was stolen from the home of a VA data analyst employee.

It was feared that thieves would use the information for identity theft crimes, but that turned out not to be the case. The laptop was eventually recovered, and a subsequent FBI investigation concluded that such information wasn't lifted from the computer's hard drive.

"There is also no indication that the infor-

mation was accessed," said Phil Budahn, a spokesman for the VA in Washington, D.C., during a telephone interview in early January with the Turret. "The FBI has ways of looking at a hard drive and telling whether information in a particular file has been opened. We've seen no indication that it had."

Under the new law, the VA will use encryption protection for all data, according to Budahn. The VA will also centralize its management of information technology and security systems.

"We're convinced that the centralization [of the data] will permit us to exert the highest possible standards across the entire agency," Budahn said. "We're about 230,000 people as far as employees. It's the second largest federal agency. To put that all under one office with everyone using form standards and being accountable in the same way is a formidable undertaking."

If such a breach does occur again, the VA is now required to notify those affected so that they may act promptly to prevent or at least minimize damage. The VA must also issue

fraud alerts to those affected. A fraud alert is a notice placed on a person's credit report that requires creditors to contact the person before new credit is issued under that name.

The VA must also provide credit monitoring services to those who've had their information compromised. Companies hired to monitor credit will alert customers when there has been:

New account activity-Whenever a new account is opened in the customer's name.

Address change-Thieves opening an account [in the victim's name] are also likely to use a different address. The service will alert customers to such attempts.

Account information changes-If other changes are made to information on the account, such as the amount borrowed, the customer will be notified.

Changes to public records-Customers will also be alerted to any change made to the type of public records that appear on a credit report, such as the status of bankruptcies or legal judgments.

Closed accounts-A customer will be alerted

if his or her account has been closed.

Collection accounts-Monitoring services will alert its customers if any action is related to collection services.

Inquiries to credit information-A credit monitoring service will alert the customer if an inquiry is made to the customer's credit file.

The new bill also requires the VA to submit reports to Congress about the breach.

Finally, the VA must provide identity theft insurance which reimburses victims for costs incurred in restoring their identity and repairing credit reports.

"We're absolutely committed to what our secretary has called the 'gold standard of information security,'" Budahn said. "We've dramatically tightened our processes for protecting information since that incident, and it's very important to note that it didn't involve any patient records."

(Editor's note: Reprinted from The Turret Newspaper, Fort Knox, Ky., at <http://www.knox.army.mil/center/pao/newTurret.htm>.)

Enhancements improve care for veterans

DoD, VA

The Department of Veterans Affairs and the Department of Defense agreed on Jan. 24 to make joint inpatient electronic health records a reality - a move that will transform the way both departments deliver health care and that can be a model for the health care industry nationwide.



"This groundbreaking agreement will help us provide better care to veterans and to members of the armed forces, all of whom have earned the right to world-class health care," said Secretary of Veterans Affairs Jim Nicholson.

Both VA and DoD believe that a joint system will make inpatient medical records instantly accessible to clinicians in both departments. VA clinicians will have immediate access to their patients' military health records, allowing doctors and others to make faster and better treatment decisions.

"DoD and VA manage two of the largest health care systems in the world," said Dr. William Winkenwerder Jr., assistant secretary of defense for Health Affairs. "By working together, we can share medical data sooner and more seamlessly than we could on our separate paths."

In recent years, the two departments have developed a string of pioneering initiatives to improve the way they care for men and women transitioning from military to civilian life. VA's current electronic health records system, known as Vista, received the prestigious "Innovations in American Government Award" from Harvard University's Kennedy School of Government in 2006.

In testimony Jan. 23 before the Senate Veterans Affairs Committee, VA Deputy Secretary Gordon H. Mansfield said, "Our two departments understand that we are responsible for the same people, only at different times in their lives. Our greatest challenge, and our greatest opportunity, is to build systems that meet the needs of veterans and DoD beneficiaries for today and tomorrow. We will continue to persevere toward that goal."

For more information, visit <http://www.va.gov>.

APG acknowledges longevity of federal workers

Story by
HEATHER TASSMER
APG News

In January, two employees and one recently retired employee were honored for their longevity in federal service.

Anita Howell and Mary Zimmerman with the Directorate of Installation Operations were honored for a combined 90 years of service. Howell, chief of the Logistics Division, is a 40-year employee and Zimmerman, a former supply technician, retired in Jan. 3 after 50 years.

Also recognized in a separate ceremony for 40 years of service was Linda Holmes, a computer operator for the Directorate of Information Management.

The three women's coworkers and members of the garrison showed their appreciation by attending ceremonies in DIO and DOIM.

Col. John T. Wright, APG Garrison and deputy installation commander, presented the employees with certificates of appreciation signed by Brig. Gen. John A. MacDonald, Installation Management Command deputy commanding general. He also gave them length of service pins and garrison coins.

For Howell and Zimmerman's ceremony, he said that they have "spent a lifetime" at APG and everyone "should be as happily employed."

At Holmes' ceremony he had similar remarks of appreciation.

"Your longevity is extremely important to the success of what we do," he said. "The continuity of the civil servant is the backbone of the Army family."

Anita Howell

Howell started working at APG on Feb. 9, 1967, as a supply clerk for the Logistics Directorate, now known as DIO. She became the chief of the Logistics Division in 1990.

Her favorite aspect of working at DIO is her fellow coworkers.

"I love that they are hard workers but still have fun and care about each other," Howell said. "We have the closeness of a family."

"I feel proud that I was acknowledged but it's not necessary. I have done what I

was paid to do. I am thankful I have this job and that my health allowed me to work this long," she said.

Howell's fellow employees expressed satisfaction for Howell's work ethics and also her personality.

Robin Vicari, an administrative assistant for the Quality Assurance Division, worked for Howell in the Logistics Division for about 15 years. Vicari described Howell as a "very knowledgeable supervisor."

"She's been in every facet of logistics," Vicari said. "She has very well-rounded experience."

In addition, Vicari said Howell shows warmth and care to her personnel.

"She worries about her personnel's well-being," she said.

Another coworker, Ed Parylo, DIO food program manager, said he has known Howell for more than 20 years.

"She is a good supervisor," Parylo said. "She shows full support for her staff, and it is a pleasure working with her. You feel like she's in your corner."

Mary Zimmerman

Zimmerman started out working at the Edgewood Arsenal in 1957. After working six years, she became a substitute mail carrier for the Fawn Grove Post Office in Fawn Grove, Pa. Her next job was completing shipping, receiving and other various tasks for the Ammunitions Management Division, DIO.

She spent the last three years completing paperwork for on- and off-post government vehicle accidents before her retirement.

Zimmerman said what she liked about working for the government for 50 years was that it was different every day.

"You didn't know what was going to happen next," she said.

Zimmerman and Howell have seen numerous changes during their longtime service including missions and buildings but they said they didn't let anything stop their dedication to the job.

"You learn to move with the changes," Howell said. "No matter what happens, we keep providing customer service as we need to."

Zimmerman said she really appreciated

the pin and the certificate.

"It wasn't necessary but it was nice to be acknowledged," she said.

Zimmerman's former coworkers also had positive things to say and fond memories of working with her.

"She's very customer-service oriented," said Teresa Porter, an employee with the Ammunitions Surveillance Division. "Everyone has raved about her support."

Dawn Remus, who worked with Zimmerman while she was in the Ammunitions Management Division, described what it was like to work with her.

"She was called 'Ammo Mary' here," Remus said. "She drove from Pennsylvania in the snow and all other kinds of weather every day."

Remus also said Zimmerman was the "go-to" person if someone had a question pertaining to ammunition management.

"She was a good worker and we wish her all the best," she said.

Linda Holmes

Holmes came to APG in 1992 after working various computer jobs for the Army Publications Center in Middle River.

Her current position is with the Data Center Operations Division where she is responsible for setting up, monitoring, executing and troubleshooting production jobs which run against critical applications on the IBM Mainframe.

Holmes said she likes working at APG because it is a quiet environment in the office.

Her supervisor, chief of the Data Center Operations Division Tom Lockard, described Holmes as a "conscientious, professional and thorough" worker.

"She always likes to stay busy," Lockard said.

Jim Walker, an information technology specialist, said "Holmes is pleasant to be around and to work with."

Holmes said she has a good attitude about all of her years in government service.

"The 40 years went fast," Holmes said. "I enjoyed all of the places I've worked and all of the people I've worked with. I'll keep on going as long as God gives me the strength to keep coming into work."

90th

From front page

movement to yet again showcase Aberdeen Proving Ground and the surrounding environment here in terms of its importance to what we do for this nation."

Craig also praised APG, telling the attendees that his father worked on the installation for 33 years and eight of his aunts and uncles also worked there.

"The [celebration] isn't just about APG but the men and women who have come through these gates to learn how to be Soldiers, Marines, aviators and use the weapon systems, go off and fight in wars and make sure we can stand nice and warm and comfortable tonight," Craig said.

With assistance from Linda

Holloway, a committee member of the 90th anniversary celebration, Nadeau and Wright presented certificates of appreciation to the committee members and former employees.

One of the former employees, Carrie Lawrence, started working for APG in 1925.

"We'd like to recognize you and acknowledge you as an honorary co-chair of the 90th anniversary in recognition of your many years of service to Aberdeen Proving Ground," Wright said.

