



POST SHORTS

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

National Prayer Luncheon, today

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.

Blue Cross visits APG

The APG Advisory Center has made arrangements for a claim representative from Blue Cross/Blue Shield to visit APG Feb. 13 to discuss claim problems and benefit options. The representative will be available 9 to 11:30 a.m. in building 305, room 236 and 12:30 to 1:30 p.m. in building E-4811 (seminar area of the APG South Conference Center). No appointment is necessary.

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

Holiday gate hours Feb. 16-19

There will be reduced gate operations at Aberdeen Proving Ground in observance of the Presidents' Day federal holiday.

The Wise Road Gate in APG South will close 8 p.m., Feb. 16. The Harford Gate (Route 22) in APG North will close 10 p.m., Feb. 16.

The Harford Gate and Wise Road Gate will reopen at 4 a.m., Feb. 20. The Maryland Gate, APG North, and the Route 24 Gate, APG South, will be open throughout the holiday weekend.

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Ordnance Soldier receives multiple awards

Story by **ANDRICKA THOMAS**
OC&S

A 61st Ordnance Brigade Soldier received a Purple Heart, Bronze Star and a Combat Action Badge Jan. 22 in the Ball Conference Center.

"Sergeant First Class David Holmes is the most dedicated Army leader and trainer I know," said Sgt. Maj. Michael Strifolino, 61st Ordnance Brigade sergeant major. "He has always been the frontrunner of tactical training for IET [Initial Entry Training] Soldiers. We are absolutely grateful for his return."

Holmes sustained injuries to his left retina, which was burned by scalding powder from the blast he survived.

Holmes deployed in November 2005 with the 2/9th Iraqi Armored Division, Military Transition Team at Camp Taji, Iraq, to train Iraqi forces in ordnance and basic combat-related skills.

A day in his world included running convoy operations and patrols with the Iraqi Army, teaching them how to operate and navigate while on patrol.

"Iraqi tactics on patrols are a bit tarnished and dated," Holmes said. "We trained them on modern tactics, tactics that have been proven combat effective on the battlefield."

Holmes said Iraqi trainees didn't know how to start the vehicles they were given, much less how to react to enemy contact while operating these vehicles.

Training the Iraqis and seeing them grasp the task objectives set before them was the highlight of his team's day.

"It didn't happen often, so when it did, it was monumental," Holmes said.

"Iraqi soldiers are confident that the training we provided will help save their lives and enable their army to someday assume command and control of their battle space," Holmes said. "For me, that makes all the frustrations associated with being deployed worth it."

Wounded on patrol

It was on one of those nighttime patrols that Holmes' life would be in danger.

On Aug. 13, 2006, Holmes noticed a crowd of people outside after the 9 p.m. curfew. Then suddenly, the group disappeared.

Alert, Holmes, the gunner in the convoy, notified his convoy commander of the suspicious activity.

Fearing the worst, Holmes took a lower posture in the vehicle when the group disappeared; Holmes said he learned the importance of positioning

See AWARDS, page 4



Photo by SPC. FABYAN LOPEZ
Col. Bobby Towery, left, commander, 61st Ordnance Brigade, pins Bronze Star recipient, Sgt. 1st Class David Holmes, during a ceremony at the Ball Conference Center Jan. 22. Holmes also received a Purple Heart and a Combat Action Badge during the same ceremony.

Top official states 'jointness' key to future of the military

Story by **SGT. SARA WOOD**
USA American Forces Press Service

As the military health care system transforms its governance structure, the services must work together to sustain the high quality of care service members and their families receive, a top Defense Department official said in Washington Jan. 31.

The military health care community has transformed battlefield medicine by working together, and the services must now bring that same spirit of 'jointness' to the management levels, David S. C. Chu, undersecretary of defense for Personnel and Readiness, said at the 2007 Military Health System Conference.

"You have already demonstrated extraordinary results in the care of our wounded by acting together," Chu said to the conference attendees. "We need to bring that same spirit of joint leadership to the management of our resources."

In December, Deputy Defense Secretary Gordon England approved a new

governance framework for the military health care system, Chu said. The new framework will establish joint leadership in areas with significant populations of more than one service, such as the Military District of Washington, he said. It will also integrate training, education, research and development efforts, using the best aspects of each service to deliver the best care possible, he noted.

A spirit of unity is also important in resource management among military treatment facilities, Chu said. Facilities that are struggling financially should look to the facilities that have increased their earnings, as an example, he said.

"Resources, of course, are always limited," he said. "We must make the best use of the resources we receive; we know that we can do better."

Another challenge the military health care system faces is in sustaining the benefit for military members and retirees, Chu said. Health care currently accounts for eight percent of the DoD

budget, up from 4.5 percent in the mid-1990s, and department officials have projected that healthcare will consume 12 percent of the budget by the middle of the next decade.

Chu explained that this increase is partly because retired service members who work in the private sector choose TRICARE over their employers' medical plans.

"They find TRICARE financially attractive, and you have made it substantively attractive as well," Chu said. "They find it financially attractive because we have not changed premium levels since the program's initiation a decade ago. For this reason, the department began advocating that we rebalance TRICARE so that these beneficiaries' cost responsibility moves back toward what was originally established."

In 2006, Congress directed DoD to develop a task force to evaluate the medical budget issue, Chu said. This task force will report its findings this spring, and DoD will then know better

how to proceed, he said.

"Sustaining a first-class benefit may require us to ask the retired beneficiary population that is working in a second career to pay a larger - and a fairer - share," he said. "I am confident that a solution can be found that will sustain the benefit in a manner that continues to advantage financially our retired community."

Chu thanked the members of the military health care community for their service and commitment. As the governance system is transformed, he called on the military medical professionals to continue their work, which he called extraordinary and awe-inspiring.

"I ask you to continue your success of working with your sister services in the ongoing responsibilities of making this the finest military health system in the world," he said. "On your competent shoulders rests the health and well-being of the men and women defending America, her friends and her interests around the world."

Military health officials unveil revitalized plan

Story by **JOHN J. KRUZEL**
American Forces Press Service

Military Health System officials are working on several ways to improve health care delivery and management and save service members money, the Defense Department's top doctor said Jan. 31.

One development that will facilitate health care administration is the Armed Forces Health Longitudinal Technology Application, or AHLTA, the electronic health records system recently deployed by DoD. AHLTA provides a clinical data repository with information on all beneficiaries that will be accessible worldwide for military health care providers.

"We have now completed the implementation of AHLTA. It was a three-year project that was finished on time [in December 2006]," Dr. William Winkenwerder Jr., assistant secretary of defense for Health Affairs and director of the TRICARE Management Activity told reporters at the State of the Military Health System 2007 Annual Conference in Washington, D.C.

"We are now into the next stages of refinement of AHLTA that involves making it even faster and creating a local cache so there's always a redundant capability," he said.

Another part of the new MHS strategy is to replace the Veterans Affairs' outdated health record application with AHLTA and share beneficiary information between the departments.

"VA uses the Vista system, which has been around for a few years. [It] works well. Good data shows it makes an impact on quality and care," Winkenwerder said. "However, the Vista system was built on an old platform and ... doesn't have the capability to move the information around the world like AHLTA."

Joining the VA's health record system with DoD's will ensure that "medical information can move seamlessly from the battlefield to any medical facility in the world," Winkenwerder said. He added that the arrangement will "set the standards for interoperability of information sharing."

Another military health project Winkenwerder discussed is the Center for the Intrepid, a \$50 million Army national rehabilitation center that opened Jan. 29 at Fort Sam Houston.

"The casualties that we're caring for, have been caring for and will care for tomorrow are a central part of our focus and part of our concerns right now," he said. "And the [Center for the Intrepid] is the most impressive center for rehabilitation I've ever seen for someone who's had a severe injury."

Winkenwerder said the Military Health System is aggressively searching for ways to reduce health care costs to service members and that efforts have been successful in a number of areas.

"In the area of pharmacy, we have

See HEALTH, page 14

How to foil terrorists

OCJCS PC 5260

Terrorists depend on everyone. A dynamic threat environment demands the utmost vigilance and discipline.

Refining existing protective measures to prevent or substantially mitigate any threat is everyone's responsibility.

Listed below are proven security techniques and considerations that limit opportunities to be targeted by terrorists.

General security issues

Guard personal information

- Limit discussion and accessibility of any information (written or verbal) that may provide terrorists insights for targeting.
- Always use secure means when passing sensitive information.
- Destroy identifiable information.

Recognize and report unusual or suspicious behavior

- Every person is the first line of defense against terrorism. Be aware of surroundings. Report anything unusual to the chain of command, local authorities or the FBI.
- Write down the license numbers of suspicious vehicles; note description of occupants.

Be prepared for the unexpected

- Plan for the range of threat possibilities, avoid established or predictable patterns.

To/from work - in transit security

- Look for tampering. Look under and around the vehicle to be driven.
- At all times, keep doors locked and windows rolled up.
- Alter routes and avoid choke points.
- Alternate parking places.
- Plan safe locations along the route.

Guard information - minimize a low profile

- Consider wearing civilian clothing when riding on mass transit.
- Avoid car markings that identify occupant as senior ranking DoD personnel (such as general officer stars on vehicles).

Guard information terrorists can exploit

- Always remove base stickers if selling or otherwise disposing of a privately owned vehicle.

See SECURITY, page 11

FWP announces training conference

ARL

The APG Federal Women's Program will sponsor its 17th Annual Training Conference in observance of Women's History Month 8 a.m. to 4 p.m., March 7, at the APG South Conference Center, building E-4810.

This year's theme is "Generations of Women Moving History Forward." The conference is open to all active duty military and civilian employees of APG. Contractors may attend at the discretion of their supervisors. Attend-

ees with special needs must make this known when registering.

Registration packets can be picked up 7 to 8 a.m., in building E-4811, prior to attending the opening ceremony and the morning session. For those who will only attend the afternoon sessions, pick up registration packets 12:15 to 12:50 p.m.

For more information, call Diane Siler, 410-436-2681, Linda Patrick, 410-436-1023, Kathleen Praesent, 410-278-1137 or Sheryl Coleman, 410-278-5964.

Nine honored in January retirement ceremony

USAGAPG
Photos by SEAN KIEF, APG PHOTO LAB

Eight civilians and one Soldier were honored for their service during a retirement ceremony at the Ball Conference Center Jan. 31.

Col. Bobby Towery, commander of the 61st Ordnance Brigade, hosted the ceremony and shared some remarks.

Towery thanked the garrison and 61st Ordnance Brigade staff who helped organize the ceremony, the 389th Army Band (AMC's Own) and the retirees for their dedicated service.

He focused on the words "mission accomplished."

"What a powerful two words they are for us that either serve in uniform or serve those who serve in uniform," Towery said. "Our retirees today represent 245 years of accomplishing our nation's missions through service in the Army, Navy and civilian workforce."

He thanked them for the times they sacrificed attending an important family event "in order to meet mission success."

Towery and the 61st Ordnance Brigade Command Sgt. Maj. Anthony J. Slater Jr. presented the retirees with Department of the Army Certificates of Retirement and Certificates of Appreciation.



Sgt. 1st Class Troy E. Jenkins

Jenkins retired Feb. 1 as an instructor/writer with the Directorate of Weapons, Metal Service Division, 16th Ordnance Battalion, 61st Ordnance Brigade of the U.S. Army Ordnance Mechanical Maintenance School. He served more than 24 years in the Army, including three tours overseas: Kuwait, Germany and Korea.

