

POST SHORTS

Recycling schedule



The residential and recycling pickup schedule for Jan. 24, is plastic, glass and metal. Put items in blue bags and place them on the curb.

Sole manager of CMA, ACWA named

Michael Parker, director of the U.S. Chemical Materials Agency and program manager, Assembled Chemical Weapons Alternative, will assume the sole position as program manager, ACWA.

Dale Ormond, deputy assistant secretary of the Army for the Elimination of Chemical Weapons will serve as CMA's acting director until a new director is selected.

This realignment provides Parker and Ormond the opportunity to focus solely on their high-visibility programs.

Claude Bolton, assistant secretary of the Army for Acquisition, Logistics and Technology, and Gen. Benjamin Griffin, commander of the U.S. Army Materiel Command, remain committed to the safe and environmentally sound storage and destruction of the chemical weapons stockpile.

Former DoD secretary to speak at SOLE meeting

The Aberdeen Chapter of the International Society of Logisticians, SOLE, will hold its monthly meeting 11:30 a.m. to 1 p.m. at Top of the Bay Jan. 31.

The guest speaker is Louis A. Kratz, vice president and managing director of Focused Logistics at Lockheed Martin Corporation and former assistant deputy under secretary of defense (Logistics, Plans and Programs), with the office of the Deputy Under Secretary of Defense (Logistics and Materiel Readiness). The topic of discussion is "Logistics Transformation: An Industry View."

There is no cost to attend. Lunch is 'pay as you go.'

To register in advance, contact Chief Warrant Officer 3 Paul Thurston, 410-278-5554, or e-mail paul.thurston1@us.army.mil; Paul Nelson, 410-436-4574, or e-mail paul.a.nelson@us.army.mil; or Sharon Meirose, 410-306-0350, or e-mail

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APG Police honor Police Officer of the Year

Story by
HEATHER TASSMER
APG News

The Aberdeen Proving Ground Police and various civilian employees honored an active six-year-member of the force during the Police Officer of the Year ceremony at the APG North station Jan. 9.

A selection committee comprised of members outside of the police department chose Crime Prevention/Community Policing Officer "Big Mike" Farlow for the honor.

In addition to the APG Police Department and Farlow's family, Col. John T. Wright, APG Garrison and deputy installation commander, Garrison Sgt. Maj. Elvis Irby, members from the Army Substance Abuse Program, Child and Youth Services, Maryland Drug Abuse Resistance Education department and other agencies attended the ceremony to congratulate Farlow.

Wright thanked him for his dedication to the community and community events. Wright acknowledged "Chopper the Crime Stopper," Farlow's dog who was also there for the ceremony.

Farlow took Chopper to the D.A.R.E. program classes that he was instrumental in starting during the spring of 2006. He also revamped a bike and traffic safety rodeo and helped organize Community Awareness Day events or fall festivals.

"You and your family have made a



Photo by YVONNE JOHNSON

2006 Police Officer of the Year Community Policing Officer Mike "Big Mike" Farlow, far left, helps 10 year-old classmates, from left, Stephanie Williams, Chevon Borden and Alexis McFarlane, with their workbook assignments during one of the new D.A.R.E. classes he started at the Aberdeen Proving Ground Youth and Family Child Care centers in 2006.

difference in the APG community," Wright said.

Wright presented Farlow with a plaque and a commander's coin.

Also sharing some words at the ceremony was Capt. Nick Stamos, branch chief of the APG South police depart-

ment. Stamos led a prayer before sharing some words with the attendees.

He mentioned that there were 12 nominations and it was a "tough endeavor" for the selection committee to choose the best one.

In addition, he discussed Farlow's

history with the police department. Farlow started as a military policeman in 2000. Then he worked for the Investigative Services Division as a detective before his community policing days.

See POLICE page 2

Robust support for military families ongoing

DoD

Principal Deputy Under Secretary of Defense for Personnel and Readiness Michael L. Dominguez stated at a meeting Jan. 11 with military and community support organizations, "As additional forces deploy in support of the new strategies in Iraq, programs and policies at home will immediately respond to the needs of families. These families will need grassroots support as many are National Guard and Reserve and are distributed across many states rather than on or near military installations."

Dominguez made these comments as 22 of America's most prestigious military and community support organizations gathered in the Pentagon to discuss how to help military families impacted by the President's new strategy for the war in Iraq.

"We all know the important role

military families play in national security," Dominguez told key leaders. "You [the support organizations] deliver services so essential and capture information about what needs to be done, I asked you to attend today to hear your ideas."

The Department of Defense has a strong bond with all of these grassroots organizations nationwide. A separate section of the Military OneSource Web site now includes a page where community and military support organizations can post sponsored events to help connect families in their communities.

"Military families also serve. They have a patriotic and noble spirit," Dominguez said, "but their sacrifices are greater than ever with change in deployments. We appreciate your steadfast support."

Key activities under way in the Department of Defense to support mil-

itary units impacted by the policy change will address families' needs, Dominguez said. Initial efforts will specifically target the needs of the units in the Minnesota National Guard, the first heavily impacted state.

A team of military family assistance counselors, requested by Minnesota's adjutant general, will provide on-going support to families in the months to come, Dominguez said. They will help coordinate local resources, identify needed services, conduct face-to-face counseling, teach classes and help families and children develop coping strategies.

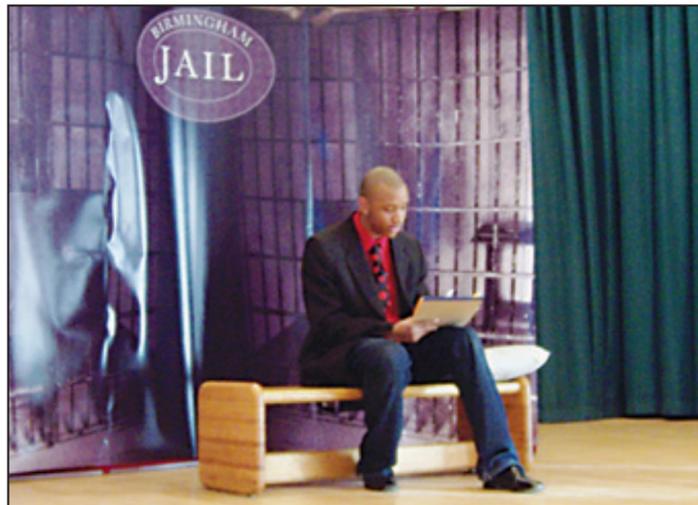
These programs are based on recent experiences with similar changes in rotations. Other family issues will address financial stability and emotional challenges. Particular attention will be paid to respite child-care and children's emotional well-being.

Similar plans to support service members and families of other affected units are under way by each of the military services; they are aggressively engaged. The Defense Department's robust Military OneSource central location for assistance is available 24-hours-a-day, seven days-a-week. The Web site, <http://www.militaryonesource.com>, and toll-free telephone number, 800-342-9647, provide immediate access to a consultant for help with problem solving - no issue is too small.

"If ever there was a time to show that we care for our troops, it's now," one attendee said.