Jim Bridges, an employee with the Directorate of Information Management, was recognized as a "behind the scenes" person for the celebration. He created the 90th anniversary logo. Wright also recognized Richard Wiltson as another "behind the scenes person." Wiltson created a video about APG's history that will

be utilized in Harford County schools, Wright said.

Army Alliance member Robert Johnson also had some words to share at the reception. Johnson is a retiree who worked for the proving ground for 26 years as a resource manager.

"You used the words 'kernel of an idea' that Ken had," Johnson said. "I think the kernel was not spelled with a 'K' but with a 'C' because it was Colonel Wright's idea," Johnson said.

On behalf of the Army Alliance, Johnson presented 90th anniversary coins to Nadeau, Wright, Irby and Alcivar.

In addition, Regina Dannenfelser, director of Morale, Welfare and Recreation, presented Wright and Nadeau with collages of APG's history.

Members of APG and the Harford County community expressed support and satisfaction of the 90th

anniversary celebration.

"I think it's a terrific idea especially since the committee wanted to include World War II veterans," said Virginia Sanders, the district office manager of Congressman Wayne Gilchrest's office in Bel Air.

She also talked about the importance of APG.

"APG does wonderful things for the Soldiers when it comes to research," she said. "It is also important in the economical sense because it employs a lot of people."

Securro also provided positive remarks about the celebration.

"Any time you can recognize an anniversary, a benchmark date like the 90th anniversary, I believe in celebrating and letting everybody know," he said.

Securro said that APG and the Chamber of Commerce have had a partnership for more than 30 years.

"A lot of civilian and military personnel are involved in many community events and activities," Securro said. "They support our community not only economically but in social and civic and other ways."

Col. Bobby Towery, commander of the 61st Ordnance Brigade, remarked about the importance of the event along with changes APG will face.

He said that APG started as a test center and will revert back to technology testing after the U.S. Army Ordnance Center and Schools moves to Fort Lee.

"I think APG has been an important part of the community and will continue to be an important part of the community long after BRAC takes effect," Towery said.

(Editor's note: Edric Thompson, an RDECOM DA intern assigned to APG News, contributed to this article.)

APG News

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

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OWN the
EDGE

Composite Risk Management

SAFETY

OC&S encourages accident reporting

Story by
ANDRICKA THOMAS
OC&S

During the month of January, the U.S. Army Ordnance Center and Schools' Safety and Environmental Office distributed another in its series of safety bookmarks to Officer's Basic Courses, Advanced Noncommissioned Officer's Courses and the Basic Noncommissioned Officer's Courses to increase awareness of the importance of accident reporting.

OC&S company commanders at Aberdeen Proving Ground and Redstone Arsenal, Ala., also received leader's notes for distribution to permanent party personnel residing on post.

"Although we don't like to see accidents occur, injuries need to be reported so we can work to prevent something similar or worse from happening again," said Jennifer Donlin, safety and occupational health specialist.

An accident, according to Army regulation 385-40, is an unplanned event or series of events that result in injury or illness to either Army or non-Army personnel and/or damage to Army or non-Army property as a direct result of Army operations.

"Some people are confused about what constitutes a reportable accident," Donlin said.

However, encouraging people to call the safety office to double check if they should or should not report an accident is a priority, Donlin explained.

An accident is considered reportable if there is damage to Army property, injury to on-duty or off-duty military

personnel, injury to on-duty Army civilian personnel, occupational injury or illness to Army military and civilian personnel, or injury or illness to non-Army personnel or any damage to non-Army property as a result of Army operations.

OC&S accident reporting has improved over the last few years.

According to Donlin, at the end of fiscal year 2005, accident reporting was at 38 percent, but it improved to 84 percent by the end of fiscal year 2006.

"We're happy to see the upward trend," Donlin said. "It's

great to see that people are getting our message of the importance of accident reporting."

So far, in fiscal year 2007, accident reporting is at 87 percent. Donlin said the year is off to a great start and hopes to see the reporting numbers continue to grow.

"Bottom line, it's better to ask if an accident should be reported, rather than not filing a report that should have been filed," Donlin said.

In accordance with Army regulations, accidents not reportable include things like criminal assault or injuries sustained while trying to escape

custody, self-inflicted injuries such as suicides or suicide attempts, prior service or pre-existing injuries or illnesses, infective and parasitic diseases or poisoning, hospitalizations, and non-occupational injuries or illnesses such as complications from diabetes.

All Army accidents and incident on-duty or off-duty including occupational illnesses and injuries, regardless of how minor, are reportable to the SEO on a DA Form 285, according to Donlin.

For more information on accident reporting, call the OC&S Safety and Environmental Office, 410-278-3654.

To report or...

Reportable Army Accidents Include:

-  Damage to Army Property
-  Injury (Fatal or Non-Fatal) to On- or Off-Duty Military Personnel
-  Injury (Fatal or Non-Fatal) to On-Duty Army Civilian Personnel
-  Occupational Injury or Illness (Fatal or Non-Fatal) to Army Military Personnel and Army Civilian Personnel
-  Any Injury (Fatal or Non-Fatal) or Illness to Non-Army Personnel or Any Damage to Non-Army Property as a Result of Army Operations

REMEMBER:

The main purpose for reporting accidents is
Prevention!

not to report...

Exclusions Include:

-  Non Occupational Injuries and Illnesses (Diabetic Complications)
-  Self-Inflicted Injuries (Suicides or Suicide Attempts)
-  Prior Service or Pre-existing Injuries
-  Infective and Parasitic Diseases and Poisonings
-  Strains (Resulting from Coughing or Sneezing)
-  Hospitalization
-  Criminal Assaults or Injuries Sustained While Trying to Escape Custody
-  Death Due to Natural Causes
-  Adverse Reactions

Source: Army Regulation 385-40

USAOC&S SEQ DSN: 298-3654

Marines

From front page

Sutton takes pride most in the relationship the detachment has built with the surrounding community.

"We've brought the former and active Marine community together through community outreach programs and working with local organizations," Sutton said. "I hope that relationship continues."

Sutton expressed great confidence in the incoming commander, and what he has to offer the school.

"Having known Major Skirnick for fifteen years, I know he is very capable, and is just the right commander for the job," he said.

Skirnick sees his new posi-

tion as a privilege.

"To the officers and NCOs, I look forward to meeting and having the opportunity to serve with you," Skirnick said. "I will continue to improve the schoolhouse and train the best Marines possible."

Col. Bobby Towery, commander, 61st Ordnance Brigade, OC&S, said he supports the Marine Detachment fully and sees the way ahead while working with Skirnick.

"The Ordnance Mechanical Maintenance School enjoys a great relationship with the Marine Detachment," Towery said. "The Marines provide an immeasurable benefit, not only to the military as a whole, but also to the Army. I look forward to seeing our relationship continue with Major Skirnick-working hard to train our nation's military."

Community Notes

THURSDAY FEBRUARY 1 REPRESENTATIVE GILCHREST PRESENTS "HOW TO PAY FOR COLLEGE"

Congressman Wayne T. Gilchrest of the Maryland First Congressional District will present a forum on "How to Pay for College" 7 p.m., at the Chesapeake High School auditorium located on 4798 Mountain Road, Pasadena, Md.

The event will feature officials from the federal and state government and Maryland College Savings Plans who will discuss programs for financial aid.

Representatives of the U.S. Naval Academy, West Point, Air Force Academy and Merchant Marine Academy will also discuss the benefits of free tuition in exchange for service.

Parents with children of any age are welcome to come and learn more about saving and paying for college tuition.

For more information or for directions, contact Gilchrest's office, 1-877-891-9719.

SATURDAY FEBRUARY 3 REPRESENTATIVE GILCHREST PRESENTS "HOW TO PAY FOR COLLEGE"

Congressman Wayne T. Gilchrest of the Maryland First Congressional District will present two forums on "How to Pay for College," 9:30 a.m., at Fallston High School auditorium, 2301 Carrs Mill Road, and 2 p.m. at Loch Raven High School auditorium, 1212 Cowpens Avenue, Baltimore.

The events will feature officials from the federal and state government and Maryland College Savings Plans who will discuss programs for financial aid. Representatives of the U.S. Naval Academy,

West Point, Air Force Academy and Merchant Marine Academy will also discuss the benefits of free tuition in exchange for service.

Parents with children of any age are welcome to come and learn more about saving and paying for college tuition.

For more information or for directions, contact Gilchrest's office, 1-877-891-9719.

MCSC BASKET BINGO

The Military and Civilian Spouses Club will sponsor a Basket Bingo at the Aberdeen Fire Hall on Rogers Street. Doors open at 6 p.m. and bingo starts at 7 p.m. Tickets cost \$12 for 20 games with three cards each. Additional sets cost \$5 at the door.

For more information or to purchase tickets, call Gloria DeBerry, 410-273-1926, Judi Wurm, 410-272-8271 or Brenda Conjour, 410-273-7332.

WEDNESDAY FEBRUARY 7 TIPS FORTAKING TESTS WORKSHOP

Roye Williams Elementary School Family Involvement Committee will hold a workshop on Maryland State Assessment Preparation 6:30 to 7:30 p.m.

Parents of third-, fourth- and fifth-grade students will be informed of tips for successful test-taking. Sample questions, format and ways to best prepare students will be the focus of the evening.