The three most significant career highlights according to Jenkins were his ability to produce top quality results in Soldiers, making it to the 5th Corps Level of the Sergeant Morale Club and achieving a master's degree in science.

In addition to the Department of the Army Certificate of Retirement, he was awarded the Presidential Certificate of Appreciation and the Meritorious Service Medal.

His other military awards include the Army Commendation Medal, Army Achievement Medal, Kuwait Liberation Medal (Kingdom of Saudi Arabia), Global War on Terrorism Service Medal and the Expert Infantryman Badge.

Jenkins said he is pursuing a career change from the military to the civilian sector. He said his future plans are to own his own business and continue to serve as a teacher for the federal service.

Jenkins said he would like to thank his family, friends and the Soldiers he served with for their support.

His hobbies include disc jockeying, carpentry and basketball.



Jeffrey D. Lindblad

Lindblad retired on Jan. 3, after working as a public affairs specialist with the U.S. Army Chemical Materials Agency.

Lindblad, who earned a bachelor's degree in business management the University of Maryland, began his DA civilian service in 1982 as a GS-3 cables/mail clerk in the Office of the Secretary of the Army.

His career in Army public affairs started in

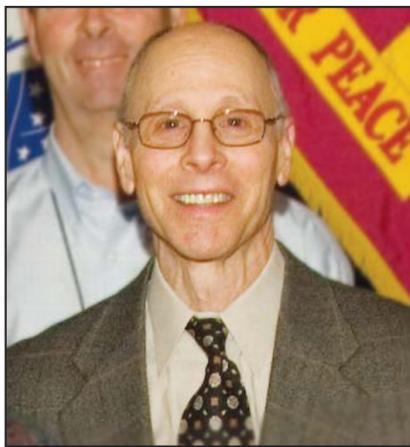
1985 when he accepted a two-year internship as a public affairs specialist in the Army's Office of the Chief Public Affairs.

In October 1987, he came to Aberdeen Proving Ground to work with the U.S. Army Material Command's Exhibits Division.

In 1988, Lindblad accepted a public affairs position under the mentoring of Jim Allingham of the then U.S. Army Chemical Research, Development and Engineering Center. In August 1991, he was selected for the position as public affairs officer and editor of the Desert Star at Tooele Army Depot, Utah. Four years later, he became the public affairs officer for the Pine Bluff Chemical Activity and Pine Bluff Agent Disposal Facility at Pine Bluff Arsenal, Ark.

Lindblad has received many awards including the Commander's Award for Civilian Service in 2000 and the Superior Civilian Service Award in 2007.

He and his wife Terri live in Edgewood.



Dr. Jack M. Heller

Heller retired Jan. 3 after 34 years of federal service. He worked as the director of Health Risk Management for the U.S. Army Center for Health Promotion and Preventive Medicine.

For the past 13 years, Heller has been involved with issues relating to environmental exposures that occurred during the first Gulf War. He was the principle author on the exposure and risk assessment of the Kuwait oil well fires for the Department of Defense.

He attended Rutgers University, graduating in 1966 with a bachelor's degree in pre-veterinary medicine. Then he received a master's degree in medical entomology and a doctorate in insect physiology from the graduate school at the University of Florida.

Heller's federal career began in 1973 at the U.S. Army Environmental Hygiene Agency at the Edgewood Arsenal. (Later, the agency was renamed CHPPM.)

His previous position was Program Manager for Deployment Environmental Surveillance, which involved studying and assessing the potential health effects of environmental exposures that impact U.S. forces deployed around the world.

Heller also served on numerous federal committees including the Federal Interagency Taskforce on Human Exposure Assessment and the Working Party on Exposure Assessment of the Federal Coordinating Council on Science.

He has numerous publications in peer-reviewed journals and has given many presentations at scientific meetings and government symposiums.

Heller's awards include the Department of the Army Meritorious Civilian Service Award, Order of Military Medical Merit and the Baltimore Federal Executive Board award. He was also a finalist for the Frank Brown Berry Prize in Federal Medicine.

Heller said he enjoyed traveling and helping people throughout his time as a federal employee.

He lives in Bel Air with his wife Barbara. He said he plans to stay in the area for a few more years before moving to a warmer climate.



Randy P. Rexrode

Rexrode retired Jan. 2 as an occupational safety and health specialist after 36 years of

federal service. He worked for the Directorate of Safety, Health and Environment since 1989.

A Vietnam War veteran, he worked for the U.S. Navy in January 1970 and for the Social Security Administration. In July 1979, he transferred to work for the Maryland Air National Guard.

Highlights of his career include establishing a squadron safety office and serving as a first sergeant in the State Headquarters for the MDANG.

He said he enjoyed the time spent working on numerous aircraft in the Navy and the ANG.

Of all his service time, he said he is "most proud to have worked with the many provisional officers, enlisted personnel and civilian employees at Aberdeen Proving Ground."

Rexrode said he and his wife, Sharon, plan to enjoy retirement life, look for a retirement home, relax and ride his Harley Davidson motorcycle.

Marilyn H. Spence
photo unavailable

Spence retired on Jan. 3 after more than 30 years of federal service while working as an engineering technician for the Housing Division of the Directorate of Installation Operations.

Spence began her federal career right out of high school in 1959, working for the Central Supply Division. She later transferred to the Office of the Comptroller, U.S. Army Ordnance Center and Schools.

In 1962, she left federal service to begin a family. Eighteen years later Spence returned to APG and worked as an engineering technician in the DIO Housing Division.

She has received numerous letters of appreciation, performance awards and special act awards for her service in the Housing Division.

She was an integral part of the Total Army Quality Team at APG in the mid-90s.

Spence lives in North East with her family. Her plans for retirement are traveling, gardening and shopping.



John C. Bowman

Bowman retired Dec. 31, 2006, from the Police Services Division of the Directorate of Law Enforcement and Security where he was a lieutenant, supervisory police officer and shift commander in APG South.

Before coming to APG in 1997, Bowman spent 27 years working for the Maryland State Police, where he received numerous awards.

Bowman and his wife Janet live in Edgewood. Bowman said he and his wife's future plans include traveling to see their children and grandchildren.



Mary L. Samples

Samples retired Feb. 1 as a department training technician in the Wheel and Track Automotive Department, OMMS.

Her career began in 1964 when she was hired to work for the Directorate of Engineering and Housing (in what was Edgewood Arsenal) as a clerk-typist just shortly after graduating from high school. After this position, she worked

for the Bainbridge Naval Training Center in Perryville and the Naval Reserve Manpower Center in Bainbridge.

Samples came to APG to work as a mail clerk in the Department of Proof Services, now called the U.S. Army Aberdeen Test Center. She met her husband, 1st Lt. Richard Samples, while working there. When he was discharged from the Army, she resigned and moved to Ravenswood, W.V. She became a stay-at-home mother and took a 17-year break in service.

In 1984, she and her husband came back to APG, and she worked in the U.S. Army Test and Evaluation Command's mail room.

She worked as a secretary with OC&S in 1989 and due to a reduction in force in 1994, was transferred to the Wheel and Track Automotive Department as a training technician working in Student Control and filling in as the department secretary.

On her own initiative, she attended Advanced Individual Training with the military students and voluntarily instructed the Fuel and Electric Block for two years, where she attained the Instructor Badge.

Samples said her retirement plans include spending more time with her grandchildren, making quilts for her family and being more active in the visitation program at her church.



Lylis "Liz" M. Payne

Payne retired on Jan. 6 after 35 years of service. She worked as a supply technician in the DIO Logistics Management Division.

Payne began her civil service career in 1969 at APG in the Management Information Systems office (now the Directorate of Information Management) as a data entry clerk. After a brief break in service, she transferred to the Materiel Testing Directorate which is now ATC. Then she worked for DIO where she stayed until her retirement.

Payne said she would like to thank Anita Howell, chief of the DIO Logistics Management Division.

"She's a lovely lady, and she stood by me during a rough time," she said.

She said her retirement plans are to sleep late every day and take care of herself, her mother and family.



Samuel "Pete" Thompson

Thompson, also a Vietnam War veteran, retired Jan. 31.

He began his civil service career at APG in November 1986. Assignments included working as a security officer, truck driver, forklift operator, tool and parts attendant and school photographer.

Prior to his career at APG, Thompson attended the Community College of Baltimore, The University of Baltimore and Harford Community College. He received an associate's degree in photography.

He said his retirement plans include spending more time with his family, spreading the gospel of Jesus Christ to homeless men at the Helping Up Mission in Baltimore City and teaching Bible classes for the prison ministry at the Baltimore County Detention Center.

APG News

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

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

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Photo by GORDON MYRICK, CBRN DEFENSE SCHOOL

A Soldier attending the Fort Bragg Chemical, Biological, Radiological and Nuclear Defense School surveys a drum for a possible chemical warfare agent contamination using the Improved Chemical Agent Monitor during a field exercise.

NBC is OUT - CBRN is IN

Schoolhouse opens doors to all agencies

Story by
LARRY D. ANDERSON
Fort Bragg CBRN School

In case you've missed it, NBC [Nuclear, Biological, and Chemical] is OUT and CBRN [Chemical, Biological, Radiological and Nuclear] Defense is IN.

The days of the old NBC noncommissioned officer working out of a closet-sized NBC room is disappearing as fast as you can say, "transformation."

The demand of today's threat requires Soldiers working in the field of CBRN Defense (MOS 74D) to be technically proficient in toxic industrial chemicals as well as chemical warfare agents.

Current operations require the unit CBRN defense specialist to be highly trained and versatile enough to locate and identify all types of toxins in the battle space.

When people talk NBC, it paints a mental picture of large tank formations moving over open terrain and using chemical weapons as part of their conventional arsenal. On the other hand, CBRN Defense entails chemicals, materials, toxic industrial radiologicals and warfare agents.

CBRN includes presumptive analysis for any type of toxin injurious to the Warfighter. The change in psychology is just as important as the change in name.

"Ultimately, the way we think, train and behave in a contaminated environment will determine if a weapon of mass destruction will become a useful tool for terrorists," said Silas Darden, director at the Fort Bragg CBRN Defense School.

Fort Bragg has quickly become a regional CBRN defense training facility for units east of the Mississippi.

"Eighteenth Airborne Corps units are not our only customers; we train and support Forts Lee, Eustis, Dietrick, Story, Gordon, Benning and Drum; units based in Florida, and of course, Aberdeen

Proving Ground," Darden said. "Our student population is both military and civilian, and the training is focused on the application of skills."

Chief of Chemical Col. Thomas W. Spoehr reminds Soldiers not to underestimate the enemy.

"We are facing an enemy that is calculating and patient enough to have all elements in place before he strikes," Spoehr said. "We can't afford to be asleep at the wheel when it comes to CBRN Defense."

Soldiers at the Fort Bragg CBRN Defense School are being trained in the same skills as civilian personnel who respond to chemical accidents and releases involving toxic agents. These First Responders are needed for current operations to help remove industrial chemicals that can be weaponized and used against American and allied forces.

"I'm satisfied that the quality of Soldiers we see is second to none," Spoehr said.

The Warfighter CBRN Defense Course is in line with where the Chemical Corps is going.