Organizations present at the meeting were the Air Force Association, American Red Cross, American Legion, Armed Services YMCA, Army Emergency Relief, Association of the United States Army, Boys & Girls Clubs

See FAMILIES, page 3



Edgewood High School student Gerren Toliver reads the letter Martin Luther King Jr. wrote while he was in the Birmingham Jail. This presentation was part of the Martin Luther King Jr. observance held at the Stark Recreation Center Jan. 11.

APG celebrates Martin Luther King Jr.

Story and photo by
HEATHER TASSMER
APG News

The Aberdeen Proving Ground community recognized civil rights leader Martin Luther King Jr.'s determination for equality in a commemoration at APG South's Stark Recreation Center Jan. 11.

The event was hosted by the U.S. Army Center for Health Promotion and Preventive Medicine and the APG Garrison Equal Employment Opportunity office.

The event's theme was "Remember, Celebrate, Act: A Day On, Not a Day Off."

Chaplain (Lt. Col.) Orman (Wayne) Boyd from CHPPM gave the invocation describing King as "a brilliant scholar and leader who helped to change the world."

He thanked Soldiers and told the audience to keep the warfighters who sacrifice and put themselves in danger for the nation in their thoughts.

Col. John T. Wright, APG Garrison

and deputy installation commander, shared some words for the event, thanking the organizers and participants.

Wright announced that throughout 2007 and part of 2008, Black History Month, Women's History Month and other observances will be combined with APG's 90th anniversary celebration.

"The observances will focus on individuals who have made a difference on the proving ground," Wright said.

King "encouraged people of all ages, races and backgrounds to come together and work to strengthen their communities, alleviate poverty and acknowledge dignity and respect for all human beings," Wright said.

King's sentiments "reach out to men, women and children throughout the world," he said.

The entertainment segment of the commemoration featured two students from Edgewood High School. One of the students, Richard Desire, read a poem he wrote about civil rights titled, "What if..."

See KING, page 13

Maintaining environmental awareness Preventing storm water pollution

DSHE

With the weather turning cold and the fallen leaves on the ground, it is time to remind the Aberdeen Proving Ground community what they can do to help with storm water pollution prevention.

Storm water runoff occurs when precipitation from rain or snowmelt flows without sinking into the ground. Impervious surfaces, such as parking lots, prevent the storm water from naturally soaking into the ground. As storm water runoff flows over pedestrian walkways, landscaped areas, roadways and parking lots, it picks up debris, chemicals, dirt, and other pollutants. Storm water flows into storm sewer collection drains that flow directly to river systems.

Parking lots and other paved areas are typically designed so that storm water flows to catch basins and storm drains that ultimately drain to the Chesapeake Bay.

The activities conducted during the winter months and materials stored on these areas should be managed with care to ensure that pollutant materials (e.g. POLs, fertilizers,

refuse, excess sand/sediment, etc.) do not reach the storm drain.

Effects of outdoor activities on storm water

Winterizing vehicles

When winterizing a vehicle, take it to an authorized shop or dispose of the antifreeze at a designated drop-off site. Antifreeze is toxic and hazardous to humans as well as pets. Animals can be drawn to antifreeze and once ingested, it is often fatal. Toxic materials in waterways make them unusable for fishing, swimming and drinking.

Fertilizing lawns

Over fertilizing lawns causes nitrogen and phosphorous increases creating algae blooms in waterways. Nitrogen and phosphorus surface runoff can reach streams and lakes causing algae blooms, reducing the available dissolved oxygen and sunlight necessary for fish and other aquatic life to survive. Nitrogen can leach into groundwater and contaminate drinking water sources.

Raking leaves

Remove leaves to prevent decay, which can lead to the formation of

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Veterans' voices

Maryland starts new training program for veterans

Story by
YVONNE JOHNSON
APG News

Maryland Governor Robert L. Ehrlich Jr. announced Dec. 11 the Maryland Veterans Workforce Training program, a new innovative program available within the Maryland Transit Administration that offers eligible, honorably discharged Maryland military veterans training opportunities in a variety of skills.

The Maryland Veterans Workforce Training Program provides veterans access to areas of training ranging from business management to computer skills, all geared toward helping the transition to civilian life.

"This program is the first of its kind in the nation," Ehrlich said. "When many veterans finish their military service, they need assis-

tance in making the transition to the civilian job market. By using available training positions at MTA, we can help veterans build on the skills they learned in the military by teaching additional skills that are valuable in the civilian marketplace. The goal is to open doors through training and help veterans to build a better life."

The program allows veterans to fill unused slots in regularly scheduled MTA training classes. The veterans utilizing these slots will receive the same course training as the MTA employees. The training is free and there is no additional cost to the MTA as it is already conducting the training for its employees.

The primary goal of the program is to help U.S. military veterans living in Maryland, regardless of age or length of service, prepare for a meaningful career by providing the skills

and training opportunities necessary to succeed in today's workforce.

Courses cover "hard skills" including the maintenance of buses and light rail or metro trains, as well as "soft skills" such as financial planning, communications, basic computer skills, business writing and customer service.

"This initiative is as exciting as it is innovative with regards to the opportunities afforded Maryland veterans," said George W. Owings III, secretary of the Maryland Department of Veterans Affairs. "The timing of this program could not be better, with Maryland currently preparing to accept an influx of military personnel from the latest BRAC [Base Realignment and Closure] decision."

"The MTA is proud to honor and assist Maryland veterans by offering learning

resources that could help to expand current career opportunities necessary to succeed in today's workforce," added Marvin Mason, MTA special assistant to the director of Training Development.

The MTA's training classes are held at several locations within Baltimore City, he said. "All classes are non-credited and in some classes students receive certificates of training completion."

Veterans applying for the program must provide proof of Maryland residency and their DD Form 214. For more information on the Maryland Veterans Workforce Training Program, call the MTA Office of Training and Development, 410-767-0707, or log onto www.mtmaryland.com and look for the link under "Special Bulletins."

Veterans interviewed for war documentary film

Story and photo by
YVONNE JOHNSON
APG News

A Colorado filmmaker who displayed his latest film about Normandy to Harford County veterans in October 2006 returned to the area Nov. 28 and 29 to interview some of those veterans for inclusion into his future films.

Director Larry Cappelto, who specializes in historical documentaries, showed his film, "Lest They Be Forgotten" which told the story of the Normandy invasion during World War II, at the American Legion Post 39 in Bel Air.

"I was just so impressed with the veterans and stories I heard during my first visit that I decided then that I would have to come back and include them in my next project," Cappelto said.

His next projects focus on other aspects of the war, including famous battles or engagements within both the European and Japanese theaters, the Korean War and Vietnam.

McComas Funeral Home, which hosted the October event, also hosted this one, providing Cappelto with a private room to interview the veterans. Those who had pre-registered spent about two hours recalling their experiences while Cappelto filmed and recorded.

"There are just so many stories out there," Howard McComas Sr. said. "This is just our way of giving back

to those who've done so much for our nation. It's nice for us to have these interactions with our neighbors and not just when there's a need."