SUNDAY FEBRUARY 11 BASKET BINGO

The Prince of Peace Church, located on 2600 Willoughby Beach Road, Edgewood, will hold Basket Bingo for all ages. Doors open at 1:30 p.m., Bingo starts at 2:30 p.m. Tickets cost \$17 in advance and \$20 at the door. Tickets are required for admission. Cost includes 20 regular games. Three special

games will be sold separately. Raffles, baked goods, refreshments and a 50-50 cover-all will be available.

Proceeds will benefit the Faith Formation Program for Children and Youth.

This is a non-smoking Bingo.

For more information or to purchase advance tickets, call Joanne, 410-679-5912 or Delores, 410-469-1718.

COLLEGE GOAL SUNDAY

The DE-DC-MD Association of Student Financial Aid Administrators, Inc. will host the 6th Annual College Goal Sunday, 2 to 4 p.m. at the Harford County H.E.A.T. Center, located between I-95 and Route 22, Aberdeen. In the event of snow, the event will be held Feb. 18.

The event offers free help from financial aid professionals to complete the Free Application for Federal Student Aid. The FAFSA form is required by all colleges to qualify for federal grants and loans, including most state and private scholarships.

Students attending College Goal Sunday need to bring proof of 2006 income and benefits information, such as completed IRS federal income tax returns and W-2 Forms, or proof of untaxed income for the student and parent(s).

For more information, call 1-866-GO-2-GOAL or visit www.go2goal.org.

SATURDAY FEBRUARY 17 REPRESENTATIVE GILCHREST PRESENTS "HOW TO PAY FOR COLLEGE"

Congressman Wayne T. Gilchrest of the Maryland First Congressional District will present two forums on "How to Pay for College," 9:30 a.m. at Parkside High School, 1015 Beaglin Park Drive, Salisbury, Md., and 2

p.m. at Queen Anne's County High School auditorium, 125 Ruthsburg Road, Centerville, Md.

The events will feature officials from the federal and state government and Maryland College Savings Plans who will discuss programs for financial aid.

Representatives of the U.S. Naval Academy, West Point, Air Force Academy and Merchant Marine Academy will also discuss the benefits of free tuition in exchange for service.

Parents with children of any age are welcome to come and learn more about saving and paying for college tuition.

For more information or for directions, contact Gilchrest's office, 1-877-891-9719.

SUNDAY MARCH 18 ALPHA PHI ALPHA SCHOLARSHIP BANQUET

The Iota Alpha Lambda Chapter, Alpha Phi Alpha Fraternity will host its annual Scholarship Banquet, 3 p.m. at the Richlin Ballroom, 1700 Van Bibber Road, Edgewood. Tickets cost \$35. All proceeds will benefit the scholarship fund.

For information or to obtain a ticket, call Jessie Shanks, 410-272-3026 or 410-459-4389.

SUNDAY MARCH 25 SPRING TIME INTUSCANY FUNDRAISER

Family and Children's Services of Central Maryland will host Spring Time in Tuscany, a wine tasting fundraiser at Bulle Rock in Havre de Grace, 2 to 5 p.m. The event will include wine tasting, heavy hors'dourves and music. Tickets cost \$55 per person. Funds raised will be unrestricted funds to benefit the programs of Family and Children's Services in Harford County.

For more information, to purchase tickets, or to learn about corporate sponsorship opportunities, call Jennifer Redding, 410-838-9000.

(Editors note: More Community Notes can be seen at www.apgnews.apg.army.mil.)

POST SHORTS

p.m. The center is closed on RDO Fridays (every other Friday). It is also closed for lunch, 12:30 to 1:30 p.m.

For more information, call Tressie Stout, education services specialist, building 4305, 410-306-2043.

AFAP needs community participation

The annual APG Army Family Action Plan Symposium, March 20 through 22 needs input from the community. Issues to be considered should be mailed to AFAP, Army Community Service, Building 2754, Room 203, APG, MD 21005-5001, e-mail marilyn.howard@usag.apg.army.mil or fax to 410-278-9685. Submission should state the problem, why it is a problem, and offer suggestions on how it can be fixed. Name and telephone number of submitter should be included.

For more information, call Howard, 410-278-9669.

NCOA holds Dining Out Feb. 9

The Noncommissioned Officer Academy will hold its 7th Annual Anniversary Dining Out Feb. 9 at the Comfort Inn Richlin Ballroom in Edgewood honoring past NCOA commandants from 1987 to present.

Ticket cost is \$30 per person, and an RSVP must be received by Feb. 5.

Tickets will be on sale until Feb. 7.

For information and RSVP, contact June Conley, 410-278-8904, DSN 298-8904 or e-mail june.conley@ocs.apg.army.mil or Spc. Calandra Guidry, 410-278-9127, or e-mail calandra.r.stovall@us.army.mil.

Black History Month specialty meal Feb. 20

The Black History Month Specialty Meal will be held Feb. 20 in the APG North dining facilities, buildings 4503, 4219 and APG South, building E-4225, 5:30 p.m. to 7 p.m. Military personnel, family members, Department of Defense civilians, retirees and guests are invited to dine.

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

The menu includes hearty vegetable beef soup, barbecued spareribs, fried chicken, southern fried catfish, baked chicken, oxtails in gravy, simmered ham hocks, steamed rice, baked macaroni and cheese, red beans and rice, collard greens, black eyed peas, green beans, corn bread, assorted salad bar, potato salad, cole slaw, assorted desserts, assorted breads, soft serve ice cream with assorted toppings, assorted condiments and assorted beverages.

Note: Menu is subject to change without prior notification.

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

CBRN Defense Course offered at Fort Bragg

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

Units are encouraged to send additional Soldiers.

The course consists of classroom instruction and hands-on training in chemical and biological agent identification, toxic industrial chemicals and toxic industrial materials identification, CS chamber operations, CBRN room operation, reporting, and equipment operation. A new addition to the course is a scenario driven CBRN exercise.

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

Registration closes three days before course start date.

Course number	Course dates
04-07	March 8 - 23
05-07	April 20 - May 4
06-07	June 1 - 15
07-07	July 26 - Aug. 10
08-07	Sept. 7 - 21

Military scholarship applications due

Now is the time to fill out and submit an application for a \$1,500 Scholarship for Military Children. Information and applications for the 2007 program are available at commissaries worldwide as well as online at the program Web site, <http://www.militaryscholar.org>.

Administered by Fisher House Foundation and funded by manufacturers and suppliers of groceries and services

in the commissary system, the program has awarded more than \$4.6 million in scholarships to nearly 3,000 students since the first awards in 2001.

This year's essay topic is "If you were granted the ability to change the outcome of any event in history, what would

you change and why?"

Completed applications must be turned in at any commissary no later than close of business Feb. 21.

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

MOVIES

ADMISSION: ADULTS \$3.50, CHILDREN \$1.75
Building 3245 Aberdeen Boulevard

To verify listing, call 410-272-9008, or visit www.aafes.com and click on "Movie Listing."

The Post Theater will be closed Feb. 2 and 3

Chapel News Sweethearts Banquet

The Protestant Women of the Chapel will host a Sweethearts Banquet, 6 to 10 p.m., Feb. 10, at the Clarion Hotel in Aberdeen. Enjoy an evening with dinner and music to celebrate love and friendship. Everyone is welcome. There is no charge, but donations will be accepted.

For more information or to register, call the APG Main Chapel, 410-278-4333, no later than Feb. 7.

PWOC holds Spring Bible Study Sessions

The Protestant Women of the Chapel holds evening Bible Study, "The Fingerprints of God," 7 p.m. every Monday at the Main Post Chapel, classroom 4.

Free Child Watch is provided.

The PWOC holds Thursday morning gatherings, 9:15 to 11:30 a.m., at the Main Post Chapel. Spring Bible Studies have just started and are always open for newcomers.

Thursday Bible study summaries include:

- Let Your Life Count - Will open the eyes to the countless ways God can use you just as you are and right where you are to answer someone's prayers.
- Love and Respect - Helps spouses achieve a deeper level of intimacy by stopping the cycle of conflict, initiating change and enjoying renewed passion.
- God's Good Gifts - A unique Bible study that creates a devotional scrapbook focusing on spiritual heritage, through which attendees learn about God's gifts and vision for life.

For more information, call Chap. (Maj.) Fred MacLean, 410-278-4333.

ACES HIGH:

Story by
EDRIC THOMPSON
APG News

The song says, "You got to know when to hold 'em." Unfortunately, some people are incapable of knowing when to fold 'em, when to walk away or, more importantly, when to run.

Compulsive gambling is an impulse control disorder where the individual is unable to resist the urge to gamble. Even the best intentions to buckle down result in yet another double down, regardless of how the

outcome will affect his or her relationships, vocational pursuits, finances, civil behavior or mental health.

Michael D. Osborne began placing \$25 to \$50 bets on football games when he was 15. By the time he ended up in treatment 15 years later, he was wagering \$25,000 to \$50,000 per game.

"If you ask me to go back and timeline the progression, I can't," Osborne said. "It's cloudy, and you don't know how you end up from point A to point B. The only thing I know is that as I increased my wagers, I

increased my high. I could not go from putting a \$5,000 bet down to going back to \$500 and getting the same high."