"At Fort Leonard Wood, Missouri, the home of the Chemical Corps, we are building a multimillion dollar state-of-the-art First Responder Training Facility for this very purpose. In many respects, this CBRN Defense course is synchronized perfectly with the skills that our Army needs now and in the future," he said.

The Warfighter First Responder Course is designed to equip personnel with the skill set that commanders need to carry out their mission within the current area of operation.

The two-week course is designed around the civilian counterpart of the Hazardous Materials First Responder Course. Civilian HAZMAT First Responders train at three certifiable levels of awareness, operations and technician level.

The Fort Bragg CBRN Defense School program of

ighter." Regimental Command Sgt. Maj. Patrick Z. Alston told a standing room only crowd. "We listen to the voice of the Warfighters and provide the skill set they need to conduct their mission and protect the 'Force.' The Soldiers I see are innovative, highly motivated and can easily adapt to changing environments in the battle space.

"The instructors that teach the Warfighter First Responder Course are all former Chemical Corps Soldiers, and they are experts in every respect. I'm impressed by these civilian professionals because they were able to figure out what commanders needed, acquire the resources and meet the requirements. This is the type of Sustaining Base support I'm finding all over the Army," Alston said.

Darden stated that the role of the CBRN Defense NCO is changing quickly to keep pace with Army Transformation and current operations.

"We continue to modify teaching methods as technology changes and teach skill sets that commanders tell us they need," Darden said.

"Most commanders understand the shift in thinking and appreciate the support role we play not only to XVIII Airborne Corps, but to units east of the Mississippi. When commanders send us a Soldier TDY [temporary duty travel], we want that Soldier to return home confident with the equipment and knowledge about how to keep his or her unit safe. We train Soldiers on everything from how to maintain equipment and keep records to locating and characterizing toxins in the battle space while wearing self-contained breathing equipment."

The Warfighter First Responder pays high dividends for commanders, he said.

"Whenever we are called upon to assist in natural disasters, we have a capability that can assist our civilian counterparts," Darden said. "Our Soldiers are in a support role and not the lead during civilian

disaster operations.

"After Hurricane Katrina, we seriously doubt if any federal agency will wait to get active duty personnel involved in relief operations," he said. "These are just the times in which we live, and we try to be ready for every possible contingency."

The Warfighter First Responder Course is open to all personnel.

For more information, the Fort Bragg CBRN Defense School's Web site is <https://airborneteam.bragg.army.mil/CDRN>.

To attain slots for the course, contact the CBRN Defense School, 910-396-8991/9143 (DSN 236) or a unit schools

NCO. 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

(Editor's note: About the author--Larry D. Anderson is an instructor at the Fort Bragg CBRN Defense School. He is a lifetime member of the Chemical Corps Regimental Association and a retired first sergeant that holds an M.P.A. from Jacksonville State University, Jacksonville, Ala.)



APG Forum

Commentary: Chocolate--truths, myths, little white lies

By
KAY BLAKLEY
DeCA

You know there's nothing more romantic than chocolate, don't you? Even Casanova is said to have been a chocolate devotee, believing it had a positive bearing on his amorous pursuits. Maybe that's one of the reasons why exchanging chocolates on Valentine's Day is still firmly entrenched in our culture.

But a word of caution to the ladies: if you plan to delight your favorite man with a bouquet of flowers, in lieu of a box of chocolates, you might want to perish that thought. According to the Chocolate Manufacturers Association, a

whopping 68 percent of men said they would prefer chocolates over flowers any day.

Purchase those chocolates at the commissary, our dedication to savings of 30 percent or more applies to special treats like fine chocolates, just like it does to everyday items.

"But, wait a minute," you say. "Doesn't chocolate make you fat?" Yes it does, if you eat enough of it, but that holds true for lots of foods.

Does it cause acne, tooth decay, a headache, or make you nervous? Can chocolate pick you up when you're feeling low, help you live longer or stimulate the libido? While proof is pretty scant, popular

culture is reluctant to give up many of these beliefs.

One of the latest beliefs touts the health properties of flavonoids, which are naturally occurring compounds found in the cocoa plant. Flavonoids are a hot topic of discussion and research these days, but the scientific establishment has yet to recommend consuming chocolate purely for its health benefits. It's still a "pure pleasure" food, so moderation is the key. Choose the highest quality chocolate you can afford and make it the one that best pleases your taste buds.

If you are a total chocolate addict, periodically visit the Chocolate Manufacturers

Association Web site at <http://www.chocolateusa.org> to stay up to date on all the latest flavonoid research findings. While you're there, have a look at some of their quick and easy chocolate recipes, one of which I've slightly altered and copied for you here.

It only takes a few minutes to whip together a batch of Incredible Fudge. No doubt the name comes from the fact that this recipe requires an incredibly small amount of effort to produce an incredibly delicious treat. Do try to save it for your sweetheart, but if your cravings get the better of you, simply give the dog a dis-

gusted look as you pretend to discover the dish totally empty. When it comes to chocolate, little white lies are sometimes a necessity.

Incredible Fudge

Ingredients

2 pounds semi-sweet chocolate, chopped (chocolate chips work fine, too)

1 pint (2 cups) ice cream, slightly thawed*

1 cup chopped pecans, optional

Instructions

Line an 8-inch or 9-inch square pan with foil and lightly spray with cooking spray.

Place chopped chocolate in medium-size, microwave-safe

bowl, and microwave on full power for 1 minute and 45 seconds. Stir.

Add thawed ice cream and beat, by hand, until smooth. If the coolness of the ice cream hardens the chocolate, microwave the entire mixture for an additional 30 to 40 seconds, before beating.

Stir in nuts. Turn into prepared pan.

Refrigerate until firm; cut into squares.

This dessert makes about 64 servings. Store, tightly wrapped, at room temperature.

*Use butter pecan, black walnut, mint, Dutch chocolate, anything you like, even vanilla.

Awards

From front page

during his Army training.

Not long after, the suspicious group reappeared as Holmes' vehicle ran over, and detonated, a buried improvised explosive device. The Soldiers were trapped inside the vehicle.

"It seemed like a matter of milli-seconds," Holmes said. "I felt a blast of heat and warmth running down my face, which I was certain was blood because I couldn't see from my left eye."

Holmes, fearing his eye was missing, touched his face, but it was the sweat and antifreeze from the blast he felt.

"As soon as I felt that my eye was intact, instinct and training took over," Holmes said.

The entire convoy pulled together and engaged in a brief fire fight. Holmes and the members who were trapped in the vehicle did the same. Although trapped, Holmes' vehicle commander made radio contact to provide a grid location to the disabled vehicle.

"The vehicle absorbed every bit of the blast that was intend-



Photo courtesy of SGT. 1ST CLASS DAVID HOLMES

Sgt. 1st Class David Holmes, Purple Heart recipient and Soldier assigned to the 61st Ordnance Brigade, stands with Iraqi interpreter and trainee during his deployment with the 219th Iraqi Armored Division, Military Transition Team at Camp Taji, Iraq.

ed for us," Holmes explained.

Just as quickly as it began, it had ended, Holmes said.

"My convoy commander was instrumental, giving us warning of the attack and turning around to give us backup," Holmes said.

Capt. John Govan, convoy commander and ordnance officer from Aberdeen Proving Ground, coordinated a medical evacuation for Holmes and his vehicle commander, who

suffered a broken arm.

The meaning of "No Soldier left behind" was defined and brought to life through the distinctive actions of his team, Holmes said.

"The Soldier's Creed says you never leave a fallen comrade. I am here today because my team refused to discredit the Creed," Holmes said.

Holmes said the vehicle was a catastrophic loss, but it saved the four lives that were

traveling inside. Although he suffered injuries to his eye, he escaped with no shrapnel wounds, due to the armor on the vehicle.

That incident alone was a culmination of his training, Holmes said.

"My Army training saved my life," Holmes said. Had he been positioned in the vehicle a little higher, he may not have survived the blast.

"I look back at volunteering, and I'm not sorry for it," Holmes said. "I'd do it again knowing exactly what I know today."

Holmes said his team was hand selected and it was an honor to be a part of such a mission.

"I thank God for placing me with a group of Soldiers who performed without hesitation. It was unbelievable to witness," Holmes said.

Commissary scholarship deadline is Feb. 21

Story by
CARRIE WILLIAMS
DeCA

The Scholarships for Military Children program applications must be turned in at a commissary by close of business Feb. 21.

The scholarships are available to unmarried children under the age of 21 (23 if enrolled in school) of military active duty, Reserve, Guard and retired personnel. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database.

Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card.

An applicant must be planning to attend an accredited college or university full-time in the fall term of 2007, or be enrolled in a program of study designed to transfer directly

into a four-year program.

Scholarship applications are available at 263 commissaries worldwide, or can be downloaded through links at <http://www.commissaries.com>, <http://www.militaryscholar.org> or <http://www.dodea.edu>.

Along with their application, applicants must include an essay on "how and why" they would change an historical event.

At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants.

"Scholarships for Military Children is a wonderful military community program," said Patrick Nixon, Defense Commissary Agency director and chief executive officer. "Nearly three thousand scholarships totaling more than four million dollars have been awarded since the first awards



Fisher House Foundation.

A significant number of scholarships, about 10 percent every year, go to high school students at Department of Defense schools overseas.

"Every cent that community organizations can mobilize to support college-bound students is an investment in the future," said Joseph Tafoya, director of the Department of Defense Education Activity.

"With college costs soaring, our DoD students and their parents appreciate every available scholarship to help defray the cost, and the scholarships enable many of our families to better afford the tuition and provide an incentive for students to work hard," Tafoya said. "They also demonstrate that military communities are committed to education and increased opportunities for all students."

The scholarship program has also made inroads to increasing support from the "nonmilitary" community.

California high school students sponsoring golf tournaments in 2006 raised thousands of dollars to donate to the program, and already for 2007, a private foundation has made a substantial donation.

"We're excited to see this worthwhile program gaining recognition and funding from the community at large," said Jim Weiskopf, vice president of communications at Fisher House Foundation. "Commissary industry support has been amazing and increased public support can only help ensure that the Scholarships for Military Children program continues to benefit the military community for many years to come."

Donations can be made through the link at the official program Web site, <http://www.militaryscholar.org>.

New scholarship announced for war veterans, families

APG Education Center

The state of Maryland has announced a new scholarship program for military personnel and their family members beginning with the 2007-2008 school year.

The Veterans of the Afghanistan and Iraq Conflicts Scholarship Program is designed to provide financial assistance to armed forces personnel who served in the conflicts and their spouses, sons or daughters who are current high school seniors and full-time or part-time degree-seeking undergraduate students enrolled in an eligible

accredited Maryland postsecondary institution.

Active duty military personnel stationed in Maryland, veterans, reservists and National Guardsmen who served at least 90 days in either conflict could potentially receive an amount equal to 50 percent of the annual tuition and mandatory fees of a resident undergraduate at a four-year public institution of higher education within the University of Maryland system up to a maximum \$4,325 for the 2007-2008 school year.

Full-time or part-time students can apply for the scholarships which will be awarded subject to the availability of loans. Funds may not be available to award scholarships to all eligible students.

Students applying for the scholarship must submit a Free Application for Federal Student Aid and the scholarship application with required supplementary material no later than March 1, 2007.

"Most Soldiers are already covered by tuition assistance, so this is a nice opportunity

for family members to apply for scholarships," said Marty Kindsvatter, site director for Harford Community College at Aberdeen Proving Ground.