Funeral service associate Charles Harris was the first to be interviewed. A Vietnam veteran and the recipient of two Bronze Stars and two purple hearts, Harris said he likes to "keep a low profile" and was hesitant about being interviewed.

"But I did thank him for doing what he's doing," Harris said of Cappelto. "I never thought what I did was very important but I think the War on Terror is giving people a deeper appreciation and understanding of what Soldiers really go through."

Two Jima survivor Carmen R. Ward of Kensington, Md., said he remembers everything about his four-year tour even though he is 83 years old today and was 17 when he arrived in the Far East.

"The interview went real good. I hope he got what he needed," Ward said, adding that he never forgot "what an honor it was to serve."

"If I could fight for my country again I would do it today," he said.

Walter R. 'Wally' Mueller of Bel Air, said he served with the 498th Air Ambulance Company (Dustoff) handling medical evacuations on the front lines during his 1966 to 1967 tour in Vietnam and that he was honored when Cappelto asked him to be



Army veteran Walter R. 'Wally' Mueller of Bel Air answers questions during an interview with Larry Cappelto, the documentary film maker who was in town at McComas Funeral Home in Abingdon, Nov. 28 and 29 to interview local veterans for his upcoming war film. The McComas family hosted the event.

interviewed.

"I think it's important for people to understand the [service members] who do what their country has asked

them to do," Mueller said, adding that although the landscape changes from war to war, the pain of family separations and combat losses remain

the same. "They are feeling some of the same things in Iraq and Afghanistan that I felt and that were felt by my father before me."

Millions receive cost-of-living increases for VA benefits

Department of Veterans Affairs

Millions of veterans and eligible family members will see their disability compensation, pension and survivors' benefits increased as the Department of Veterans Affairs provides an annual cost-of-living increase for key benefits.

"We want all veterans with disabilities related to the defense of our country to receive the benefits they have earned," said Secretary of Veterans Affairs Jim Nicholson. "With this increase, we ensure their payments keep pace with the cost of living."

"This is indeed a step forward and one which is long overdue in recognizing our disabled veter-

ans," added Ed T. Kreiner, president of the Harford County Commission on Veterans Affairs and chairman of the Maryland Retired Veterans Task Force. "Hopefully, this will be seen as a 'good start.'"

A recent law signed by President Bush provides a 3.3 percent increase in disability compensation and survivors' benefits. Eligible veterans and family members will see this increase starting in their January 2007 checks.

Under the veteran's disability compensation program, tax-free payments will generally range from \$115 to \$2,471 per month depending on the degree of disability.

Special payments up to \$7,070 per month apply to the most severely injured veterans.

Pension disability benefits will also be increased by the same percentage and effective on the same date. The maximum annual rate for permanently and totally disabled veterans can range from \$10,929 to \$18,234. Payments under this program are based on household income.

This increase also applies to survivors of veterans who died in service or from a service-connected disability. Dependency and Indemnity Compensation survivors' benefit payments can range from \$1,067 to \$2,443 per month.

Survivors of wartime veterans receiving a death pension are also entitled to an increase.

The maximum annual payment rate for a surviving spouse can range from \$7,329 to \$11,715. Benefits under this program are intended to bring an eligible spouse's income to a level established by law.

Under each benefit program, additional allowances may be payable for helpless, minor or school age children.

For more information about VA benefits and services, visit the VA Web site, www.va.gov, or call 1-800-827-1000.

Police

From front page

Stamos told the attendees that Farlow attended a D.A.R.E. academy and graduated at the top of his class before starting the program at APG.

He also said Farlow was "instrumental on the "Click It or Ticket" campaign and that the department won an award because more than 95 percent of the drivers on the proving ground used their seat belts.

In addition to working as a community policing officer, Farlow also works as a crime prevention specialist. One of the responsibilities of a crime prevention specialist is conducting inspections around APG, Stamos said.

Directorate of Law Enforcement and Security director Robert W. Krauer commented on how many people came to the ceremony.

"The turnout is a remarkable testament of your work," Krauer said to

Farlow, acknowledging the staff members of other APG agencies.

"What a great job you've done for us," Krauer said.

Krauer presented him with a Certificate of Appreciation which includes a two-day time off award and a directorate coin of excellence.

Farlow also received a "Police Officer of the Year Parking Only" sign and an Olive Tree Restaurant gift certificate. He received a Kudos candy bar as another token of appreciation from chief of the Police Services Division Maj. Joseph Darabasz, who also remarked about Farlow's dedication to his job.

Darabasz also thanked Wright for his input and permission for the Community Policing unit to start and use the McGruff House.

When it was Farlow's turn to share his feelings about the award, he expressed gratitude to the many people he has worked with and his family.

"I'd like to thank everyone," he said. "Without your support, I would not be up here. This is not my award.



2006 Police Officer of the Year Community Policing Officer Mike Farlow shows Gauge Lloyd, left, Zoe, center, and Jennifer Fisher, right, his police car during a restoration day at the Child and Youth Services building Sept. 25.

Photo by HEATHER TASSMER

This is your award. This is a policing community and you're proof of it."

One attendee, Cynthia Scott, Army Substance Abuse Program prevention coordinator, shared some comments about Farlow's achievement.

"It is our pleasure to work with Mike," Scott said. "Mike brings so much dedication to community policing. ASAP supports the community policing program."

Farlow's wife, Karen, children, Micaela and Nate, and his mother, Marie, who came up from Greensboro, N.C., were present at his ceremony.

Karen Farlow talked about how she felt about her husband's award.

"It is nice he's getting acknowledged for the work he has done," Karen said. "He does a lot of work both at home and work, and is always thinking of new activities for D.A.R.E. and other events to do."

Farlow said his favorite part of his job is working with members from the community and children because "it's a positive side of enforcement."

APG News

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Deployment News

Organization provides computers for families

Story by
TRISH BUBEN
1st Army Division East Public Affairs

Communication with loved-ones is vital for deployed Soldiers. While they may have easy access to computers and the internet, this may not necessarily be the case for their loved ones.

Operation Homelink, a non-profit organization based out of Chicago, is working to provide computers for family members of the lowest enlisted service members (E1 to E5) so that they can stay in touch with their deployed Soldiers. According to Operation Homelink's Web site, "lower income families are not able to afford computers and must rely on expensive phone calls or slow postal service to stay in touch."

Working with supporters like Northrup Grumman, Dell, United Van Lines, CDW and Southwest Airlines, Operation Homelink has provided free, refurbished computers to more than 1,300 military families.

The organization keeps its

operational costs efficient by only accepting large donations. The minimum donation is 100 laptop computers or 10 desktop computers that should be in good working order. They also should have these minimum technology speci-

fications: Pentium III desktops with an 850 MHz processor or Pentium III laptops with a 500 MHz processor.

Because of the large costs associated with not working bulk, Operation Homelink can not accept individual or unit

requests for computers. Instead, they encourage units to contact the largest companies in their area and encourage them to contact Operation Homelink about donating. The donated computers the organization receives can only be

distributed to military units or geographic areas designated by the donating corporation.