Osborne, who was \$3 million in debt, said the high wasn't about the money.

"It got me away from my depression and put me in a world of euphoria, anticipating whether or not I was going to come out ahead on this particular game. It's the final two minute drive of the game where your team's down by two points and you just need a field goal, or the last 30 seconds and you're praying on every free throw. It's

almost like you're on the field or court with the players because you've got such great things at stake," he said.

As a result, he lost his real estate license, cars, home and family.

"It got to the point that my parents changed the locks and would not let me into the house," Osborne said.

Ultimately, taking money from a client's escrow account cost him three years of his freedom.

"When I look back, it's embarrassing because that's not who I was as a person. I grew up a Catholic altar boy; I was a law abiding citizen who was a good husband and father. This took my reputation, word and value," Osborne said.

Jareta Coyle, the alcohol and drug control officer for the Aberdeen Proving Ground Army Substance Abuse Program Office, said some people question whether gambling should be classified as an addiction because it doesn't appear to involve a physical dependence on a substance.

"What we're finding now is that the pleasure centers of the brain are activated by gambling. The excitatory phase and the actual physical response to gambling are very similar to that of drugs," Coyle said. "We also see that if someone has been addicted to something like alcohol, he or she is more susceptible to developing other addictions because the brain has been damaged, and the impulse control center is unable to function normally."

However, compulsive gambling is not necessarily a hand one's dealt; it can be a learned behavior.

Ed Looney, executive director of the Council on Compulsive Gambling of New Jersey, Inc., said that the number of compulsive gamblers could increase thanks to televised poker tournaments and Internet gambling.

Eighty percent of the people in the United States will make a bet of some kind in a year. Moreover, Looney said that gamblers in the United States bet between \$900 billion and one trillion dollars last year and lost \$80 billion.

Generally, 80 percent of those gambling do so strictly for entertainment and do not have problems even if they lose money. Fifteen percent will be problem gamblers; though gambling does not destroy their life, they spend too much time and money gambling, leading to arguments with family members. The remaining five percent are pathological gamblers in the grip of an uncontrollable illness.

Compulsive gambling is a progressive illness that takes the individual through three stages: winning, losing and desperation.

The winning or action phase is when a person experiences gambling success and feels special. The wins may not be big, but the excitement slowly takes over the person's life. Inevitably, the gambler will enter the losing phase where he or she will keep trying unsuccessfully to win back the lost money. Unable to quit, the gambler finally reaches the desperation phase.

"It's like they're in a haze or a nightmare," said Osborne, who now serves as executive director for Harbour Pointe, a residential facility for compulsive gamblers. "They ask how they got here; they don't know how they ended up at \$5,000 a game or how they lost their family, possessions and job. They see themselves in the past as once being a good person, and they can't acknowledge the actions that they may have done to support this habit."

The rate of the downward spiral will depend on the gambler's personality type and gaming preferences.

For example, an action gambler embodies the stereotype of the male gambler who loves competition.

"When an action gambler is in the casino, he's playing games of skill like Black Jack and poker, or he's throwing at the craps table, hoping everybody's looking at him because he really wants to be the center of attention," Looney said. "Many of them are former athletes themselves, and now after they've hung up their cleats or gloves, they've moved right into gambling."

On the other hand, escape gamblers use gambling to help them forget about the problems in their lives, such as a bad marriage or job.

"The lottery can be a little dream world where they can imagine their life changing forever if they win. They usually play slot machines, the lottery, bingo and things so they can escape into a crowd and not be noticed; they don't want to be the center of attention," Looney said.

Osborne said that the gambling addiction is probably a thumbnail sketch of deeper-rooted problems.

"The issues vary with the individual, so

THE DANGERS OF GAMBLING ADDICTION

there's not one core thing. It could be anything from their employment to unresolved disappointments from their childhood. The gambling simply becomes the escape or coping mechanism for these individuals who are running and not dealing with their issues," Osborne said. "The problem with compulsive gamblers is that if the issue isn't addressed, the consequences will become greater, and the periods between the consequences will shorten."

Looney said 90 percent of those in the desperation stage are doing illegal activities such as writing bad checks, conducting insurance scams and committing identity theft or grand larceny in order to support their gambling addiction.

"Money is the substance gambling addicts abuse," Osborne said. "When the money runs out or family and friends cut them off, very good law-abiding citizens will resort to illegal activity because the need to get that high is so great."

The psychological ramifications of staring down a loaded deck are devastating as well.

"The nature of addiction is isolation," Coyle said. "First I lose connection with my friends and family, next I lose connection with my community; finally, I lose my spiritual connection."

Looney said there's no question that gambling can lead to psychological problems.

"Most of the compulsive gamblers that come to us have tremendous issues with depression or anxiety. The suicide rate is one of the highest of any addiction," he said.

Think you can spot a compulsive gambler? Don't bet on it; even spouses have difficulty identifying the addiction.

"This addiction is called 'the hidden addiction' for a reason," Osborne said. "It's not like you can smell it on your loved one's breath, or see it in his or her eyes."

Sometimes, the family members need to be all in, seeking treatment as well in order to break the cycle. Families who fold and

repeatedly bail out the compulsive gambler are actually hurting the individual by being an 'enabler.'

"When they pay off the debt, they are basically putting the gambler back at square one and being able to be back in action immediately," Osborne said. "They've got to be firm. 'Think of it like this: if their loved one was a crack addict, they would not deliver them vials of crack. By giving them money, they're feeding the habit.'"

Looney said abstinence from gambling is the key because once a person stops, he or she has to start dealing with the real issues.

Karen H., a member of Gamblers Anonymous, said the key is wanting to stop.

"If someone would have told me that I would have to attend meetings for 27 years, I would have run back out, but they told me all I had to do was take it one day at a time," Karen H. said. "It's a change in one's everyday way of thinking and living."

Whether one is a gambler or a family member, Osborne urges those affected by compulsive gambling to reach out for help.

"Don't feel like you're doing anything wrong or betraying anyone's trust; it's your duty to help your loved one," Osborne said. "It's hard for competitive people to quit while they're losing, but this is the truth: if you're a compulsive gambler, you're going to lose regardless. You can check in a loser today, or you can check in as a bigger loser next year."

Ultimately, the gambler must say "The buck stops here." For help or more information on compulsive gambling contact:

- 1-888-GAHELPS
- 1-800-LOSTBET
- www.gamblersanonymous.org
- 1-800-LOSTBET
- www.lostbet.com
- 1-800-GAMBLER
- 609-588-5515
- www.800gambler.org

APG LEADERS SPEAK OUT ON GAMBLING ADDICTION

Story by
EDRIC THOMPSON
APG News

The Department of Defense's Joint Ethics Regulation generally prohibits gambling by DoD civilian and military personnel while on duty or while on federal property.

"This is a very difficult area," said Maj. K.L. Grace Moseley, ethics counselor, Office of the Staff Judge Advocate. "If you have any questions, contact the Office of the Staff Judge Advocate, 410-278-1584."

Aberdeen Proving Ground Garrison and Deputy Installation Commander Col. John T. Wright warned that an innocent poker game or office pool could be detrimental to morale.

"We do not condone gambling of any sort on the installation while on duty," Wright said. "There are guidelines concerning off-duty gambling within the privacy of family housing or the barracks, but I suggest that one review those regulations before participating in anything."

Even in cases where a Soldier is off duty and away from the installation, Garrison Command Sgt. Maj. Elvis Irby urges discretion.

"It can start off as a friendly card game among off-duty Soldiers for fifty cents a hand, then it jumps to a dollar and before you know it, the game is out of hand," Irby said. "Soldiers don't make a lot of money, so they could easily

lose their pay check or savings if they don't watch out."

In her three years at Aberdeen Proving Ground, Jareta Coyle, alcohol and drug control officer, APG Army Substance Abuse Program Office, has never had a case concerning gambling addiction.

"It doesn't usually pop-up with Soldiers until they're in an environment where gambling is available, like installations outside the continental United States or some states where it is legal," Coyle said.

But that doesn't mean Soldiers are any less likely to develop gambling addictions; in fact, the potential for compulsive gambling could be greater.

In its 2006 "Findings from Task Force on Gambling in the Military," the National Council on Problem Gambling stated that military personnel and their families experience many of the risk factors associated with higher rates of gambling problems in the civilian population: higher rates of risk taking and sensation seeking, post traumatic stress disorder, depression, and boredom during downtime, especially when deployed at isolated OCONUS bases.

Michael D. Osborne, executive director of Harbour Pointe, a retreat for compulsive gamblers, said that anyone involving his or her life around a very stressful career or lifestyle is going to look for outlets of escape.

"A lot of the gambling starts out innocently as an escape or as a release for people who are in high-pressured

or high-stressed job," Osborne said. "You put a bunch of guys together innocently playing cards or running pools during the Super Bowl or for March Madness, nine out of 10 of them will be okay, but it's these activities that are going to net that one individual who is going to go on to a different level of compulsion, and the same determined personality traits that allow a Soldier to be successful will drop him to his knees when gambling because he won't want to admit defeat."

Coyle notes that APG has options if an individual has or develops a gambling problem.

"We have a variety of approaches we can take, including pharmacology," Coyle said. "We have a clinician at Kirk U.S. Army Health Clinic who can work with that person as she would with any other addict. There are also support groups available that we can steer them toward; some are online. Of course, APG has financial counseling for Soldiers who get themselves into a pickle."