"We can't stress enough that people should get their applications in right away because there isn't enough money for everyone," she said.

Information on the requirements of the scholarship and the application may be downloaded from the Maryland State scholarship information Web site, [http://www.mhec.state.md.us/financialaid/Program-](http://www.mhec.state.md.us/financialaid/Program-Descriptions/prog_vaic.asp)

[Descriptions/prog_vaic.asp](http://www.mhec.state.md.us/financialaid/Program-Descriptions/prog_vaic.asp).

For more information, call or write the Maryland Higher Education Commission, 839 Bestgate Road, Suite 400,

Annapolis, MD 21401, call 410-260-4500, or toll free 1-800-974-0203; or call Tressie Stout, APG Education Center, 410-306-2042.

Army seeks recommendations for Maneuver Center of Excellence patch, crest and motto

Fort Knox

The U.S. Army is accepting design ideas through March 31 for the shoulder sleeve insignia, distinctive unit insignia and motto for the Maneuver Center of Excellence.

The Infantry and Armor schools will collocate and become the MCOE at Fort Benning, Ga., during the next five years. The center will be responsible for all Army land-based maneuver training development, doctrine, and capabilities development for armor and infantry proponentencies.

"Throughout the history of modern warfare, infantry and armor have fought side-by-side as brothers in arms," said Maj. Gen. Walter Wojdakowski, chief of Infantry. "With the creation of the Maneuver Center of Excellence, infantry and armor will now train together forging an Army Strong partnership which produces America's best Soldiers, more capable than ever. The selected patch, crest and motto must reflect the historic strength of this partnership and the future strength of our Army."

Personnel assigned to the infantry and armor schools will continue wearing current shoulder sleeve and distinctive unit insignias that reflect the contributions, sacrifices and spirit of each branch.

Soldiers assigned directly to the MCOE will wear the new insignia.

"The challenge in designing the new insignia will be to capture the historic essence of each branch and their collective embodiment of maneuver as a principle of war," said Maj. Gen. Robert M. Williams, chief of Armor. "We're looking for innovative ideas to capture the significance of both Army and the Infantry lineage."

Current and retired military personnel and Department of the Army civilians may provide input for just one or all of the items.

Submission guidelines Requirements

A clear, hand-drawn or electronic sketch of the shoulder sleeve insignia, distinctive unit insignia and a short, succinct motto. The motto must be written in English and is limited to 26 characters (letters and spaces). Individuals may provide a suggestion for just one or two of the desired items if they prefer.

Format

Designs should be drawn on paper or provided as electron-

ic files. Electronic files should be in JPG or BMP format and may be sent on diskette or CD-ROM via normal mail or as an e-mail attachment. All submissions must include the name, phone number, e-mail address and mailing address of the individual submitting the designs and motto.

Submissions

Submissions will be accepted through March 31 and may be sent via e-mail (no larger than 3 megabytes) to MCOE_Insignia_Suggestions@knox.army.mil

Alternatively, input may be sent via normal mail to ARMOR Magazine, ATTN: ATZK-DAS-A (MCOE Patch), 201 6th Ave., Ste. 373, Building 1109A, Fort Knox, KY 40121-5721, or Command Historian, 6751 Constitution Loop, Suite 214, Room 451, Building 4, Fort Benning, GA 31905.

Selection process

Submissions will be screened by the Maneuver Center of Excellence Board of Directors, which is chaired jointly by the Chief of Armor and the Chief of Infantry. The most suitable and acceptable concepts will be considered for forwarding to the Institute of

Heraldry for final production of the patch and crest.

Acknowledgement

The individual(s) who submits the shoulder sleeve insignia, distinctive unit insignia and motto design that is selected by the board of directors will receive a framed final patch, while the top entries in each category will also receive an MCOE coin with certificate of recognition for top entries. These acknowledgements will be issued in the fall of 2008.

Disclaimer

The Department of the Army will acquire ownership of all entries, and each submitter agrees that submission of a

design constitutes (1) assignment to the Army of any and all rights in the design, including copyright, and (2) a disclaimer of any trademark rights. All entries become the property of the Army, and the Army will have the sole right, at its discretion, to alter or modify any submitted design. By submitting a design, the submitter warrants that the design is original; that it has not been previously published; and that it does not infringe upon the copyright of any other person or entity.

For more information, call Connie Shaffery, 502-624-4704; Gini Sinclair, 502-624-3051 or Ken Beyer, 502-624-5105.

Community Notes

SATURDAY FEBRUARY 10 PRE-VALENTINES SHOW AND DISCO

Charlton-Miller VFW Post 6054 will hold a pre-Valentines show and disco featuring live rhythm and blues band "Badd," 9 p.m. to 2 a.m. Showtime is 10 p.m.

DJ Black will be in the house. Cash bar only. Attendees can bring food.

Tickets cost \$15 in advance, \$18 at the door, and can be purchased at the bar.

For more information, call Ladies Auxiliary President Linda Robinson, 443-857-8823 or 410-272-3444.

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, Centreville, 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.

BLACK HISTORY MONTH CELEBRATION

Charlton-Miller VFW Post 6054 will hold its third annual Black History Month celebration at 3 p.m. The guest speaker is Dr. Joanne Martin, president and CEO of the National Great Blacks in Wax Museum, Inc. Other entertainment includes the Vernon Sewell Ensemble Choir from St. James A.M.E. Church, Havre de Grace, Praise Dancers, poetry reading and much more.

Dinner will be available following the program. Admission is free.

For more information, call

Linda Robinson, ladies auxiliary president, 443-857-8823 or 410-272-3444.

SUNDAY FEBRUARY 18 WOMEN'S DAY PROGRAM

The women of St. James A.M.E. Church, 615 Green Street, Havre de Grace, will host a program at 3:30 p.m. The Rev. Jeremiah G. Williams, Metropolitan United Methodist Church, Baltimore, will be the guest preacher. The program will benefit the church's 99th Annual Woman's Day program scheduled for March 25.

For more information, call 410-939-2267.

SATURDAY MARCH 17 A NIGHT AT THE RACES

American Legion Susquehanna Post 135, located on 300 Cherry Street, Perryville, will hold a \$1,000 Draw Down and Night at the Races. All proceeds will benefit the Detachment Commander's Project Fisher House Foundation.

Tickets cost \$35 each and admits two for dinner, draft beer, soda and limited open bar. Events include horse races, \$1,000 draw down, wheels of fortune, Chinese and silent auctions and a cake wheel.

For more information or to purchase tickets, call Tom Deal, 410-642-2561, Emory Thompson, 410-642-6718 or Ed Steininger, 410-939-2293.

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.

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

Post Shorts

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 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.

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.

OC&S presents 34th Annual Gospel Night

The U.S. Army Ordnance Center and Schools will celebrate the 34th Annual Wilbert Davis Gospel Night, 4 p.m., Feb. 25 at the Aberdeen Proving Ground Post Theater. Admission is free and open to the public.

The theme for this year's observance is "From Slavery to Freedom: The Story of Africans in the Americas."

MCC Phone Center relocates

The MCC Phone Center has relocated to the APG Main Exchange. The hours of operation are Monday through Friday, 11 a.m. to 3 p.m.

GEMS accepting student applications

The Gains in Education through Mathematics and Science Summer 2007 program at the U.S. Army Research Lab - Aberdeen Proving Ground is open for student applicants in grades 7 through 12. The GEMS goal is to reach a diverse group of students from the middle and high schools in the Harford, Baltimore, and Cecil County communities.

The program is limited to 100 students, so it is important to register early.

For more information, visit the U.S. Army Educational Outreach Web site, <http://www.usaeop.com>, or contact Dr. Sandra Young, 410-306-0679 or Dr. Rose Pesce-Rodriguez, 410-306-0885.

(Editors note: More Shorts can be seen at www.apgnews.app.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."

NIGHT AT THE MUSEUM

Friday, Feb. 9, 7 p.m.

Starring: Ben Stiller, Dick Van Dyke

Good-hearted dreamer Larry Daley (Stiller), despite being perpetually down on his luck, thinks he's destined for something big. But even he could never have imagined how big, when he accepts what appears to be a menial job as a graveyard-shift security guard at a museum of natural history. During Daley's watch, extraordinary things begin to occur. (Rated PG)

**CHARLOTTE'S WEB
(FREE ADMISSION)**

SATURDAY, Feb. 10, 7 p.m.

Starring: Dakota Fanning

Fern (Fanning) is one of only two living beings who sees that Wilbur is a special animal as she raises him, the runt of the litter, into a terrific and radiant pig. As Wilbur moves into a new barn, he begins a second profound friendship with the most unlikely of creatures - a spider named Charlotte - and their bond inspires the animals around them to come together as a family. When the word gets out that Wilbur's days are numbered, it seems that only a miracle will save his life. A determined Charlotte, who sees miracles in the ordinary, spins words into her web in an effort to convince the farmer that Wilbur is "some pig" and worth

saving. (Rated G)

**CODE NAME: THE
CLEANER**

Saturday, Feb. 10, 9 p.m.

Starring: Cedric The Entertainer, Lucy Liu, Nicollette Sheridan

Jake (Cedric) is a seemingly regular guy who has no idea who he is after being hit over the head by mysterious assailants. When he finds himself unexpectedly entangled in a high-level government conspiracy, Jake and his pursuers begin to believe that he is an undercover agent who subconsciously holds a key piece of information that could expose an arms deal involving the CIA and FBI. (Rated PG-13)

Riding a motorcycle on APG

Certain requirements are mandatory for admittance

Story by
DAVID BACKERT
Special contributor

When entering Aberdeen Proving Ground, or any other Army installation, motorcyclists must have proof that they have taken a motorcycle safety course. The Army recognizes the Motorcycle Safety Foundation safety courses: either the Basic Rider Course or the Experienced Rider Course.

"The Department of Defense has taken notice of the number of accidents and deaths related to motorcycles occurring on and off DoD installations," said Mike Allen, Safety and Occupational Health specialist with the Directorate of Safety, Health and Environment. DoD instruction 6055.4, DoD Traffic Safety Program, and Army regulation 385-55, Prevention of Motor Vehicle Accidents, both require that all personnel who ride a motorcycle on a DoD installation must complete a mandatory motorcycle safety course and must wear the proper personal protective equipment.

Motorcyclists must have an MSF card indicating completion of one of these motorcycle safety courses to access the installation. A card or certificate for a course which is not recognized as an MSF motorcycle safety course will not be accepted. The Maryland Motor Vehicle Administration equivalent basic and experienced rider course cards are accepted.

The Installation Safety Division has scheduled monthly classes at APG for military personnel, their family members, government employees, retirees, and contractors in need of motorcycle safety training. Classes will be offered March thru November.

Courses will include practicing basic skills such as making a stop quickly, stopping on a curve, swerving multiple times in succession, braking or swerving to avoid a hazard, and taking a written and riding skills test (classroom instruction for basic rider course only).

Classes are provided at no cost. Priority is given to military personnel, and contractors may attend on a space available basis. Military and DoD civilians will not be charged leave to attend this training.



Photo by MARGUERITE TOWSON
Instructor David Backert makes a point during instruction of a motorcycle certification class.

The Basic Rider Course is for the novice rider who has a learner's permit, his/her own motorcycle, and would like to learn how to ride safely. The course runs two days starting at 7 a.m. and ending on the second day in the afternoon.