For more information on donations and donation requirements, visit Operation Homelink's Web site, www.operationhomelink.org.

Army has preferred site for museum home

Army News Service

The Army announced Nov. 30 that its new preferred site for the proposed National Museum of the U.S. Army is adjacent to the intersection of Fort Belvoir's Kingman Road with the Fairfax County Parkway on Ft. Belvoir's north post.

The Army had been considering a site on the Engineer Proving Grounds for the location of the museum.

The Kingman site is located in the area currently occupied by the southernmost nine holes of the Woodlawn Golf Course, one of two 18-hole courses at Fort Belvoir.

"After consulting extensively with our local congressional delegation, Fairfax County Supervisors and other members of the public, we are persuaded that the Kingman site better supports the region's traffic needs and the desires of our community neighbors," said Keith Eastin, assistant secretary of the Army for Installations and Environment.

"We do not intend to further pursue any "enhanced use leasing" for the Museum at Belvoir," added Eastin.

The preferred site is close to the Richmond Highway corridor, I-95 and the Fairfax County Parkway and will provide convenient access for tourists with a minimal impact to residential neighborhoods.

The final selection of a site depends upon the outcome of the Environmental Impact Statement process that is currently underway.

For additional information the media may contact Paul Boyce, Office of the Chief Army Public Affairs, via e-mail at Paul.Boyce@hqda.army.mil or call 703-697-2564.

Families

From front page

of America, Enlisted Association of the National Guard, Fleet Reserve Association, Marine Corps Reserve Association, Marine Corps League, Military Officers Association of America, National Association for Uniformed Services, National Enlisted Reserve Association, National Guard Association of America, National Military Family Association, Navy League of the United States, Navy Marine Corps Relief Society, Non-Commissioned Officers Association of the United States of America, Reserve Officers Association, United Services Organization and the Veterans of Foreign Wars.

LAW

IRS plans Feb. 3 start for processing extender claims

IRS

The Internal Revenue Service plans a Feb. 3 start date for processing tax returns that claim key tax provisions enacted in December.

The IRS announced that it will begin processing both e-file and paper tax returns on Feb. 3 that include claims for the major "extender" provisions, including deductions for state and local sales taxes, higher education tuition and fees, and educator expenses. Any other tax returns for individuals that do not claim the extender provision can be filed as normal in January.

The Feb. 3 date allows the IRS enough time to update its systems to accommodate the tax law changes without disrupting other operations tied to the tax filing season.

"The vast majority of taxpayers will not be affected by these changes, and they will not notice any difference as they start filing tax returns this month," IRS Commissioner Mark W. Everson said. "The IRS urges people claiming the extender deductions to file electronically to reduce the chance of making an error."

Based on filings last year, about 930,000 tax returns claimed any of the three main extender provisions by Feb. 1. Overall, the IRS expects to process about 136 million individual tax returns this year.

The IRS is taking a number of steps to help taxpayers get the information they need to take advantage of the extended deductions and tax law provisions enacted after IRS forms went to print.

Taxpayers can visit www.irs.gov for updated information on the late legislation. Publication 600, State and Local General Sales Tax, is posted on the site.

This month, the IRS is also conducting a

special mailing of Publication 600, which will include the state and local sales tax tables and instructions for claiming the sales tax deduction on Schedule A (Form 1040), to 6 million taxpayers who have received the 2006 Form 1040 package in the mail.

The IRS reminded taxpayers that both paper and electronic returns will not be processed if submitted before Feb. 3. Tax returns filed on paper will be accepted but will not be processed until after IRS processing systems are updated on Feb. 3.

The IRS emphasized that using IRS e-file is the most accurate to file any return and the quickest way for taxpayers to receive their refunds. Tax software will be updated so taxpayers can easily claim the extender provisions.

"As we always do, we encourage taxpayers who think they may claim these deductions to file electronically," Everson said. "They will get their refunds faster through e-file. Even more importantly, e-file will greatly reduce the chances for making an error compared to claiming the deductions on the paper 1040."

For people using a paper 1040, several special steps must be taken. Taxpayers must use existing lines on the current Form 1040 and other tax documents to claim the three major extenders provisions. The key forms (Forms 1040, 1040A, Schedule A&B, and instructions) went to print in early November and reflected the law in effect at that time. The instructions contain a cautionary note to taxpayers that the legislation was pending at the time of printing.

People using a paper 1040 and claiming the key extender provisions should follow the following steps:

State, local general sales tax deduction

- The deduction for state and local general sales taxes will be claimed on Schedule A (Form 1040), line 5, "State and local income taxes." Enter "ST" on the dotted line to the left of line 5 to indicate taxpayer is claiming the general sales tax deduction instead of the deduction for state and local income tax.

- The IRS also issued Publication 600 for 2006, which includes the state and local sales tax tables, a worksheet and instructions for figuring the deduction.

- This option is available to all taxpayers regardless of where they live, though it's primarily designed to benefit residents of states with either minimal or no state and local income taxes.

Higher education tuition, fees deduction

- Taxpayers must file Form 1040 to take this deduction for up to \$4,000 of tuition and fees paid to a post-secondary institution. It cannot be claimed on Form 1040A.

- The deduction for tuition and fees will be

claimed on Form 1040, line 35, "Domestic production activities deduction." Enter "T" on the blank space to the left of that line entry if claiming the tuition and fees deduction, or "B" if claiming both a deduction for domestic production activities and the deduction for tuition and fees. For those entering "B," taxpayers must attach a breakdown showing the amounts claimed for each deduction.

Educator expense adjustment to income

- Educators must file Form 1040 in order to take the deduction for up to \$250 of out-of-pocket classroom expenses. It cannot be claimed on Form 1040A.

- The deduction for educator expenses will be claimed on Form 1040, line 23, "Archer MSA Deduction." Enter "E" on the dotted line to the left of that line entry if claiming educator expenses, or "B" if claiming both an Archer MSA deduction and the deduction for educator expenses on Form 1040. If entering "B," taxpayers must attach a breakdown showing the amounts claimed for each deduction.

Beware Internet auctions for fraud

Story by

JANE M. WINAND

Walter Reed Legal Assistance Attorney

Internet auctions are very popular today. Military members stationed overseas often resort to the Internet and auction sites to purchase items not readily available at their assignment location.

These auction sites match up buyers and sellers of goods and services. Bidding is done by sending electronic bids to the Web sites. When the bidding is done and an agreement for sale is reached, the buyer and seller communicate by e-mail about the terms of payment and shipment and complete the transaction through the mail.

The problem is that it is sometimes difficult to distinguish between legitimate sellers and con artists. Also, there is no way to verify the existence or quality of the goods being offered for sale.

Buyers may minimize their risk by paying for the goods with a credit card. Most credit card companies allow the consumer to seek a credit from the company if the product is not delivered or if the item received is not what the consumer ordered.

Some sellers may agree to send merchandise cash on delivery, or COD, which allows the buyer to pay when the item is received.