For help or more information, contact APG ASAP office staff members Janine Bauer, Behavioral Health director, 410-278-1753, or William Sanchious, Employee Assistance Program counselor, 410-278-5319.

LET'S PLAY 20 QUESTIONS

www.gamblersanonymous.org

Gamblers Anonymous offers 20 questions to help individuals with gambling problems determine whether or not they are compulsive gamblers. A person who answers 'yes' to seven or more questions, may need to seek some type of counseling.

1. Have you ever lost time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Has gambling affected your reputation?
4. Have you ever felt remorse after gambling?
5. Have you ever gambled to get money with which to pay debts or otherwise solve financial difficulties?
6. Has gambling caused a decrease in your ambition or efficiency?
7. After losing, do you feel you must return as soon as possible and win back your losses?
8. After a win, do you have a strong urge to return and win more?
9. Do you often gamble until your last dollar is gone?
10. Do you ever borrow to finance your gambling?

11. Have you ever sold anything to finance gambling?
12. Are you reluctant to use "gambling money" for normal expenditures?
13. Has gambling ever made you careless of the welfare of yourself or your family?
14. Do you gamble longer than planned?
15. Do you ever gamble to escape worry or trouble?
16. Have you ever committed, or consid-

ered committing, an illegal activity to finance gambling?

17. Has gambling caused you to have difficulty sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Do you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Has gambling ever caused you to consider self destruction or suicide?





MORALE, WELFARE & RECREATION

Basketball update

The following results were received for intramural basketball for the week ending Jan. 26.

APG North Results

JAN. 22
HHC 16, 60; Company B 16th, 16
USAF, 36; USMC, 31

JAN. 23
Company B 16th, 36; USMC
#2, 28
HHC 16th, 53; USMC 44

JAN. 24
KUSAHC, 58; USAF, 44
Company C 16th, 63; Company
E 16th, 43

JAN. 25
Company A 16th, 39; USMC
#2, 29
Company C 16th, 48; USAF, 40

Schedule

FEB. 5
6:30 p.m., Company A 16th vs.
USMC
7:30 p.m., Company E 16th vs.
USMC #2

FEB. 6
6:30 p.m., USMC vs. Company
B 16th
7:30 p.m., KUSAHC vs.
Company E 16th

FEB. 7

6:30 p.m., USMC #2 vs.
USAF
7:30 p.m., Company A 16th vs.
HHC 16th

STANDINGS

KUSAHC	3 - 0
HHC 16th	3 - 0
Company C 16th	3 - 1
Company A 16th	2 - 1
Company B 16th	2 - 1
USAF	1 - 3
Company E 16th	0 - 2
USMC #2	0 - 3
USMC	0 - 4

APG South Results

JAN. 22
Company C 143rd, 60;
MRICD, 28
CBRNE, 61; Natl Guard, 20

JAN. 23
Company B 143rd, 51; AML, 30
Natl Guard, 50; MRICD, 22

JAN. 24
CBRNE, 62; CHPPM, 32
Company A 143rd, 58;
Company C 143rd, 22

JAN. 25

CHPPM, win; CBRNE, forfeit
AML, 55; Natl Guard, 32

Schedule

FEB. 5
6:30 p.m., Company A 143rd
vs. CBRNE
7:30 p.m., Company C 143rd
vs. CHPPM

FEB. 6
6:30 p.m., MRICD vs.
Company A 143rd
7:30 p.m., Company C 143rd
vs. Natl Guard

FEB. 7

6:30 p.m., Company B 143rd
vs. CHPPM
7:30 p.m., CBRNE vs. AML

STANDINGS

Company A 143rd	4 - 0
CBRNE	3 - 0
Company C 143rd	2 - 1
CHPPM	2 - 2
Natl Guard	2 - 2
Company B 143rd	1 - 2
MRICD	0 - 3
AML	0 - 4

Marines press on



Valente Cantu of the U.S. Marine Corps Detachment successfully raises 350 pounds during the intramural bench press competition held at the Aberdeen Athletic Center Jan. 27. The story and list of winners will appear in next week's APG News.

Photo by YVONNE JOHNSON

Activities

Amateur Boxing Night

Morale, Welfare and Recreation will host Amateur Boxing Night, 6 p.m., March 3 at Hoyle Gymnasium, 143rd vs. 16th. Doors open 5 p.m. Tickets cost \$5 for active duty military, \$10 for civilians and \$20 for front row seating. Admission is free for children six years of age and younger.

Purchase tickets at MWR Leisure Travel and Tickets, building 3326, 410-278-4011/4907 or at Hoyle Gym and Fitness Center, building E-4210, or call 410-436-7134.

CVF Events

The Civilian Welfare Fund will sponsor a trip to Myrtle Beach, April 9 through 13. The price per person based on single occupancy is \$589; cost for double-occupancy is \$489; triple-occupancy costs \$469; and quad-occupancy costs \$459. Package includes motor coach transportation, lodging at the Sea Mist Resort, a guided tour of historic Charleston, Barefoot Landing, a visit to Broadway at the Beach, a performance at the Carolina Opry, four breakfasts, four dinners, plus all gratuities. Reservations will be accepted until all seats are full.

For more information or for reservations, call Angela Keithley, 410-278-4603/4771.

PIE changes name to Family Information Network

The Exceptional Family Member Program support group Family Information Network, or FIN, will replace the Parent Information Exchange, or PIE. The FIN will meet 11:30 a.m. to 1 p.m., every second Wednesday during winter months through April in building 2754 first floor conference room.

For more information, call 410-278-2420.

Fast Pitch Clinic for Girls Softball

A Pitching Clinic for girls ages 8 through 14 will be held 6 to 8 p.m., March 6 and 13, at Aberdeen Youth Center, building 2522. The clinic will emphasize the proper fast pitch mechanics, the correct way to warm up, how to improve arm speed and control and tips for pitchers to practice on their own.

Registration fee costs \$5. Register Feb. 6 through 28 during the spring sports registration period at Central Registration, building 2752 Rodman Road.

For appointments after 10:30 a.m., call 410-278-7571. Walk-in registration will be held 7:30 to 10:30 a.m., Monday through Friday.

Women's Racquetball Clinic

Women ages 18 and over can register for the Racquetball Clinic by Feb. 1. The clinic will be held 5 to 7 p.m., Feb. 6 at the Aberdeen Athletic Center, building 3300 and 5 to 7 p.m., at the Edgewood Hoyle Gymnasium, building E-4210. Cost is \$15 for military, \$25 for all others.

The clinic will provide hands-on training for women to become better racquetball players. Instruction will include rules of the game, proper stance, grip, hitting techniques, court movement, positioning, balance, timing and safety.

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

Basic plumbing class

This course will teach participants how to make plumbing repairs at their home or business, including how to repair

pipes and stop leaks, what steps to take in emergency situations and when to look for warning signs and why.

Classes are for adults ages 18 and older and will be held 6 to 7 p.m., Wednesdays, Feb. 7 through 28, in the Aberdeen Recreation Center, building 3326.

SKIES Unlimited

For more information and registration for all SKIES Unlimited programs, call Central Registration. An additional \$18 Central Registration Fee will apply if not already enrolled in the Child and Youth Services Program. For more information or to make an appointment to register, call 410-278-7479/7571.

Child and Youth Services

There are immediate full-day openings for 3- and 4-year olds at the Aberdeen Area Child Development Center. All active duty military and activated reservists, DOD civilians assigned to APG and contractors assigned to APG are eligible for services. The center is open daily, 6:15 a.m. to 5:30 p.m.

For more information, call Central Registration at 410-278-7571.

Learn to salsa

Salsa dancing lessons will

be held 7:30 to 8:30 p.m., from Feb. 6 through 21, Mondays at the Recreation Center's ballroom, building 3326. Salsa is the blend of essentially Cuban and Puerto Rican dance music. Learn the fast-paced Latin dances which are popular today. These high-energy movements are perfect for most of the clubs in the surrounding area.

MWR Registration, Tickets and Leisure Travel is located in building 3326. They may be contacted at 410-278-4011/4907, by e-mail at mwr_registration@apg.army.mil or on the Web site, www.apgmwr.com.

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 5900 Symphony Woods Road, Columbia, Md. (South Entrance Road between Route 29 and Little Patuxent Parkway).

Baltimore

You can leave your hat on for "The Full Monty" through March 18. 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

"Hot Nostalgia" runs through Feb. 18; "George M!" from Feb. 22 through June 10, Sunday through Thursday. Tickets cost \$41 per person for adults and \$26.50 for children; Friday tickets cost \$42.25 per person for adults and \$28 for children; and Saturday tickets cost \$45 per person for adults and children.

Ringling Bros and Barnum & Bailey Circus

Still 'The Greatest Show on Earth' tickets are available for shows March 7 through 18 at the 1st Mariner Arena in Baltimore. Tickets cost \$19.50 for ages 2 and older (regular price is \$30 through Ticketmaster).

The last day to purchase tickets is March 1. Pre-order before they go on sale to the public on Feb. 4.

Contact MWR Leisure Travel Services Office, building 3326, 410-278-4011/4907 or mwr_registration@apg.army.mil.