The Experienced Rider Course is for a licensed motorcyclist who owns a motorcycle and desires to sharpen his/her riding skills. This course begins at 7 a.m. and ends at noon the same day.

Riders that do not successfully complete one of these courses will not be allowed to ride on the installation.

"Anyone who has taken an MSF-approved motorcycle safety course elsewhere is not required to retake the course, provided proof of attendance can be supplied," Allen said.

All riders must wear an approved DOT helmet, full-fingered gloves, long pants, long sleeved shirt or jacket, leather boots or shoes over the ankle and safety eye protection, such as safety glasses, goggles or a face shield attached to the helmet (even if the motorcycle has a windshield). Riders must wear a brightly colored upper garment during the day (dawn to dusk) and a reflective vest from dusk to dawn. Motorcyclists will not be allowed on the installation without the required personal protective equipment.

Active duty military person-

nel are required to meet the above listed standards on or off post when riding a motorcycle.

Classes are limited in size. Riders that require one of these courses should register as soon as possible. The first class begins in March.

Order of priority for selection: military, family members, government employees, retirees and contractors.

Class dates

Basic Rider Course

March 13, 14
April 3, 4
May 1, 2, 30, 31
June 19, 20
July 3, 4, 31
Aug. 1
Sept. 5, 6
Oct. 2, 3, 30, 31
Nov. 20, 21

Experienced Rider Course

March 15, 16
April 5, 6
May 3, 4
June 1, 21, 22
July 5, 6
Aug. 2, 3
Sept. 7
Oct. 4, 5
Nov. 1, 2, 22, 23

Personnel can request training by logging on to www.apg.army.mil and clicking the "Army Traffic Safety Training Program" icon in the upper right corner.

If the icon does not appear, click "Services" on the right

side of the page and choose "Army Traffic Safety Program" from the drop-down menu. Classes and dates will be displayed.

To register via e-mail, click IMNEAPGSHS@apg.army.mil, type the desired class and date and click "send." Those interested may also register by calling 410-306-1081.

The Safety Office will e-mail class-specific information and an attached form that must be completed and returned via e-mail.

Once approved, the Safety Office will confirm the student's name, course title, dates and times via e-mail.

The classroom portion of the Basic Rider Course will be held in building 5442, room 7. The Experienced Rider Classes are held on the motorcycle range behind building 3144.

Classes are conducted by Cape Fox Professional Services.



Photo by ANDRE' FOURNIER
From left, retired fire chiefs Charles M. Jones and Howard Springer; APG Fire Chief Edward C. Budnick; and retired fire chiefs Daniel B. Smith and Thomas C. Scarborough, pose in front of a fire engine.

Retired fire chiefs return to APG

Story by
WILLIAM B. STREAKER
DSHE

Aberdeen Proving Ground's Fire and Emergency Services Division, led by Fire Chief Edward C. Budnick, hosted a luncheon for four retired APG fire chiefs Nov. 6.

"These five chiefs represented more than 60 years of combined command experience," Budnick said, adding that, "the gathering provided personnel with a chance to learn how the department was run in its early years as they research the history of the department for the upcoming 90th anniversary celebration of APG."

The honorees included retired chiefs Howard Springer, Daniel B. Smith, Thomas C. Scarborough

and Charles M. Jones.

Springer was the last fire chief of Edgewood Arsenal before it was combined with APG in 1971. He was also the fire chief of the former Bainbridge Naval Training Center.

Smith, 1958 to 1976, started his career with the D and PS Fire Department at Phillips Army Airfield in 1946.

Scarborough served as chief from 1976 through 1986 and Jones served from 1986 to 2002.

The luncheon guests included Joseph Craten, civilian deputy to the Garrison commander; APG Garrison Command Sgt. Maj. Elvis Irby, and Timothy McNamara, director of Safety, Health and Environment.



MORALE, WELFARE & RECREATION

2007 graduate uses APG/HCC articulation agreement to earn degree

Family Child Care

A Family Child Care Back-up Provider who has been in the FCC program since November 2000 has completed credits to graduate from Harford Community College with an associate's degree in Early Childhood Education.

Tonya Armstead is the third person to earn a degree by using credits through the Aberdeen Proving Ground /Harford Community College Articulation Agreement.

HCC signed an articulation agreement October 2004 with APG Child and Youth Services. Under this agreement, child care providers working at APG who have completed specific learning experiences in the child care program offered through APG CYS, will be eligible to receive a total of 21 articulated college credits from HCC applicable to the A.A.S. in Early Childhood Education.

"CYS is glad to have this incentive for its staff," said Beverly Hartgrove, training and curriculum specialist. "We use it to recruit employees, to motivate them and to keep them actively working towards their goal of

improving themselves."

In order to receive the articulated credit, APG child care workers must first complete three college credits with HCC.

In addition, Armstead also received credit for Field Placement I by completing the Child Development Associate Credential and submitting the CDA portfolio for college credit. She worked in the Family Child Care Program to complete credits for Field Placement II.

To date, 24 CYS employees and FCC providers have received an additional 21 hours of college credit based on a completed Individual Development Plan of Child Development training. The IDP consists of an 18-month foundation level child development education that is Child Development Associate based.

Records show that nine have completed requirements for Field Placement I and eight have completed requirements for Field Placement II.

All using the Articulation Agreement to complete the associate's degree have used it as a stepping stone to begin work towards a bachelor's degree.

New program provides APG Army family with options

Child & Youth Services

At a time when the demands on Aberdeen Proving Ground military families seem to increase on a daily basis, the U.S. Army and local Child Care Resource and Referral agencies are stepping in to assist with one of the biggest concerns of nearly every parent – child care.

The Army Child Care in Your Neighborhood project was created by the Army to meet the high demand for quality child care by Army and Department of Defense civilian families in their communities. The program will be administered through the collaboration of multiple agencies, including the U.S. Army, the National Association of Child Care Resource and Referral Agencies and the Maryland Committee for Children.

"We continue to see an extraordinary demand for our

on-post child care services," said M.A. Lucas, director, Child and Youth Services for the Department of the Army. "The Army Child Care in Your Neighborhood project will help with meeting this need and extend the high quality of care Army and DoD civilian families experience on post into the communities where they live."

To ensure consistency in the care provided in off-base child care homes and child care centers, local CCR&R agencies, such as Maryland Committee for Children in Baltimore, will work in collaboration with the Army to augment the Army Child Care system, a well-recognized and respected model of high quality child care.

The Maryland Committee for Children is working to recruit child care centers and ACCYN child care providers which are located in the areas surrounding APG.

"There are presently 16 ACCYN homes available in Aberdeen and Edgewood and two available in Cecil County," said Pat Palazzi, acting chief of APG CYS. "Several of these homes offer evening and weekend care."

All ACCYN providers will be screened for favorable background checks; trained in child abuse prevention, fire, health and safety procedures, CPR and first aid; and will maintain Army quality standards.

In addition to consistency of care, Army and DOD civilian families will be assured of consistent fees. A monthly fee differential will be provided to each Army-sponsored program or provider for each child. This fee differential will ensure that families pay a fee that is comparable to the fees charged for care on base.

For more information, call 410-222-1728.

Activities



90th Anniversary Celebration Calendar of events

(All dates are subject to change and weather conditions.)

February

Black History Month (Equal Employment Office)

- 8, 90th Anniversary Cosmic Bowling Afternoon Party Event, 1 to 4 p.m., free bowling for all garrison and tenant employees, MWR APG Bowling Center, 410-278-4041

March

Women's History Month & Days of Remembrance - One Day (EEO)

- 7, Generations of Women Moving History Forward EA, EEO, 410-278-1137
- 20 thru 22, Army Family Action Plan, MWR, 410-278-7572
- 28, Town Hall meetings, APG South Conference Center, 9 a.m.; APG North Post Theatre, 2 p.m.
- 31, Easter Egg Hunt, MWR, 410-278-7572

April

- 14, Ruggles Golf Course holds APG 90th Anniversary Opening Day Golf Scramble, 8:30 a.m., MWR Ruggles Golf Course, 410-278-9452
- 21, Exton Golf Course holds APG 90th Anniversary Open

Day Golf Scramble, 8:30 a.m., MWR Exton Golf Course, 410-436-2213

- 26, Law Day, Office of the Staff Judge Advocate, 410-278-1107

May

Asian Pacific American Heritage Month (EEO)/APG Open House/Military Appreciation/Ordnance Week Activities and Anniversary balls

- 5, Spring Fest community event, 10 a.m. to 3 p.m., Fire and Emergency Services, 410-306-0533
- 19, 10K Armed Forces Day Run, MWR, 410-278-3812
- TBA Military Appreciation Luncheon (sponsored by the Harford County Chamber of Commerce)
- TBA U.S. Army Soldier Show, MWR 410-278-4402

June

- 2 and 3, Ruggles Senior Club Championship, 9 a.m., age 50 and older, limited to annual, MWR Ruggles Golf Course, 410-278-9452
- 11, Ruggles Super Senior Tournament, age 60 and older, MWR Ruggles Golf Course, 410-278-9452

(Editor's note: This calendar will be updated as necessary. New or changed items will appear in bold print.)

Sports Council Meeting scheduled for Feb. 8

The APG Intramural Sports Council Meeting will be held 2 p.m., Feb. 8, at Russell Gym Conference Room, building 3330. All units need to be represented by their unit sports representative, another responsible noncommissioned officer, the first sergeant, or company commander. Commander's Cup points are given for attendance.

For more information, Call Donna Coyne, 410-278-3929 or e-mail donna.j.coyne@us.army.mil.

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 through Feb. 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.

Child and Youth Services

There are immediate full-day openings for 3- and 4-year-olds at the APG North 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.

CWF event

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.

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 Lu.

Events include door prizes and contests

for best dressed couples and singles. Refreshments will be served. Open to the public. (IET 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.

SCHOOL LIAISON

The search is on for college funds Consider FastWeb.com for assistance

Claiming to be "the largest, most accurate, and most frequently updated scholarship database," FastWeb.com lists more than 1.3 million scholarships worth \$3 billion.

Log on to create a personal profile and start receiving a list of scholarships matching the individual's skills and interests. Organize the information received by type, deadline, dollar amount and more.

Other site support includes college tools,

jobs and internships, creating a FastWeb Calendar, e-mail alerts and newsletters.

"Fastweb is an awesome way to find out about scholarships that apply to your own individual interests/needs," said Laura Anderson, a user of FastWeb from Lakeville, Minn. "FastWeb saves time because they sort through all the scholarships for you and find the ones that you are eligible to apply for."

Scholarships offered to military teens

APG School Liaison

West Nottingham Academy, the nation's oldest boarding school, offers two-year scholarships, covering all costs, to qualified children and grandchildren from career military or American Foreign Service families. The scholarships are two-year commitments to students in their junior and senior years, and covers tuition, boarding, travel, meals, academic materials and other expenses.

During each academic year, students may also apply to the Hallock Scholars Selection Committee for additional support for other expenses such as educational travel or trips home.

Applicants must complete a standard admission application and show they are uniquely qualified for the West Nottingham Academy Experience. As 15 percent of the student body comes from foreign countries, this is a highly competitive process. Applicants must have achieved no less than a 3.0 cumulative GPA or a "B" average at their previous school. They must have a clean dis-

ciplinary record and actively volunteer in their community.