Unfortunately, some sellers, especially individuals, require payment by money order or cashier's check. Such a method of payment gives the buyer no protection in the event the delivered item is defective or otherwise not what the buyer bargained for.

Another option is to have the seller agree to the use of an escrow service. For a fee paid by the buyer, usually 5 percent of the cost of the merchandise, the escrow service releases the money to the seller only after the buyer has received and approved the item. Of course, using an escrow service will slow down the process. The consumer should investigate the reputation of the escrow service before arranging for such a service.

The Federal Trade Commission offers the following tips to Internet auction buyers:

- Verify the seller's identity. Get the seller's phone number and use it to confirm that you have a way other than e-mail to make contact.

- Check the seller's ratings from other buyers. Many auction sites post feedback ratings from buyers. Be careful of false ratings anonymously filed by a seller to boost the seller's rating.

- Before bidding, determine the method of payment required by the seller. If only cashier's checks or money orders are acceptable, decide

See *INTERNET*, page 6

ATTENTION ALL SOLDIERS

Soldiers charged and found guilty of a crime, could face confinement, loss of rank and discharge from the Army.

The APG Trial Defense Service office handles all types of military criminal matters, including felonies, misdemeanors and summary offenses against Soldiers.

Any Soldiers questioned by their chain

of command or the police, advised of their rights or apprehended, should immediately request to speak to an attorney. With so much at stake, it is important to contact an attorney as soon as possible to protect a Soldier's rights and liberty.

Until given the opportunity to consult with an attorney, remember the "4 No's:"

NO

Waiver of rights
Statements (oral or written)
Polygraphs
Consent to be searched

For more information regarding these issues, or a Soldier's rights involving a military criminal matter, call the APG Trial Defense Service office, 410-278-2156 or DSN 298-2156.



Annual health conference transforms strategy into action

Military Health System

The 2007 Military Health System Annual Conference will be held Jan. 28 through Feb. 1 at the Marriott Wardman Park Hotel in Washington, D.C.

The conference will be hosted by Dr. William J. Winkenwerder Jr., assistant secretary of defense for Health Affairs and director of TRICARE Management Activity, Maj. Gen. Elder Granger, deputy director of TMA and the Surgeons General of the Army, Navy and Air Force.

The conference serves as a forum for Defense Department health care professionals and their civilian partners to discuss issues, new programs and initiatives that affect health care delivery to the 9.1 million TRICARE beneficiaries.

This year's conference centers on the Military Health System's Strategic Plan. Breakout session topics will focus on:

- Ensuring forces are medically deployable
- Sustaining the benefit through good resource management
- Renovating the MHS infrastructure, per BRAC findings, to reflect interdependence and interoperability.

The hotel is located on 2660 Woodley Road in NW Washington.

For more information, contact Austin Camacho, 703-681-1765, ext. 5620 or e-mail austin.camacho.ctr@tma.osd.mil.

Promoting cervical cancer month

Harford County Health Department

To promote cervical cancer awareness month, the Harford County Health Department's Breast and Cervical Cancer Screening Program is sponsoring free gynecological exams for women who meet program guidelines. Women ages 40 to 64, who have limited income and little or no health insurance may be eligible.

Women are encouraged to have regular pelvic exams and pap tests to screen for cervical cancer. When caught early, cervical cancer is highly curable. Signs include:

- Any unusual discharge from the vagina (not a normal period)
- Blood spots or light bleeding other than a normal period
- Bleeding or pain after sex, douching or after pelvic exam

For more information on breast and cervical cancer and program guidelines, call the Health Department, 443-643-0350.



LEAVE DONATIONS

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

Employees eligible for donations in the Voluntary Leave Transfer Program

James Addas	Shelia Davison	Lydia Langley	Barbara Seker
Sarah Blevins	(benign paroxysmal	Joyce Mauldin	Joyce Spies
William Bond	positional vertigo)	Louis McCarter	Joan Taeuber
Debra Bonsall	Jeannette Dennis	(kidney failure)	Lavonne Telsee
(daughter has brain	Marc Devecchio	Sandra Miller	Alison Tichenor
tumor)	Susan Gorhan	Karen Moss	Elizabeth Usmari
Jeanie Bowman	Hester Hayes	Trudie Norman	Christine Wheaton
Kim Brooks	Cathleen Holmes	Iffy Okoye	Kimberly Windisch
Leroy Carter	Rick Jernigan	Mary Pettitway	Louis Winters
Stephen Carter	Carolyn Johnson	Carol Piper	Roberta Witherspoon
Rogelio Chevannes	Karen Kimble	Lester Pilcher	Charles Young
Brett Christy	Beverly King (caring	Greg Pryor	
John Daigle	for husband)	Judith Rembold	

Internet

From page 5

whether to take the risk of sending payment before receiving the product.

- Determine who is respon-

sible for shipping and delivery costs. Express delivery may be available for an extra fee paid by the buyer.

- Check on the seller's return policy to include refunds, return shipping costs and restocking fees.

• Contact the seller with questions before placing a bid.

• Research [the item up for bid]. Know the product and the relative value of the item before placing a bid. Just because merchandise is available on an auction site does not mean it is a good deal.

- Study the photo and read the advertisement carefully. Look for words like "refurbished", "close-out," "discontinued" or "off-brand," especially if buying electronic or computer equipment.

• Determine whether the merchandise comes with a warranty and where follow-up service will be available for the product. Many sellers don't have the facilities or expertise to provide service or repairs.

- Check out what protections the auction site may offer buyers. Some sites provide free insurance or guarantees for items that are not delivered or do not meet expectations set forth in the advertisement.

- When bidding, never give

out personal identifying information such as Social Security number, bank account number or driver's license number. Sellers should not need this information.

- Save copies of all transaction information, to include all e-mails from the seller or the auction site, and note the seller's identification, the item description, the time and date of the sale, and the price you bid.

If there is a problem with a transaction, try to resolve the situation directly with the seller or with the auction Web site first. If that is unsuccessful, file a complaint with the FTC by calling 1-877-FTC-HELP (382-4357) or visiting the FTC's Web site, www.ftc.gov. Although the FTC cannot resolve individual complaints, it can take action against a company if it discovers a pattern of possible violations of the law. Consumers may also contact a state attorney general or a local consumer protection office.

More information concerning Internet auctions may be obtained from the FTC at www.ftc.gov.

(Editor's note: Reprinted with permission from Walter Reed Army Medical Center editor of Stripe newspaper dated July 14, 2006.)

Community Notes

FRIDAY, SATURDAY, SUNDAY
JANUARY 19, 20, 21
MILITARY RECEIVE FREE ADMISSION TO MOTORCYCLE SHOW
 The 24th Annual Baltimore

International Motorcycle Show will offer free admission to all members of the United States military with military identification or wearing a uniform. The motorcycle show will be held noon to 10 p.m., Jan. 19; 10 a.m. to 10 p.m., Jan 20;

and 10 a.m. to 5 p.m., Jan. 21, at the Baltimore Convention Center. The show will feature new motorcycles, ATV and off-road dealers, discounts on new bikes and accessories, custom and antique motorcycle show and sports stars.