NASCAR tickets for the Nextel Daytona 500

NASCAR tickets for the first 2007 Nextel Cup event, Feb. 17 and 18 are now available. Save over \$45 on a two-day ticket to the 49th Daytona 500 and the Daytona 300 NASCAR Busch Series race - just \$115. Pre-race/ Nextel Fanzone passes are available for just \$75. Last day to purchase tickets is Feb. 2.

School age/middle school services summer program

The Aberdeen and Edgewood Summer Program will run for nine weeks, June 18 through Aug. 17, Monday through Friday, 6:30 a.m. to 5:30 p.m.

The program is open to all qualifying children who have completed first through eighth grades. Parents can sign up for the weeks that fit their schedule.

Tuition fees are based on total family income.

Waiting list forms may be picked up and dropped off starting 7:30 a.m., Feb. 20 at the Edgewood Youth Services, building E-1902, the Outreach Services building 2752 or faxed to 410-278-4658. Waiting list forms will not be distributed or accepted at the Aberdeen

Youth Services.

Registration will be held on Saturday, April 21, at the Edgewood Youth Services and Saturday, April 28, at the Aberdeen Youth Services for all sponsors who have been offered openings by the Central Registration office. Registration packets, an up-to-date physical and family income information must be completed prior to the registration appointment.

There will be a \$20 non-refundable deposit required per child at the time of registration for each week a parent selects.

For questions or further information, call the Outreach Services Office, 410-278-7571 or 7479.

SCHOOL LIAISON

White House Internship Program

The White House Internship Program offers an excellent opportunity to serve the president and explore public service. The program is seeking exceptional candidates to apply for this highly competitive program. In addition to typical office duties, interns attend weekly lectures, tours and complete an intern service project.

Interns may serve a term in the fall, spring or summer. Eligible candidates must be United States citizens, enrolled in a college or university and at least 18 years of age.

Strong applications exhibit:

- sound academic credentials
- a history of community involvement and leadership
- solid verbal/written communication skills
- a demonstrated interest in public service

For more information or to apply, visit <http://www.whitehouse.gov/government/wh-intern.html>.

Applications should be submitted to Karen Race, deputy director and intern coordinator, White House Personnel, at intern_application@whitehouse.gov on or before March 6 for summer 2007 (May 22 through Aug. 24).

BOSS holds Valentine's Day Dance

The BOSS, Better Opportunities for Single Soldiers, Program will hold a Valentines Day Dance, 9 p.m., Feb. 9, at the Aberdeen Recreation Center, building 3326. Tickets cost \$5 for singles or \$8 for couples. Music will be provided by DJ Jun Luv.

Events include door prizes and contests

for best dressed couples and singles. Refreshments will be served. Open to the public. (AIT students will not be admitted.)

Door prizes will be awarded.

For more information or to purchase tickets, contact the BOSS representative, 410-278-2709 or the local Recreation Center staff, 410-278-2621.

Save on ski vacations through MWR

Visit MWR Leisure Travel Services Office for discounts on lift tickets to many local ski areas. For more information, call 410-278-4011/4907.

Visit MWR Equipment Resource Center for great prices on full ski equipment and snowboarding outfits. For more information, call 410-278-4124/5789.

When customers take their receipts from either location to the other on the same day, they will receive an additional 5 percent discount on their purchase or rental. Discounts are good now through March.

APG Bowling Center Snack Bar specials

Building 2342

Week of Jan. 29

Special #1: Tuna sub (choice of mayonnaise, lettuce, tomato, pickles and onions) one cookie and soda for \$5.45.

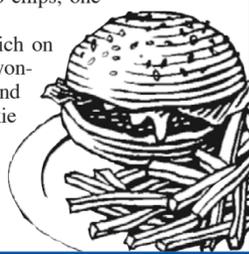
Special #2: Chicken tender wrap with lettuce, tomato, mozzarella cheese and ranch dressing, potato chips, one cookie and soda for \$4.45.

Week of Feb. 5

Special #1: Chicken cheese steak sub (choice of mayonnaise, lettuce, tomato, pickles, onions, hot, sweet green peppers and mushrooms), potato chips, one cookie and soda for \$7.85.

Special #2: Egg salad sandwich on white bread only (choice of mayonnaise, lettuce, tomato, pickles and onions), potato chips, one cookie and soda for \$3.95.

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





Legally Speaking



Office of the Staff Judge Advocate at http://www.apg.army.mil/apghome/sites/installation/Staff_Judge/index.html

Commentary: At APG, roads are 'private but used by the public in general'

Story by
CAPT. JASON BAROCAS
OSJA

"Captain Barocas, I'm not going to plead guilty to this ticket because I have a copy of a news article that states federal magistrates can't enforce the Maryland Traffic Code on military installations."

As a Special Assistant United States Attorney, I hear this statement every month in Federal Magistrate's Court. Unfortunately, the statement is simply untrue. So why are people so confident it is true?

Well, in the past two years, some federal courts found, as a matter of law, that federal roads in Virginia and Maryland were not "highways" under these respective state traffic codes. The courts reasoned that since the federal government has absolute authority over its land, to include the power to deny public access at any time, roads on federal enclaves were divested of their public "highway" status and instead, were akin to private roads. Practically speaking, this meant that unless an installation could prove to a federal judge that its roads met the definition of a "highway," certain offenses, such as driving on a suspended license, were unenforceable.

These rulings were highlighted in local newspapers throughout the National Capital Region. Ticketed drivers everywhere brought the articles to court in hopes of having their tickets dismissed. Unfortunately, they failed to realize the rulings were limited to cases involving licensing offenses. Infractions like speeding, driving while intoxicated and running stop signs were still enforce-



able in court. However, for those ticketed with licensing offenses, the results were good: dismissal of their tickets.

The Issue

Could APG enforce tickets for licensing offenses? Are its roads "highways" or not?

In late 2005, an individual ticketed for driving on a suspended and revoked license on APG decided to find out. He filed a motion to dismiss the two tickets arguing that APG's roads were not "highways." He argued that the installation commander has the inherent authority to close down or restrict access to post at any time and that made the roads private rather than highways. The Federal Magistrate, Judge Paul Grimm, denied his motion without prejudice, preferring instead to rule after trial.

On June 22, 2006, the case of United States v. Taylor commenced. To many

legal pundits, it appeared a finding of "not guilty" was certain because it was unlikely that the Magistrate would find APG's roads to be "highways." However, this was not to be the case.

Prior to the trial, the United States argued in all of its previous court cases that roads on federal enclaves were "highways." This argument made inherent sense. Why should a road be a "highway" one minute and then be a "private road" after traveling onto federal property?

Ignored in all these cases, however, was an additional provision in the Maryland Traffic Code, which states that the traffic codes at issue also apply to "any private property that is used by the public in general."

The Special Assistant United States Attorney prosecuting the case seized upon this provision at trial. He called a senior government official to the stand who testified that APG is open to members of the public so long as they have a valid identification card. Visitors can enter the post for a variety of reasons, from attending musical concerts, to visiting the Ordnance Museum. He also acknowledged, however, that APG is subject to closure at any time by the installation commander.

At the conclusion of all the evidence, Judge Grimm found that while APG's roads are not "highways," APG does meet the definition of "private property that is used by the public in general." Therefore, based on his ruling, all Maryland Traffic Code offenses that occur on APG are still enforceable in Magistrate Court.

Beware - IRS will deny and may even prosecute inflated requests for refunds of telephone tax

Story by
ERIC FEUSTEL
OSJA

The Telephone Excise Tax Refund is a one-time payment provided only in 2007 to refund previously collected long-distance home, business and cellular telephone taxes. Taxpayers required to file a 2006 federal tax return can claim the refund at the same time they file their tax return.

The Internal Revenue Service has reported that some taxpayers have improperly inflated the amount of the refund. The IRS is investigating potential abuses and intends to take action against taxpayers who improperly claimed the refund.

IRS action may include freezing the refund of taxpayers who improperly claim the refund and criminal prosecution for fraudulently prepared returns.

There are several methods of claiming the refund for phone service taxed between March 2003 and July 2006. Individuals can elect to claim a standard amount between \$30 and \$60 or they can use the actual amount paid. Individuals who are required to file a federal tax return can claim the credit by filling out Form 8913, Credit for Federal Telephone Excise Tax Paid, and attaching it to the federal tax return.

Individuals who are not required to file a federal tax return can use Form 1040EZ-T,

Request for Refund of Federal Telephone Excise Tax, to claim the standard amount. If they desire to claim the actual amount, taxpayers will also need to complete and attach Form 8913 to Form 1040EZ-T.

The IRS claims that some taxpayers have incorrectly requested a refund for the entire amount of their phone bills or have fraudulently claimed the excise tax for phone bills which exceed the taxpayer's annual income. Some tax preparers appear to be helping taxpayers file incorrect or fraudulent tax returns claiming the excise tax refund.

The Special Duty Soldiers assigned to the Aberdeen Proving Ground Tax Center assist service members, retirees and their family members with filing income tax returns. They have been trained and certified by the IRS to correctly calculate the Telephone Excise Tax Refund.

The Tax Center is open Monday through Thursday, 11 a.m. to 8 p.m., and prepares most income taxes on a walk-in basis, noon to 7 p.m.

Eligible clients are invited to direct questions regarding income tax returns and the Telephone Excise Tax Refund to the staff of the Tax Center by calling 410-278-2020 or by stopping by the Tax Center located off of Boothby Hill Road in building 4117.