For more information, including application, contact Admissions at West Nottingham Academy, 410-658-9279 or e-mail admissions@wna.org. The academy accepts the Boarding School Common Application, located at <http://www.schools.com/apply/forms.html> or the application at http://files.schoolyard.com/wnottingham/PDF/WNA_Final_App.pdf.

The oldest boarding school in America, West Nottingham has been a small, residential school for college-bound students since it was founded in 1744. The Hallock Scholarships were created in 2000 by the Richard B. Hallock Foundation. The scholarships honor the life's work of World War II hero Col. Richard B. Hallock, a 1937 graduate of West Nottingham Academy, and his wife Myriam Johnston Hallock, a longtime American Foreign Service officer. The school's illustrious graduates include signers of the Declaration of Independence, two Maryland governors and the founder of the Brookings.

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 Feb. 5

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

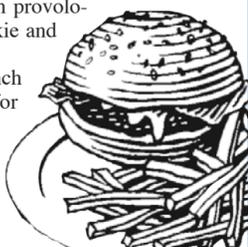
Special #2: Egg salad sandwich on white bread only (choice of mayonnaise, lettuce, tomato, pickles and onions), potato chips, one cookie and soda for \$3.95.

Week of Feb. 12

Special #1: Meatball sub with provolone cheese, onion rings, one cookie and soda for \$7.35.

Special #2: Cod strips, French fries, one cookie and soda for \$6.85.

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



Security

From front page

Official/unofficial travel security

- Prior to travel – ensure level 1 AT Training is current.
- Prior to travel (OCONUS) – receive AOR specific Threat Briefing (by security officer).
- Hotel selection considerations – select an inside hotel room (away from the street-side window), preferably on the fourth through 10th floors.
- If traveling overseas, know the location of the U.S. Embassy and other safe locations to find refuge or assistance.

Guard personal information – maintain a low profile

- Avoid use of rank or military addresses on tickets, travel documents or hotel reservations.
- When possible, travel on tourist passports.
- Destroy all envelopes or other items that show name, rank, or other personal information.
- Instruct family and associates not to provide strangers with information about anyone in the group.
- Be cautious about giving out information regarding family travel plans or security measures and procedures.
- Consider removing name and rank on home/military quarters.
- Avoid the use of a name and rank on answering machines.

Telephone security

If a threatening phone call or bomb threat is received, dial 410-306-2222 or 42222 if in APG North or 410-436-2222 or 52222 if in APG South, wait for the confirmation message that traces the

caller, and then report the call to local authorities immediately.

Home security

- Brief family members on residential security and safety procedures.
- Ensure family members learn a duress word and it is on file at the office.
- Advise associates or family members of destination and anticipated time of arrival.
- Use peephole viewers before opening the door.
- Don't open the door to anyone until visitor's identity is known.
- Ensure sufficient illumination exists around the residence.
- Be alert to strangers who are on government property for no apparent reason.
- Refuse to meet with strangers outside the work place.

Mail bomb incidents

- Avoid opening or processing mail in close proximity to others.
- Check mail and packages for:
 - Unusual odors (shoe polish or almond smell).
 - Too much wrapping.
 - Bulges, bumps, or odd shapes.
 - No return address or unfamiliar return address.
 - Differing return address and postmark.
 - Incorrect spelling or poor typing.
 - Items sent "registered" or marked "personal."
 - Protruding wires or strings.
 - Unusually light or heavy packages.
 - Excessive amount of postage.
 - Oily stains on the package.
 - Appearance of foreign style hand writing.
- Clear the area immediately and notify the chain of command, local authorities or the FBI.



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 accomplishments of U.S. Military men and women.

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

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

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

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



Your health is KUSAHC's goal



Cancer advances in focus: cervical cancer

www.cancer.gov

Although cervical cancer incidence and mortality rates have declined approximately 50 percent in the United States over the past three decades, the disease remains a serious health threat.

Thirty-five years ago

As recently as the 1940s, invasive cervical cancer was a major cause of death among women of childbearing years in the United States.

With the introduction of the Papanicolaou, or Pap, smear in the 1950s, a simple test that uses exfoliated cells to detect cervical cancer and its precursors, the incidence of invasive cervical cancer declined 74 percent in the United States between 1955 and 1992.

Although epidemiologic evidence long suggested an association between sexual behavior (e.g., age at first intercourse, number of sexual partners) and cervical cancer, scientists and clinicians did not know the underlying reason for this link.

In the early 1970s, clinical researchers were only beginning to develop and test more moderate procedures, such as cryosurgery, for treating pre-invasive disease.

Today

Cervical cancer, once one of the most common cancers affecting U.S. women, now ranks 14th in frequency in this population. In 2007, approximately 11,150 women in the United States will be diagnosed with cervical cancer and 3,670 will die of this disease. In contrast, the lifetime risk of cervical cancer would be an estimated 3.7 percent in the absence of cervical cancer screening.

In certain populations and geographic areas of the United States, cervical cancer death rates are still high, in large part due to limited access to health care and cervical cancer screening. Worldwide, especially in middle and low income countries, cervical cancer is the second most common cancer in women, and the third most frequent cause of cancer death, accounting for nearly 300,000 deaths annually.

Research conducted by the National Cancer Institute and other investigators throughout the 1980s and 1990s demonstrated that virtually all cases of cervical cancer are caused by persistent infection with specific types of human papillomavirus, or

HPV, which can be transmitted by sexual contact. There are more than 100 types of HPV. Of the 15 types that are considered to be cancer-causing, or oncogenic, HPV types 16 and 18 - which were first identified and molecularly cloned by researchers at the German Cancer Research Center - are responsible for about 70 percent of cervical cancers worldwide. In most women infected with HPV, however, the infection will clear and cervical cancer will not develop; therefore, HPV infection is necessary but not sufficient for development of the disease.

In 1996, the U.S. Food and Drug Administration approved the use of the first liquid-based, thin-layer slide preparation as an alternative to the conventional Pap smear. This new technique separates cells from background material and provides a thin layer of cells for analysis. Various studies have suggested that liquid-based cytology is more sensitive than standard Pap smears in detecting cervical cancers and precancerous cellular abnormalities.

Highly-sensitive and specific molecular techniques for identifying HPV DNA in cervical specimens are now available. The current FDA-approved HPV DNA test can identify 14 of the high-risk strains associated with cell changes in the cervix.

The NCI-supported ASCUS/LSIL Triage Study found that HPV DNA testing is sensitive in detecting serious abnormalities among women with a Pap test diagnosis of ASCUS, or Atypical Squamous Cells of Undetermined Significance. An ASCUS result is considered to be borderline or ambiguous. The HPV DNA test can help to identify women who need further medical attention.

HPV testing, in conjunction with cytology, is approved by the FDA for screening women 30 years of age and older. If both tests are negative, screening is not repeated for three years.

In June 2006, the FDA approved the vaccine Gardasil®, which is highly effective in preventing persistent infections with HPV types 16 and 18. Gardasil also protects against HPV types 6 and 11, which cause about 90 percent of genital warts. The vaccine is based on technology developed by NCI scientists, whose work laid the foundation for the production of

HPV "virus-like particle," or VLP, vaccines. Using genetic engineering techniques to manipulate the genetic material of the virus, scientists created a vaccine consisting of non-infectious VLPs formed by a single protein - the L1 protein - from the outer surface of HPV. The L1 protein triggers a robust antibody response that neutralizes HPV infection. Gardasil is comprised of a mixture of HPV type 6, 11, 16, and 18 VLPs. Studies to date have shown that this vaccine provides protection against HPV 16 infection for at least 4 years. The vaccine is approved for use in females 9 through 26 years of age, but is most effective if given before the onset of sexual activity.

Treatment for cervical cancer has improved considerably. The five-year survival rate for women diagnosed with cervical cancer is close to 75 percent.

Most cervical cancer patients receive radiation as part of their treatment. In addition, recent studies have demonstrated the value of chemotherapy treatment.

Five large, randomized clinical trials found that chemotherapy administered with radiation therapy decreased the risk of death from cervical cancer by 30 to 50 percent, supporting the use of concomitant chemotherapy with radiotherapy for advanced disease.

Tomorrow

Research on HPV vaccines is continuing. Cervarix™ (not approved for use in the United States), a second vaccine for preventing HPV infection, is in the late stages of clinical testing. This vaccine is also based on the technology developed by NCI scientists.

Initial studies of this vaccine - which also targets HPV types 16 and 18 - have shown that Cervarix protects against persistent infection with these two HPV types and may also confer some protection against very closely related HPV types.

An NCI-sponsored Phase III clinical trial underway in Costa Rica

- where HPV infection is particularly high - will evaluate the safety, efficacy, and other performance characteristics of Cervarix. The approximately 7,500 women participating in this trial will be followed for at least 4 years.

Although Cervarix and Gardasil protect against infection with HPV types 16 and 18, these vaccines do not protect against HPV types found in approximately 30 percent of cervical cancers. Including VLPs from

other oncogenic types of HPV in the vaccines is one approach to increase protection against the other viruses.

In an alternative approach, researchers are now working to develop a vaccine targeted against a minor surface protein of HPV, known as L2, which contains regions that induce neutralizing antibodies against a broad range of HPV types.

This property means that a single vaccine targeting the L2 protein may have the potential to provide broad protection against many HPV types.

Studies of other experimental vaccines for treating HPV infection also are underway. Many of these experimental vaccines target two HPV oncogenic proteins, E6 and E7, which play an important role in inducing and maintaining cellular transformation. These two proteins are also

found in most HPV-induced lesions.

Scientists are striving to better understand why HPV infections clear in most women but persist in others and lead to cervical cancer in only some women with persistent infections.

Efforts to characterize the molecular pathways in cervical cancer cells, and to better understand how the interplay between these cells and their microenvironment (in particular, the effects of hormones and immune system factors) may affect cancer development and progression, should provide critical insights.

NCI's Centers for Population Health and Health Disparities are supporting research to understand and reduce differences in health outcomes, access and care.

Some studies are focused on increasing early detection of cervical cancer in women who live in the Appalachian region of the United States - where limited access to care may account for higher rates of cervical cancer incidence.

NCI is also supporting efforts to make cervical cancer screening and treatment more affordable to help reduce the incidence of cervical cancer in developing nations, where 80 percent of cervical cancer occurs.



Give a gift that matters for Valentine's Day

Couples practice examination

The Skin Cancer Foundation

New research shows that couples who check one another for skin cancer tend to do so more scrupulously than people who do skin self-exams alone.

The researchers trained both individuals and couples to practice skin self-examination, finding that the couples conducted the tests more frequently, and thoroughly, resulting in reduced odds of developing skin cancer.

"A simple head-to-toe skin check should be done at least once every month," said Perry Robins, MD, president of The Skin Cancer Foundation. "Conducting the exam with a partner can dramatically reduce the risk for skin cancer and could possibly be the difference between life and death."

The researchers noted that half of all melanomas are discovered by patients themselves, confirming the importance of self-examination in early detection.

Having a partner to help with the exam can make it easier to remember to check the skin regularly as well as easier to check areas such as the scalp and back, which are difficult to see alone. After the first few times, self-examination should take no more than 10 minutes - a small investment once a month in what could be a lifesaving procedure.

Examining the body

Items needed include a bright light, full-length mirror, a hand mirror, two chairs or stools and a blow-dryer.