Dale Earnhardt Jr. will make a special appearance with his Number 8 car Jan. 19, and the U.S. Army drag racing team motorcycles will be on display the entire weekend as well as a driver.

For more information, call 301-808-2233 or visit

www.internationalmotorcycleshow.com.

410-879-2000, ext. 1688.

SATURDAY
JANUARY 20
CRITTER DINNERTIMES

Come watch the turtles, fish and snakes eat and learn more about them. The program begins at 11 a.m.; drop in, no registration, free.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

WINTER WONDERS HIKE AT BOSELY CONSERVANCY

Wander the trails at Bosely to seek signs of winter activity. This program will be held 12:30 to 2 p.m. for ages 8 through adult; drop in, no registration, free. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or

SUNDAY
JANUARY 21
WHITE-TAILED DEER SURVEY

Help to determine if the white-tailed deer population of Leight Park is a healthy size. Join park personnel to get the scoop on poop and conduct pellet (deer scat) counts on the trails to determine how many deer call the park home. This program is from 9 a.m. to noon for ages 16 to adult and is free. Registration is required.

For more information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-

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

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"

BLOOD DIAMOND

Friday, Jan. 19, 7 p.m.

Saturday, Jan. 20, 9 p.m.

Starring: Leonardo DiCaprio, Djimon Hounsou, Jennifer Connelly

Set against the backdrop of civil war and chaos in 1990's Sierra Leone, a South African mercenary Danny Archer (DiCaprio) and Mende fisherman Solomon Vandy (Hounsou) become joined in a common quest to recover a rare pink diamond that can

transform their lives. While in prison for smuggling, Archer learns that Solomon has found and hidden the extraordinary rough stone. With the help of American journalist Maddy Bowen (Connelly), the two men embark on a trek through rebel territory, a journey that could save Solomon's family and give Archer the second chance he thought he would never have. (Rated R)

ERAGON (FREE ADMISSION)

SATURDAY, Jan. 20, 7 p.m.

Starring: Edward Speleers, Jeremy Irons, Sienna Guillory, Robert Carlyle, John Malkovich

Orphaned farm boy Eragon's (Speleers) destiny is sealed forever when the last surviving egg of the dragon race chooses him for its keeper. Eragon is now the new Dragon Rider, the boy who will be savior to the repressed peoples of the Kingdom ruled by the wicked King Galbatorix (Malkovich) and his evil wizard Durza (Carlyle). (Rated PG)

POST SHORTS

sharon.meirose@atec.army.mil.

RAB meeting

The Installation Restoration Program will hold its next monthly Restoration Advisory Board meeting Thursday, Jan. 25, 7 to 9:45 p.m., at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Carroll Island Study Area. Board meetings are open to the public. All APG employees and citizens are invited. For more information, call the information line, 410-272-8842 or 800-APG-9998.

MCSC looking for a few good spouses

The Military and Civilian Spouses' Club is now accepting half-year memberships (January through June) for \$10. Membership is open to any spouse of military or civilian associated with APG.

For more information, call Dawn Kilmon, 410-297-6727, or visit www.apgmcsc.org.

Military scholarship applications due

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

Administered by Fisher House Foundation and funded by manufacturers and suppliers of groceries and services in the commissary system, the program has awarded more than \$4.6 million in scholarships to nearly 3,000 students since the first awards in 2001.

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

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

Subjects needed for research study on hearing

An opportunity to earn money is available through The U.S. Army Research Laboratory studies on hearing.

Paid listeners need to be a

U.S. citizen, 18 to 40 years old with normal hearing. Study time is two sessions of two hours each. Each listener will be paid \$15 per hour.

Active duty military personnel cannot be paid for participation.

Interested volunteers should contact Martha Dennison, 410-278-5918 or e-mail mjdennis@arl.army.mil.

New arrivals encouraged to attend Newcomers' Orientation

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

More than 35 APG community activities and organization representatives will welcome arrivals with handouts, literature, and will answer questions regarding their programs. Each unit/activity is requested to report the number of attending personnel to Marilyn Howard, Army Community Service, building 2754, 410-278-9669/7572, fax 410-278-9685 or e-mail marilyn.howard@apg.army.mil by Feb. 1.

Submit nominations for Freedom Award

The 2007 Secretary of Defense Employer Support Freedom Awards nominations are open through the end of February 2007.

This prestigious awards program was created to recognize American employers who provide exceptional support for their employees who serve the nation in the National Guard and Reserves. Nominations are open for deserving companies and organizations in three categories including major organizations of 500 or more employees, small corporations of less than 500 employees and those private sector employers (federal, city, state, municipalities, police and other departments, or any entity funded by tax dollars).

This year, Guard and Reserve personnel, or their families, can nominate an employer. If someone other

than those noted complete the nomination form, then it is important to advise the Guardsman or Reservist that they are considered the Official Nominator.

Any and all nominations should be submitted to www.esgr.mil, providing all required fields of the nominations form are executed.

Veterinary Clinic closings

The APG Veterinary Treatment Facility will be closed Jan. 31 for end of month inventory.

For more information, contact the VTF, 410-278-3911/4604.

NCOA holds Dining Out

The Noncommissioned Officer Academy will hold its 7th Annual Anniversary Dining Out Feb. 9 at the Comfort Inn Richlin Ballroom in Edgewood.

The anniversary will honor past NCOA commandants from 1987 to present.

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

Tickets will be on sale until Feb. 7.

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

Black History Month specialty meal Feb. 20

The Black History Month Specialty Meal will be held Feb. 20 in the Aberdeen North dining facilities, buildings 4503, 4219 and Aberdeen 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.

Trial Defense Service relocates

The Aberdeen Proving Ground Trial Defense Service has relocated from building 310 to building 305 on the first floor. Enter through the glass door, turn left past the elevator and follow the corridor behind the conference room. The office is on the left.

Telephone numbers will remain the same. For more information, call Nora Farrell, 410-278-2156/5389.

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



MORALE, WELFARE & RECREATION

CYS holds Youth Sports registration

Boys and girls should register early for all spring sports programs for placement on a team.

Registration will be held Feb. 6 through 28 at Central Registration, building 2752 Rodman Road, APG North and building E-1902, APG South by appointment after 10:30 a.m. Walk-in registration will be held 7:30 to 10:30 a.m. on weekdays, building 2752, CYS, or by calling 410-278-7571/7479.

All youths participating in a team sport must have a current sports physical.

Refunds will be made for medical and PCS only.

Baseball, T-ball

For boys ages 5 through 15 (age as of April 30, 2007) register early, the number of teams

and spaces are limited. Registration fee is \$45 per child for baseball and \$35 for T-ball, ages 5 and 6. Practice will start the week of April 2. Games will be held on weekdays.

Anyone interested in coaching should call the Youth Sports office.

Flag football, cheerleading

Cost of registration fee is \$45 per child, age 6 through 14 (age as of April 1, 2007). Shoes and socks are not included. Practice begins the week of April 2.

Cheerleading squads will cheer for APG Flag Football teams. Practice will be held weekdays after 5:30 p.m.