Channel 21 features Pentagon Channel programming

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

Monday

ATS Reloaded, 5:30 a.m.
American Veteran, 9:30 a.m.
Army Newswatch, 11 a.m.
Freedom Journal Iraq, 1 p.m.
Around the Services, 5:30 p.m.
Focus on the Force, 10 p.m.

Tuesday

Around the Services, 8 a.m. and 8 p.m.
Pacific Report/AFN Europe Report, 11 a.m.
Focus on the Force, 1 p.m.
Freedom Journal Iraq, 4 p.m.

Wednesday

Around the Services, 8 a.m., 8 p.m.
Army Newswatch, 9:30 a.m. and 9:30 p.m.
American Veteran, 1 p.m.

Freedom Journal Iraq, 2 p.m.
Around the Services, 3:30 p.m.
Focus on the Force, 6:30 p.m.

Thursday

Around the Services, 8 a.m. and 8 p.m.
Army Newswatch, 9 a.m. and 9 p.m.
Freedom Journal Iraq, Noon
Focus on the Force, 1 p.m.
Around the Services, 3:30 p.m.
American Veteran, 5 p.m.

Friday

Around the Services, 8 a.m. and 8 p.m.
Army Newswatch, 10:30 a.m.
RECON, Noon
State Department, 2:30 p.m.
Freedom Journal Iraq, 4 p.m.
Focus on the Force, 6:30 p.m.
ATS Reloaded, 7 p.m.

Saturday

Around the Services, 5:30 a.m.
News Reel Anaconda, 7:30 a.m.
American Veteran, 1:30 p.m.

ATS Reloaded, 5:30 p.m.
Battleground, 7 p.m.
RECON, 8 p.m.

Sunday

ATS Reloaded, 5:30 a.m., 9:30 p.m.
Freedom Journal Iraq, 10:30 a.m. & 4:30 p.m.
Today's Military, 1 p.m.
Around the Service, 7:30 p.m.

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

Around the Services - From the Pentagon Channel News-Center, daily half-hour program featuring military news from top defense officials and the military services from around the world

RECON - A monthly information television program providing an in-depth look at a variety of topics, highlighting the accom-

plishments of U.S. Military men and women.

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

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

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

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

The American Veteran - A half-hour video news magazine

designed to inform veterans, their families and their communities about the services and benefits they have earned through their service to America and to recognize and honor that service

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

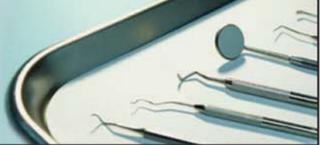
Focus on the Force - A weekly program highlighting missions, operations and people of the U.S. military.

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

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



Oral Health - Soldier Fitness



Monthly APG DENTAC column debuts

Story by
HEATHER TASSMER
APG News

Today marks the first installment of a monthly U.S. Army Aberdeen Proving Ground Dental Activity article in *APG News*.

Col. Colleen Shull, commanding officer of APG DENTAC, said she thought *APG News* would be an "outstanding way to emphasize the critical importance of dental readiness to Soldiers both in garrison and in the field."

"Because of the current high Soldier tempo [operational tempo] to support ongoing and future operations, all Soldiers should be dentally fit at all times," Shull said. "Deployment could come for any Soldier and at any time."

She also said that "individual Soldiers don't realize how important dental health is until they experience a problem especially when they are deployed and dental health care is not as readily available as in garrison," Shull said.

Not being "dentally fit" not only hurts the Soldier but also the unit mission from the Soldier's absence of three days or more for treatment, Shull said.

All permanent party and AIT [Advanced Individual Training] Soldiers must follow the First Term Dental Readiness policy mandated by the U.S. Army Training and Doctrine Command in 2005.

The policy says that they have to be a Dental Class 1 or 2 before graduating from AIT or permanently changing stations.

Dental class categories defined

- Class 1: Soldier requires no dental treatment for the next 12 months
- Class 2: Soldier needs routine dental care, but currently has no one condition likely to cause an emergency in the next 12 months
- Class 3: Soldier has a dental problem that is an emergency or likely to become an emergency within the next 12 months
- Class 4: Soldier needs an annual exam to determine their needs

An example of a Class 2 Soldier would be one who has minor dental issues like a small cavity which is unlikely to cause a dental emergency in the future, Shull said.

Before the policy change was instituted, AIT Soldiers traditionally received only emergency care and had to wait until arrival at their first permanent duty station to receive routine dental care.

"FTDR allows Soldiers to start off on the right foot when reporting to their first duty assignment," Shull said.

Drill sergeants and the APG Dental Clinics coordinate dental care for the AIT students to minimize lost training time.

Soldiers who don't know their dental class can find it on their Army Knowledge Online account under "My Soldier Data," Shull said.

Some of the Soldiers that come into the clinic have not had dental care before, she said.

She advised that Soldiers get whatever work they need done during their annual exam so that they can PCS on time and not be held up because of untreated Class 3 issues.

During their checkups Soldiers can learn how to take care of their teeth so that they don't have any dental needs during deployment.

"Routine dental health care also identifies untreated infections and/or cancers which can become life threatening," Shull said.

She said earlier in her career she treated a patient who had an abscessed tooth and delayed coming to the dental clinic. The patient lost sight in one eye because the infection eroded through the floor of the orbit of the eye.

"If the Soldier waited one or two more days to seek treatment, he very well could have died from the infection. These types of situations are rare but emphasize the need for Soldiers to seek routine dental care," she said.

Common dental issues Soldiers face are impacted wisdom teeth, periodontal problems such as gum disease and caries, also known as cavities, according to Maj. Joseph Marino, staff dental officer.

"The caries problem is much higher than that seen in the general population," Marino said. "Likely reasons for this issue include diet, poor oral hygiene and poor prior access to dental care."

Taking care of one's teeth is beneficial in several aspects.

"In one aspect it is a combat multiplier," Shull said.

"If someone starts to have pain or a dental health issue while serving overseas, the unit loses one person for several days while they are transported and treated in the United States."

This is why dental health is a combat multiplier because the Soldier can focus on his or her mission instead of pain or health issues and uti-

lizing ways to get home for treatment, she said.

Proper dental health also contributes to one's overall well-being and self esteem.

"The APG Dentac clinic keeps busy with making sure Soldiers' needs are met. DENCOM sets the goal of 250 "weighted work units" be seen per month and DENTAC sees 400 to 450 "weighted work units" per month," Shull said.

She said the staff works hard to fit all AIT students into the schedule as fast as they can.

"It's very inspirational to see all that the staff does," Shull said.

Soldiers are usually transported to the clinic by a shuttle, or their drill sergeants, Shull said.

APG North and South Dental Clinic hours are Monday thru Thursday, 7 a.m. to 3:30 p.m.

Sick hours are Monday thru Friday, 7 to 8 a.m. When the clinics are closed, active

duty members with dental emergencies should contact the Troop Medical Clinic staff duty Noncommissioned Officer at 410-278-1725.

All family member, civilian and retiree emergency dental emergencies should seek care from their private dentist or the emergency room at Upper Chesapeake Medical Center, 410-877-2700 or Harford Memorial Hospital, 410-939-5800. The TRICARE dental plan covers emergency treatment for family members.

For questions or more information, contact APG North Dental Clinic Liaison Spc. Nicole Schiffer, 410-278-1795/1796 or e-mail nicole.schiffer@amedd.army.mil or APG South Dental Clinic Liaison Meg Downey, 410-436-3481/2756 or e-mail margaret.downey@amedd.army.mil.

Col. Colleen Shull

Shull is the commanding officer of the Aberdeen Proving Ground Dental Activity.

Born in Muncy, Pa., she was a four-year ROTC scholarship recipient and commissioned a second lieutenant in 1984 in the Medical Services Corps.

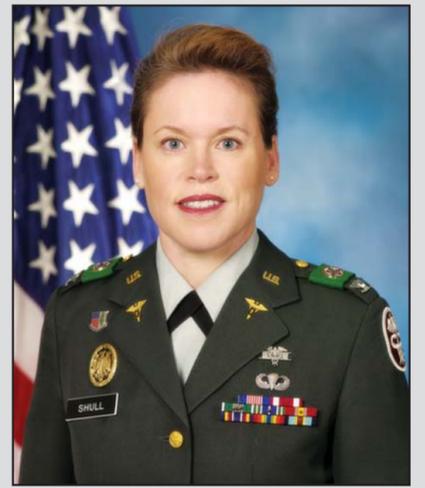
She received a bachelor's degree in biology from Bucknell University in 1984 and her DMD degree from the University of Pittsburgh, School of Dental Medicine in 1988. She earned her master's from the College of Naval Warfare, Newport, R.I., in National Security and Strategic Studies.

Her first military assignment was as a general dental officer with the 89th Medical Detachment (Dental) in Heidelberg, Germany. She subsequently served as the battalion dental surgeon, 15th Forward Support Battalion, 2nd Brigade, 1st Cavalry Division, Fort Hood, Texas. She completed an endodontic residency at Fort Gordon, Ga., in 1997.

Shull returned to Germany, serving as chief of Endodontic Services, Wurzburg DENTAC.