- Examine the head and face, especially the nose, lips, mouth and ears (front and back).
- Check hands, including fingernails. In a full-length mirror, examine elbows, arms and underarms.
- Examine the neck, chest and torso. Women should check under their breasts.
- With back to mirror, use a hand mirror to inspect the back of the neck, shoulders, upper arms, back, buttocks and legs.
- Sitting down, check legs and feet, including soles, heels and nails. Use hand mirror to examine genitals.

The warning signs

- A skin growth that increases in size and appears pearly, translucent, tan, brown, black or multi-colored;
- A spot or sore that continues to itch,



hurt, crust, scab, erode or bleed;

- An open sore that does not heal within three weeks;
- A mole, birthmark, or brown spot that: changes color, increases in size or thickness, is larger than 6 mm in size (size of a pencil eraser), changes in texture or has an irregular border.

While a monthly self-exam shouldn't replace the important annual skin exam performed by a physician, it offers the best chance of detecting the early warning signs of melanoma, basal cell carcinoma and squamous cell carcinoma.

If either partner notices any change in an existing mole or discovers a new one that looks suspicious, see a physician immediately.

To find out more about how to spot a skin cancer and for information on self-exams, visit www.skincancer.org. For a free self-exam brochure and mole-mapping guide, call 1-800-SKIN-490 or e-mail info@skincancer.org.

About the Skin Cancer Foundation

The Skin Cancer Foundation is the only global organization solely devoted to the prevention, detection and treatment of skin cancer. The mission of the foundation is to decrease the incidence of skin cancer through public and professional education and research.

For more information about melanoma and to learn more about how to protect the skin, visit www.skincancer.org or call 1-800-SKIN-490.

Skin needs 'winterizing' to head off damage

Johns Hopkins Medicine

Results of the National Health Interview Survey suggest that at least 81 million Americans experience dry, itchy or scaly skin during the winter months due to blasts of colder, dryer air, winter sun exposure and over-heated homes and offices.

"Winter can be just as damaging to the skin as summertime but for different reasons," said Rebecca A. Kazin, M.D., assistant professor of Dermatology and director of the Johns Hopkins Cosmetic Center. "While trying to keep warm, we strip our skin of essential oils."

Kazin's prescription for preventing skin damage includes a heavy dose of common sense, some elements borrowed from summertime skin care, some easy dietary shifts and moisture, moisture, moisture.

- Frequently apply an oil-based cream or lotion.
- Use a humidifier at home and in the office

and avoid long hot showers, however tempting they may be. Take short luke warm showers, and apply moisturizer while skin is still damp to keep water in the upper layers of skin and decrease dryness and itching.

- Because frequent hand washing is recommended to prevent winter colds and flu, in winter "use hand soap that contains moisturizing ingredients or an alcohol-free hand sanitizer," she said.

- Don't forget the sunscreen when going outdoors on cold winter days, especially when skiing, as the snow reflects 80 percent of sunlight.

- Promote healthy skin with a diet rich in antioxidants found in strawberries, blueberries, blackberries, green tea and foods with essential fatty acids, such as salmon, walnuts and canola oil.
- As always, water intake is crucial to maintaining skin health and hydration.

Does food make you sexy - fact or fiction?

Johns Hopkins Medicine

With Valentine's Day around the corner, many may look to food as a way to rekindle the libido. But is this merely wishful thinking?

Like red wine, so-called love foods - chocolate, oysters, cucumbers, strawberries and cream, licorice, alcohol - may taste great, but will these foods tickle the libido as much as the taste buds?

There are some foods that can keep individuals in good sexual health, but as far as aphrodisiacs are concerned, there is no scientific evidence that they do the trick, according to Lawrence Cheskin, M.D., director and founder of the Johns Hopkins Weight Management Center.

"The reputed sexual effects of so-called aphrodisiacs are based in folklore, not fact, and there is no scientific proof that any food or beverage can treat sexual dysfunction or increase desire," said Cheskin. "In health, there are some food

recipes that promise to spice up your food and love life, but the ingredients do not lead to better chances of sexual intercourse."

Cheskin does point out that chocolate contains certain interesting chemicals, such as phenylethylamine (also known as the "love-chemical"), that do stimulate the brain. They are found in high amounts of people who are in love, which is how we get the idea that chocolate is an aphrodisiac. "However, eating chocolate does not raise levels of phenylethylamine in your brain and increase your libido," says Cheskin. "Candy may be dandy, but it doesn't enhance your chance for romance."

Healthier alternatives to chocolate, with the same sweet taste, are fruits like pineapple, banana and strawberries, which contain plenty of vitamins and are high in antioxidants.

"The healthy value of fruit may not be sexy, but they are at least healthy," stresses Cheskin.

Oysters are another food with a reputation for increasing the libido. Cheskin calls oysters "good food" because they are low in fat and high in protein, vitamins and minerals and because they contain some nutrients that are important for the production of hormones that can improve fertility. "There is no proof that oysters have an aphrodisiac effect," he said, "but they are good for your sexual health and your overall health."

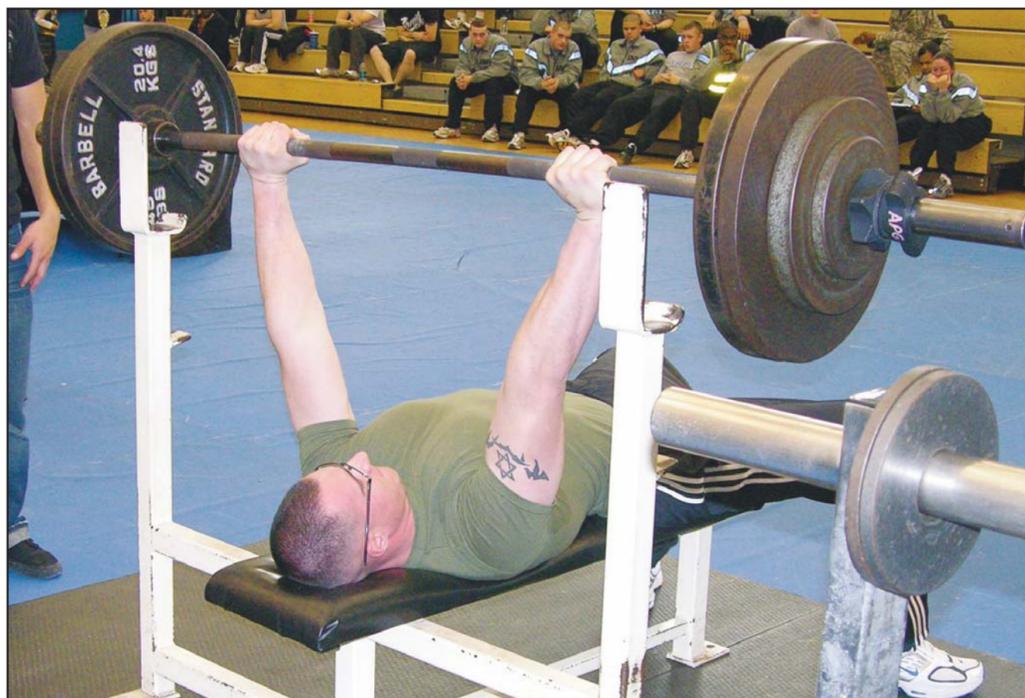
Part of good sex health is having a good body weight because being overweight can contribute to a decreased libido and fertility. For those who want to increase their libido, Cheskin says the best approach is "to exercise and eat the right foods."

For more information, visit Johns Hopkins Weight Management Center Web site, <http://www.hopkinsbayview.org/weight/index.html>.



Sports

Marines win 2007 bench press competition



USMC's Oleg Shekhler bench presses 295 pounds on his way to winning the military men's 220-pound division.

Story and photos by
YVONNE JOHNSON
APG News

The U.S. Marine Corps Detachment edged Company C 143rd Ordnance Battalion to win the 2007 intramural bench press competition held at the Aberdeen Athletic Center Jan. 27.

Sponsored by Morale, Welfare and Recreation, the annual competition kicks off the points race which concludes in December with the awarding of the Commander's Cup trophy.

The Marines were led by Valente Cantu who also won the 242-pound division with a lift of 350 pounds.

"We were pretty confident that we could take it the third year in a row," Cantu said of the detachment's current winning streak. "This group was shy at first, but they picked it up at the end and pulled it out."

The overall best lifter awards went to Shawn Thomas, a civilian contractor with the U.S. Army Research Laboratory, and Brenda Baugh, a Company C 143rd Soldier.

Baugh said she surprised herself. "In school, I didn't participate [in team sports], so I thought I'd give it a shot," she said. "I wasn't at all sure how I'd do."

Thomas, who took the same award during last year's deadlift competition, said he simply enjoys the challenge. "It's just nice to come out and compete," he said.

Although the turnout was lower than in previous years, the competition was just as intense. Coaches and lifters agreed that they did better than expected.

Capt. Eric Brooks, commander of Company C, 143rd, said that he was proud of the "excellent participation" of the 23 Soldiers from his unit.

"This is how we build camaraderie and esprit de corps for the

Commander's Cup," Brooks said. He pointed out that one Soldier in particular, Albert Singleton, had "a little prior experience and helped coach his fellow Soldiers."

"Heart made them volunteer," added Company C 143rd Drill Sgt. Andrea Bowman. "They were motivated to get out, make a difference and outdo their peers."

Mark Matthey led the group of seven Soldiers from the 16th Ordnance Battalion team, four of whom won medals.

Matthey, who finished as runner-up in the 242-pound division, said the team was fortunate to have Brandon Gencarelli, a former Florida State champion, on their team.

"We did real well because out of seven Soldiers, he's the only one with any lift experience," Matthey said.

Gencarelli won the men's 198-pound division.

Four National Guard Soldiers medaled as well including Larry

Buchanan and Alonzo Parker who took champion and runner-up respectively in the master's heavyweight division.

"This was my very first competition," Buchanan said. He credited fellow guardsman Claudell Taylor with "throwing a team together."

"We started coming out for this in 2000 and we basically want to come out and be represented every year," Taylor said.

Antonio Irving, winner of the 198-pound division, was the lone Noncommissioned Officer Academy representative.

"I just wanted to come out and represent [the Basic Noncommissioned Officer Course]," he said. "This was very competitive."

Sgt. Maj. Michael Bennett, 143rd, presented awards and told all participants to "Stay with it and stay motivated."

"Your mental toughness is how you got through this today," Bennett said. "Congratulations to all of you."



The stress of the press shows on the face of Antonio Irving of the U.S. Army Ordnance Center and Schools Noncommissioned Officer Academy, as he bench presses 300 pounds.

Bench press results

The following are the results from the 2006 intramural bench press competition.

For inquiries about statistics, contact the APG Sports Office, 410-278-2939.

Team awards

First place, USMC

Second place, Company C 143rd

Overall best lifter

FEMALE

Champion, Brenda Baugh, Company C 143rd, 120 pounds

MALE

Champion, Shawn Thomas, ARL, 340 pounds

Civilian women

LIGHTWEIGHT

Champion, Desiree Taylor, Natl Guard, 100 pounds

Civilian men

LIGHTWEIGHT

Champion, Ricardo Morgan, 200 pounds

Runner-up, Randy Taylor, 180 pounds

HEAVYWEIGHT

Champion, Shawn Thomas, 340 pounds

Runner-up, Michael Day, 300 pounds

Military women's open

132-POUND DIVISION

Champion, Barbara Dela Cruz, Company C 143rd, 70 pounds



USMC coach Valente Cantu accepts the championship trophy from Sgt. Maj. Michael Bennett of the 143rd Ordnance Battalion during the award ceremony for the 2007 intramural bench press competition at the Aberdeen Athletic Center Jan. 27.