Start Smart Basketball

For boys and girls ages 3 to 5 who want to

play basketball while being coached by their mom or dad. Program will be held on March 12 through April 16. Parent participation is required. Cost of registration fee is \$40 per child and includes T-shirts, basketballs and awards for each child.

Softball

For girls, teams include ages 7 to 8, 9 to 10, 11 to 13 and 14 to 18 (age as of Jan. 1, 2007). Practice begins the third week of March, games begin in mid-April. The program will play in the Eastern Harford County league.

Anyone interested in volunteering as an umpire or coach should call 410-306-2297.

Flag football

For boys and girls, ages 6 to 8, 9 to 11, 12

to 14 (age as of April 1, 2007), practice begins the week of April 2, games begin May 5. Games will be held every Saturday at APG-North and APG-South Youth centers. Registration fee is \$45.

Coaches and referees are needed to make this program a success.

Junior golf, tennis programs

For boys and girls ages 7 through 17, registration will be held for the summer Jr. Golf and Tennis programs on May 1.

Programs will be held in APG North and APG South and begin the week of June 18.

For more information about APG Youth sports programs, call 410-306-2297 or visit www.apgmwr.com.

Activities

Winter leagues forming

Winter Bowling Leagues now forming. For more information, call the APG Bowling Center at 410-278-4041 or visit www.apgmwr.com for details.

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.

Women's Racquetball Clinic

Women ages 18 and over can register for the Racquetball Clinic by Feb. 1. The clinic will be held 5 to 7 p.m., Feb. 6 at the Aberdeen Athletic Center, building 3300 and 5 to 7 p.m., at the Edgewood Hoyle Gymnasium,

building E-4210.

Cost is \$15 for military, \$25 for all others.

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

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

Basic plumbing class

This course will teach participants how to make plumbing repairs at their home or business including how to repair pipes and stop leaks, what steps to take in emergency situations, and when to look for warning signs and why.

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

SKIESUnlimited

For more information and

registration for all SKIES-Unlimited programs, call Central Registration. An additional \$18 Central Registration Fee will apply if not already enrolled in the Child and Youth Services Program.

For more information or to make an appointment to register, call 410-278-7479/7571.

Child and Youth Services

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

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

Beginning piano for adults

Beginner piano lessons for adults 18 and over will be held 7 to 8 p.m., through March 7 at the Recreation Center, building 3326. Cost is \$60 per person and includes materials and supplies. Key-boards will be provided. Students will be responsible for purchasing the required books for the course. The deadline for registration is Jan. 18.

Ballroom Dancing

Learn to dance like Fred and Ginger. Ballroom dancing for ages 18 and older will be taught 6 to 7:30 p.m., Feb. 5 through March 5, in the

Recreation Center ballroom, building 3326. No class will be held Feb. 19.

Instructional classes will teach both the beginner and intermediate students to master the basic steps and sequences required for performing the dance routines in the program.

The cost is \$60 per person or \$100 per couple. Register by Feb. 1.

Learn to Cha Cha and Salsa

Cha Cha and Salsa dance lessons for ages 18 and older will be held 7:30 to 8:30 p.m., Feb. 5 through March 5, at the Recreation Center ballroom, building 3326. No class will be held Feb. 19.

Step to the beat of these fast-paced modern dances. Learn the transitional movements required to master the various dance routines and sets.

Cost is \$40 per person or \$70 for couples. Register by Feb. 1.

Introduction to acting

To learn how to act, don't miss this seminar. Introduction to acting will be held 5:30 to 6:30 p.m., Jan. 23, at the Recreation Center, building 3326. Find out what it takes to become a good actor from a professional. Cost is \$10 for active duty military, \$15 for civilians. The deadline for registration is Jan. 18.

Learn to Swing Dance

Lessons include the bounce, six count basic (open position), closed position basic, rotating basic, ladies underarm turns, hesitation turn, skin pass, cakewalk, cuddle, reverse swap, pretzel, swivels, skaters hold and struts, sweetheart, man's underarm turn, sliding door, Texas Tommy, and hand to hand kicks. Classes will be held 6 to 7 p.m., Jan. 30 through Feb. 20 at the Recreation Center's ballroom, building 3326. The registration fee is \$40 for adults 18 and over. The deadline for registration is Jan. 25.

Learn to salsa

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

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

Trip to Myrtle Beach

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 through Jan. 18 or until all seats are full.

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

Tour the highlights of Harlem, N.Y.

Take the Soul of the City Tour in Harlem, N.Y. Feb. 17. Learn about Harlem and its start as a rural Dutch community, the transformation into a summer retreat for New York's most prominent families and how it became a mecca for African American writers and artists at the turn of the century. See famous sights and landmarks and enjoy a soul food lunch at "Sylvia's," the queen of soul food.

Cost is \$90 per person and includes roundtrip transportation, tour and lunch. The bus will depart 7:50 a.m. and return approximately 9 p.m. Register by Feb. 3.

Dover Downs Raceway Nextel Cup

Zoom on down to "The Monster Mile," Dover Downs Raceway Nextel Cup race on June 3. The bus departs at 9:20 a.m. and returns approximately 8 p.m.

Experience the thrill of the speed, the unique white concrete track, the roar of the engines and cheers of the crowd.

Cost of the trip is \$130 and includes bus transportation and tickets - reserved seating on Turn 3, sections 139-149, rows 1-30.

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

NASCAR tickets for the Nextel Daytona 500

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

Chance-of-a-lifetime trip to Cooperstown, NY

MWR will sponsor a trip to the 2007 Baseball Hall of fame induction ceremony for Cal Ripken Jr., July 29. Cost is \$85 per adult and \$68 per child ages 12 and under (one child per each paying adult). Cost includes round trip transportation and admission ticket into Cooperstown.

There are a limited number of seats available. Open to all DoD card holders.

For more information or for registration, call MWR Registration, building 3326, 410-278-4907/4011, or e-mail mwr_registration@apg.army.mil or visit www.apgmwr.com.

Discount tickets for military families at Medieval Times

In honor of military families, MWR offers discount tickets to Medieval Times Dinner Theater and Show located in Hanover, Md. The cost of tickets for adults is \$40 per person, and \$34 for children. A limited number of tickets are available.

For more information or to purchase tickets, call MWR Leisure Travel Services, 410-278-4097/4011 or e-mail mwr_registration@apg.army.mil.

Tickets available for Disney on Ice: 100 Years of Magic

MWR Leisure Travel Services has tickets for Disney on Ice: 100 Years of Magic, Feb. 7 through 11, at the 1st Mariner Arena in Baltimore.

Cost of tickets for ages two and up is \$17.25 each. Opening night tickets cost \$13.25 each. The last day to purchase tickets is Feb. 1. All DoD ID card holders are eligible to purchase tickets.

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

Home buying, selling seminar

A Home Buying and Selling Seminar will be held 11 a.m. to 1 p.m., Jan. 18, at the Recreation Center, building 3326.

Attend this workshop to discuss housing as the major focus of a relocation from list to settlement and other topics.