From 1999 to 2003, she served as chief of Endodontic Services for the Pentagon Tri-Service Dental Clinic and then served as chief, Endodontic Services for Fort Belvoir through 2004.

Shull's awards include the Soldier's Medal, Meritorious Service Medal, Army Commen-



dation Medal with two oak leaf clusters, Army Achievement Medal with one OLC, National Defense Service Ribbon with one bronze service star, Global War on Terrorism Medal, Army Service Ribbon and Overseas Service Ribbon. She also earned the expert Field Medical Badge, the German Proficiency Badge and the German Schutzenschnur.

Shull is married to Dr. Mitchel Krieger of New York, who served for 12 years on active duty as an Army surgeon.



Your health is KUSAHC's goal



Commentary: Commissaries offer recipes, healthy choices for Super Bowl

Story by
KAY BLAKLEY
DeCA

Wasn't it just a few weeks ago when a lot of us resolved to start the year off right by dropping a few pounds, and leading a healthier lifestyle? Now here we are, faced with yet another celebration calling for good food – the first Sunday in February is Super Bowl time! Inviting a houseful of football-crazed friends to cheer your team to victory is hard enough in itself, but eliminating the tasty snacks that accompany the event is unthinkable.

Don't despair, by making informed choices, you can still serve scrumptious Super Bowl treats without putting too serious a dent into the weight loss and healthy lifestyle progress you've made.

Fruit and vegetable trays from your commissary produce department, for example, are excellent choices. So are deli trays filled with low-fat, low-sodium, meats and cheeses. Even though deli selections are typically freshly sliced and wrapped for your convenience, most items do have nutrition labels on the package, so ask to see these when deciding what you want on your tray.

Offer a selection of whole grain breads or buns alongside the deli tray. Be careful, though, when it comes to condiments to slather on those breads – almost all varieties of mustard are nearly calorie free, but not so with mayonnaise. Use a fat-free or low-fat variety, if you like the taste. If not, use full-fat versions very sparingly.

Game-time treats like chips and dips usually mean highly processed, high in fat, and high in calories, right? Not so with the Pico de Gallo recipe below – an entire batch has only about 90 calories. At that rate, you could eat it with a spoon! It's good enough to eat it that way, too, so be sure to double or triple the recipe. Keep the fat count low by baking your own corn tortilla chips to serve with it. There's really nothing to it but slicing

ready-made tortillas into wedges and popping them into the oven for a few minutes, but the aroma wafting from your kitchen says you're baking a gastronomic delight.

If none of these suggestions strike your fancy, how does North Carolina-style barbecue made with lean, low-calorie chicken breasts sound? How about California guacamole or layered taco bean dip? Visit the Kay's Kitchen page of <http://www.commissaries.com> for the recipes, and come to the commissary for all the ingredients.



Pico de Gallo

- 1/2 cup chopped fresh cilantro
- 2 green onions, thinly sliced
- 2 large ripe tomatoes, chopped
- 1 teaspoon or more, to taste, minced garlic

Combine all ingredients in a small bowl and serve.

DoD mental health assessment program serves tens of thousands

Story by
JOELLE REIZES

Tens of thousands of military families took advantage of the Mental Health Self-Assessment Program, a Department of Defense program of anonymous mental health and alcohol self-directed screenings, in 2006.

This enormous response is driving the addition of program enhancements to provide more services for families concerned about themselves or their children.

The MHSAP, funded by the Office of the Deputy Assistant Secretary of Defense for Force Health Protection and Readiness, will be expanded to better serve military families through telephone technology, Spanish language services, and youth suicide prevention programs.

The MHSAP is offered to all branches and components, including National Guard and Reserve members and provides information about services provided through both the DoD and the Department of Veterans Affairs. It is run through Screening for Mental Health, Inc., a nonprofit organization headquartered in Wellesley Hills, Mass.

The MHSAP provides materials designed to help installations conduct mental health and alcohol education events and an online self-assessment program available 24 hours a day, seven days a week to all military personnel and their families by visiting www.MilitaryMentalHealth.org.

SMH is now adding a robust array of new services designed to expand the program's reach and make it more accessible and informative.

The enhancements include:

- Customizable referrals - Individual military bases and National Guard units will be able to add customized referrals to the online screening, linking individuals with local services in addition to DoD and VA mental health services.

- Online assessment for parents - A new online assessment will help parents understand if their children may be suffering from depression or showing signs that could be linked with potential self-injury thoughts.

- Telephone self-assessment - To serve those who do not have ready access to the internet, there will be a new

See *ASSESS*, page 14

LEAVE DONATIONS

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

Employees eligible for donations in the Voluntary Leave Transfer Program

James Addas
Sarah Blevins
William Bond
Debra Bonsall
(daughter has brain tumor)
Jeanie Bowman
Kim Brooks
Leroy Carter
Stephen Carter
Rogelio Chevannes
Brett Christy
John Daigle

Shelia Davison
(benign paroxysmal positional vertigo)
Jeannette Dennis
Marc Devecchio
Susan Gorhan
Hester Hayes
Cathleen Holmes
Rick Jernigan
Carolyn Johnson
Karen Kimble
Beverly King (caring for husband)

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

Judith Rembold
Barbara Seker
Joyce Spies
Joan Taeuber
Lavonne Telsee
Alison Tichenor
Elizabeth Usmani
Christine Wheaton
Kimberly Windisch
Louis Winters
Roberta Witherspoon
Charles Young

Prescription for change KUSAHC pharmacy moves to new location

KUSAHC

Kirk U.S. Army Health Clinic is always looking for ways to improve services to its beneficiaries.

In early December 2006, the location of the pharmacy was temporarily moved to the end of the main corridor, room C-10 to ensure that there was no break in the services provided by the pharmacy.

The pharmacy is open for business as usual. The hours of operation will remain the same and there will be no interruption for dispensing prescriptions.

The Patient Notification Board will be located outside the pharmacy window at the temporary location.

While the prescription is being prepared, there is a waiting room (room C-12) next door and additionally, the old waiting area is still available.

Wait times will be slightly longer although lengthy delays are not anticipated.

"The KUSAHC staff appreciates your patience while we are undergoing this construction phase," said Deborah Dodsforth, patient advocate.



'Fans don't let fans drive drunk'

ASAP

The staff of the Army Substance Abuse Program reminds everyone at Aberdeen Proving Ground that Super Bowl Sunday, Feb. 4, is one of the year's most dangerous days on the nation's roadways due to impaired driving.

The theme this year is "Fans don't let fans drive drunk." ASAP recommendations

If hosting a Super Bowl party

- Remember, the host can be held liable and prosecuted if one of their guests served ends up in an impaired driving crash.
- Make sure all guests designate their sober drivers in advance, or help arrange ride-sharing with other sober drivers.

- Serve lots of food, and include lots of non-alcoholic beverages at the party.

- Stop serving alcohol at the end of the third quarter of the game and begin serving coffee and dessert.

- Keep the numbers for local cab companies handy, and take the keys away from anyone who is thinking of driving while impaired.

If attending a Super Bowl party or watching at a sports bar or restaurant

- Avoid drinking too much alcohol too fast. Pace yourself—eat enough food, take breaks and alternate with non-alcoholic drinks.

- Designate a sober driver before the party begins and give that person the car keys.

- If a designated driver is not available, ask a sober friend for a ride home; call a cab, friend or family member for a ride home; or stay put until sober enough to drive.

- Never let a friend leave if he or she is about to drive while impaired. Remember, "Fans Don't Let Fans Drive Drunk."

- Always buckle up—it's still the best defense against other impaired drivers.

"Super Bowl Sunday is definitely a day for us to 'be our brothers keeper,'" said Cynthia Scott, ASAP prevention coordinator. "Together we can make a difference, one driver at a time."

For more information, call the ASAP office, 410-278-3784/3810.

Assess

From page 13

pre-recorded, interactive telephone self-assessment program. A toll-free number, 1-877-877-3647 will connect callers to the anonymous self-assessment. Callers will be provided with immediate results and phone numbers for treatment or educational resources.

- A pilot Spanish language version of the program

Spanish language materials will be available for in-person self assessment, online screening and the new telephone component.

- The SOS Signs of Suicide® Prevention Program will be available for schools located on military installations in the U.S. and overseas. The SOS program is the only school-based program proven to reduce suicide attempts in a randomized, controlled study.

"Our military members display a courage and dedication that is unsurpassed and they and their families deserve our best efforts to provide them with support and links to treatment services," said Col. Joyce Adkins, PhD, MPH, a psychologist at the DoD. "We are continuing to augment this program in order to provide tools that help busy families under stress. Help is no more than a click or phone call away."

"We are very pleased to continue to offer this important program to our nation's military service members and their families," said Douglas Jacobs, MD, SMH president and CEO. "Their commitment to service is inspiring. We hope that by providing telephone screening, Spanish language options, information concerning child mental health and more expansive and specific referral options that we are reducing the burden they shoulder at least in some small part."

Local health providers, hospitals, businesses or mental health centers interested in supporting the DoD effort can help by placing a link to the online Mental Health Self-Assessment on their webpage or by including information about the program in newsletters or mailing lists. The online program is available at www.MilitaryMentalHealth.org. A graphic is also available to use as a Web page icon.

For more information, call 781-239-0071, e-mail Military@MentalHealthScreening.org or visit www.MentalHealthScreening.org/Military.