148-POUND DIVISION

Champion, Brenda Baugh, Company C 143rd, 120 pounds

165-POUND DIVISION

Champion, Monique Boykin, Company C 143rd, 110 pounds

Runner-up, Crystal Holmes, USMC, 100 pounds

OVER 165-POUND DIVISION

Champion, Nora Mund, USMC, 100 pounds

Military men's open

165-POUND DIVISION

Champion, Darnel Jones, USMC, 225 pound

Runner-up, Terrance Spring, USMC, 225 pounds

181-POUND DIVISION

Champion, Claudell Taylor, Natl Guard, 300 pounds

Runner-up, Stephan Spring, USMC, 250 pounds

198-POUND DIVISION

Champion, Brandon Gencarelli, Company B 16th, 295 pounds

Runner-up, Antonio Irving, NCOA, 275 pounds

220-POUND DIVISION

Champion, Oleg Shekhler, USMC, 295 pounds

242-POUND DIVISION

Champion, Valente Cantu, USMC, 350 pounds

Runner-up, Mark Matthey, Company B 16th, 275 pounds

Sub-masters heavyweight

Champion, Kevin Witcher, Company B 16th, 235 pounds

Masters middleweight

Champion, Rodney Harris, HHC 16th, 185 pounds

Masters heavyweight

Champion, Larry Buchanan, Natl Guard, 265 pounds

Runner-up, Alonzo Parker, Natl Guard, 230 pounds

Basketball update

The following results were received from the APG Sports Office for the week ending Feb. 2. For inquiries regarding statistics, call 410-278-2939.

APG North Results

JAN. 29

Company E 16th, 40; Company B 16th, 38

KUSAHC, 43; HHC 16th, 45

JAN. 30

Company E 16th, 53; USMC, 42

KUSAHC, 48; Company B 16th, 47

JAN. 31

Company C 16th, 47; USMC #2, 27

Company A 16th, 59; USAF, 49

FEB. 1

Company C 16th, 47; HHC 16th, 46

Company B 16th, 44; USAF, 36

Schedule

FEB. 12

6:30 p.m., Company A 16th vs.

6:30 p.m., Company E 16th vs.

HHC 16th

7:30 p.m., USMC vs. USMC #2

FEB. 13

6:30 p.m., Company C 16th vs.

USMC

7:30 p.m., HHC 16th vs.

USMC #2

STANDINGS

Company C 16th 5 - 1

KUSAHC 4 - 1

HHC 16th 4 - 1

Company A 16th 3 - 1

Company B 16th 3 - 3

Company E 16th 2 - 2

USAF 1 - 5

USMC 0 - 4

USMC #2 0 - 4

APG South Results

JAN. 29

CBRNE, 65; Company C 143rd, 37

Company B 143rd, 43; MRICD, 13

JAN. 30

Company B 143rd, 45; Company C 143rd, 33

CHPPM, 48; Natl Guard, 41

JAN. 31

CBRNE, 62; CHPPM, 32

MRICD, win; CBRNE, forfeit

Company A 143rd, 57; AML, 32

FEB. 1

AML, 31; MRICD, 27

Natl Guard, win; Company B 143rd, forfeit

Schedule

FEB. 12

6:30 p.m., MRICD vs.

CHPPM

7:30 p.m., Company C 143rd vs. AML

FEB. 13

6:30 p.m., CHPPM vs. AML

7:30 p.m., Company B 143rd vs. Company A 143rd

STANDINGS

Company A 143rd 5 - 0

CBRNE 4 - 1

CHPPM 3 - 2

Company B 143rd 3 - 3

Natl Guard 3 - 3

Company C 143rd 2 - 3

MRICD 1 - 5

AML 1 - 5

Applying for the All Army Sports Program

Applicants must use online application process

MWR

The All Army Sports program offers Soldier/athletes the opportunity to participate in more than 20 sports at an armed forces or higher level of competition.

Interested participants can visit the Army MWR Web site, www.armymwr.com, select Recreation, and click on the Army Sports link to see what sports are available and view the criteria for selection.

The DA Sports Office has implemented a new procedure for applying to the All Army Sports Program. An online application process has been developed to allow for an easier, more efficient application process.

The new All Army online application program is a Web-based information system that will allow any Soldier (Continental United States or outside the Continental United States), with Internet access, to apply for any All Army sport online.

Soldiers simply need to go to <https://armysports.cfsc.army.mil> for a direct link to the All Army application process. This link

also provides detailed information about the program, the year's calendar, selection criteria, and points of contact at the DA Sports office.

This new process will simplify application submission for the Soldier and improve Army Sports office operations.

This system will provide complete and accurate collection of applicant data, especially contact information. The database will also provide retrievable archival capability for historical purposes.

Current procedures still require applicants to fax or scan and e-mail additional qualifying sports info/results. Planned upgrades include converting hard-copy or faxed applications to an electronic format and allowing athletes to attach competition video clips to further support their application.

Anyone interested should visit the web and check out the new look. But remember, to apply for the All Army Sports program, it must be done online.



Preventing substance abuse on APG

Helping children of alcoholics

APG ASAP Office

The APG Army Substance Abuse Program office has announced that "Celebration of Hope and Healing" is the theme of the 2007 Children of Alcoholics awareness campaign to be celebrated Feb. 11 through 17.

The U.S. Department of Health and Human Services estimates that one in four children in the United States under age 18 is hurt by family alcohol abuse or alcoholism, and that countless others are affected by parental drug use.

Seventy-six million Americans, or about 43 percent of

the U.S. adult population, have been exposed to alcoholism in the family.

Almost one in five adult Americans (18 percent) lived with an alcoholic while growing up.

Roughly one in eight American adult drinkers is an alcoholic or experiences problems due to the use of alcohol.

DHHS estimates the cost to society is in excess of \$166 billion each year for the approximately 26.8 million COAs in the United States.

There is strong scientific evidence that alcoholism runs in families, with children of

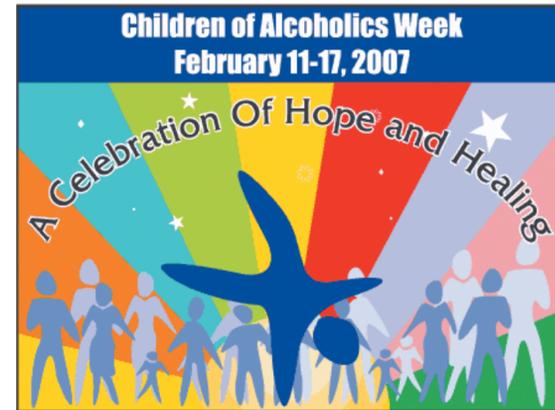
alcoholics being two to four times more likely to develop alcoholism than children of non-alcoholics, reports Bill Sanchious, the ASAP Employee Assistance Program coordinator.

"Parental alcohol abuse is a significant factor in a large portion of child abuse and neglect cases, and young children of alcoholics exhibit symptoms of depression and anxiety to a greater extent than children of non-alcoholics," Sanchious said. "Young children of alcoholics often have difficulty in school and are more likely to be truant, drop out of school,

repeat grades, or be referred to a school counselor or psychologist."

Children of alcoholics, with interest and support from family, friends, health professionals, teachers, clergy and others can avoid the negative effects of familial alcoholism. Children and their families need support to help break the cycle of silence often surrounding familial alcoholism and other substances of abuse.

"There are many resources available to individuals for the problems associated with being a COA," Sanchious said. "The APG ASAP office offers



free assessment and referral services to members of the APG community. For assistance, call 410-278-5319."

Additional information can be found at the National

Association for Children of Alcoholics Web site, <http://www.nacoa.org> or the U.S. Department of Health and Human Services Web site, <http://www.hhs.gov>.

Community asked to respond to blood shortage

Red Cross

The community blood supply is at a critical low, reports the Greater Chesapeake and Potomac Region of the American Red Cross, and without the immediate support of the public, patients in this area could be put at risk.

A liver transplant the weekend of Jan. 27 put a significant strain on the supply of type O negative blood, and the region is issuing a special call to eligible O negative donors, and eligible donors of all blood types to

replenish the supply by calling 1-800-GIVE-LIFE to schedule a donation appointment right away. Platelet donors should call 1-800-272-2123.

"O negative is considered the universal donor because it can be transfused to virtually any patient" said Dr. Joan Gibble, medical director for the GC & P Region. "Liver transplant surgeries, like the one [in late January] can require several units of blood and can quickly deplete the available supply. Without adequate

supplies of all blood types, cancer patients, trauma victims, and premature infants who also depend on the blood supply could be put at risk."

The GC & P Region needs to collect approximately 1,000 units of blood each day to meet the needs of local patients. As a special thank you to the community, the Greater Chesapeake and Potomac Region of the American Red Cross is offering all participants a vintage green long-sleeve American Red Cross T-shirt.

Who is eligible to give blood?

Donors must:

- Be generally in good health.
- Be at least 17 years of age, or in the state of Maryland, only 16 years of age with written parental consent.
- Weigh no less than 110 pounds.
- Have not received a tattoo within the past year.
- Have not donated whole blood within the past 56 days.

Members of the community are asked to call 1-800-GIVE-LIFE

immediately to schedule an appointment to donate at any American Red Cross Donor Center or community blood drive. Information about Regional Blood Donor Centers or community blood drive locations and times can be found at www.my-redcross.org. Business and community groups that are willing to hold blood drives are asked to call 1-800-787-9282, x4925 for information, or visit www.my-redcross.org.

APG closing announcements

If the installation is closed, is experiencing a delay in opening or if liberal leave is in effect due to weather or other emergency situations, check for postings on the local television and radio stations, WAPG-TV Channel 21 (on Aberdeen Proving Ground) or call 410-278-SNOW (7669).

A recorded telephone message will contain updated information and should begin at about 5 a.m.

Announcements about federal offices in the greater Baltimore metropolitan area do not apply to APG; listen for those that name APG specifically.

For general information, call the APG Public Affairs Office, 410-278-1147.

Health

From front page

very effectively implemented the TRICARE Formulary, ... where we have placed certain drugs within a class into a preferred coverage status," he said. "The non-preferred status is where the individual would have to pay twenty-two dollars for a co-payment, versus fifteen dollars."

Though the differential does not initially seem significant, preferred status has an influence on consumers that affects the pharmaceutical industry, Winkenwerder said.

"It is enough of a differential that it does

have some impact on people's buying decisions; therefore, it attracts the notice of the pharmaceutical companies who are, in turn, more willing to negotiate to lower their price," he said.

"So the net effect of having this tiered pharmaceutical benefit has been that we've been able to go through roughly half of the drug classes and make decisions to move things into one of these classes," he said. "It's been a very good process ... that has saved around five-hundred million dollars in the last two years."

Beneficiaries are encouraged to use the mail-order prescription service as another way to reduce costs, Winkenwerder said.

(NOTE: TRICARE Mail Order Pharmacy info is available online at <http://www.tricare.mil/pharmacy/tmop.cfm>.)