An experienced realtor, banker, and home inspector will be available to answer questions.

For more information, call Marilyn Howard, Employment Program, building 2754, 410-278-9669.

SCHOOL LIAISON

Last day for immunizations for school admittance Jan. 19

Tomorrow is the last day for students to be in compliance with new immunization requirements that will admit them to their schools.

New regulations include:

- Pneumococcal vaccine (or PCV7 or "Prevnar") will be required for children in preschool programs.

- Varicella (Chickenpox) and Hepatitis B vaccines will be required for children entering preschool through ninth grades. (See schedule of clinics below.)

- Upon record review, a vaccine dose given

less than or equal to 4 days before the minimum interval or age may be counted as valid.

For more information, visit www.EDCP.org or www.dhmv.state.md.us.

Varicella and Hepatitis B clinics

Jan. 19, noon to 9 p.m., Bel Air High School

Jan. 20, 10 a.m. to 5 p.m., North Harford Middle and Aberdeen Middle schools

For more information, call a health care provider or the Health Department, 410-838-1500.

MCEC looking for student artwork

Military Child Education Coalition

All military-connected children, kindergarten through high school, are requested to submit artwork, film and writing to be featured in art exhibits at the Military Child Education Coalition 2007 Annual Conference in Kansas City.

Art may also appear in the conference program, annual calendar, MCEC's On the Move Magazine or other MCEC publications.

Artwork should be 8 1/2 inch by 11 inch or smaller, and may be in color or black and white, in the medium of student's choice.

Film will be considered for the "Reel Military" Youth Film and Video Festival, July 13 at the same conference.

Rules and regulations and an official entry form may be downloaded from www.MilitaryChild.org.

Writing

Poetry and essays that are selected will be published in the MCEC 2007 Touching the Hearts of Children Anthology, and may also be considered for the 2007 Annual MCEC conference program, as well as other publications such as MCEC's On the Move quarterly magazine or annual calendar.

Themes preferred, but not limited to:

- Patriotism
- Pride in dad and/or mom
- Pride in being a military child

- Future Plans
- Transitions, Moving, Deployment
- Connections with people
- Core values
- Your community or school
- Helping others
- Resilience

Family experiences, traditions, cultural experiences or adventures

A completed permission form will be required for consideration of submission in any category. If a piece of artwork is selected for use, information provided by the student will be used for notification. Be sure to include name, grade, teacher's name, school name, parent's name, and phone number, mailing address with city, state/country and zip code.

Parents are asked to update the MCEC if contact information changes. Submissions will not be returned, so do not send an only copy.

All submissions are due no later than Feb. 1. Entrees should be original, unpublished work.

Mail submissions to Military Child Education Coalition, 108 East FM, 2510 Suite D, Harker Heights, TX 76548.

For more information call APG School Liaison Eileen Campbell, 410-278-2857 or MCEC directly, 254-953-1923.

Amateur Boxing Night

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

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

APG Bowling Center Snack Bar specials

Building 2342

Week of Jan. 15

Special #1: Grilled cheese sandwich, soup, one cookie and soda for \$4.75.

Special #2: Two hot dogs, potato chips, one cookie and soda for \$4.25.

Week of Jan. 22

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

Special #2: Italian sausage with green peppers and onions in a marinara sauce on hot dog bun, potato chips, one cookie and soda for \$5.65.

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





61st Ordnance Brigade conducts seatbelt check

Story by
ANDRICKA THOMAS
OC&S

During a one-day seatbelt campaign, senior noncommissioned officers from the 61st Ordnance Brigade checked 319 cars Jan. 8 to emphasize the importance of wearing seatbelts in response to the latest death of an ordnance Soldier who was killed in a car accident.

The organization has lost three Soldiers in the last three years, one in 2004 and two in 2006.

"We can't bear to lose another Soldier to failure to wear a seatbelt," said Command Sgt. Maj. Anthony J. Slater, 61st Ordnance Brigade. "Losing one Soldier is losing one too many."

The United States military loses

the equivalent of a battalion of troops each year, not in combat, but in automobile accidents, according to the National Highway Transportation Safety Administration.

Nearly 60 percent of those service members killed could have survived, had they been wearing a seatbelt, according to NHTSA. OC&S has lost three Soldiers to the same error, and wants the deaths to stop there.

"Wearing your seatbelt could possibly prevent an unnecessary death," said Col. Bobby Towery, 61st Brigade commander. "That is what we want Soldiers to understand."

Checkpoints were set up in key 61st Brigade areas on Aberdeen Proving Ground.

The unit's Command sergeants major and sergeants major stood at

various checkpoints reminding drivers to buckle up. A total of 327 bookmarks from the brigade's Click-It or Ticket program were dispersed bearing the names of the last three ordnance Soldiers who were killed due to failure to wear seatbelts.

During the campaign, Soldiers found not wearing their seatbelts were referred to their command sergeant major for counseling.

The OC&S safety office brought about this initiative, targeting OC&S military and civilian personnel.

"This is a good faith effort to raise awareness about the importance of wearing seatbelts," said Keith Katz, OC&S safety officer.

"This seatbelt campaign is meant to send a highly visible message through senior leadership about

safety and how important it is to us and TRADOC," Towery said.

Seatbelts are just one of many safety behaviors to be mindful of while operating a vehicle, Katz said. "Excessive speed, alcohol and sleep deprivation are all dangerous and preventable behaviors while driving."

OC&S wants to keep its Soldiers safe, according to Towery.

"I don't want to lose any Soldiers in 2007," he said.

There were 15 seatbelt violations of which all Soldiers were counseled.

"That may be 15 lives we saved and that makes it worth the effort. Stay safe," Towery said.

For more information on safety and driving, contact the OC&S safety office, 410-278-3418 or DSN, 298-3418.

Pollution

From front page

contaminants such as phenols and tannis, which increase oxygen demand in streams and rivers and reduce oxygen levels.

Keeping storm drains clear

Clean out storm drains and catch basins regularly to keep clear of refuse and excessive build-up of leaves/sediments. Routine cleaning reduces the amount of pollutants, trash and debris both in the storm drain system and in receiving waters. Clogged drains and storm drain inlets can cause the drains to overflow, leading to increased erosion.

Benefits of cleaning include increased dissolved oxygen, reduced levels of bacteria, and support of instream habitat. Areas with relatively flat grades or low flows should be given special attention because they rarely achieve high enough flows to flush themselves.

Clearing ice from driveways or sidewalks

Many of the problems associated with contamination of local waterways stem from the improper storage of deicing materials. Salt is very soluble when it comes into contact with stormwater. It can migrate into ground water used for public water supplies and also contaminate sur-

face waters.

Deicer chemicals, salt and sand used on the streets and parking areas during the winter months may be carried to the storm sewer system when snow accumulates in piles during routine snow removal activities. Salt lowers the melting point of ice, allowing roadways to stay free of ice buildup during cold winters. Sand and gravel increase traction on the road, making travel safer. Runoff from road salt and ice melt products causes chloride levels in the bay to increase which is harmful to aquatic life.

Minimize sand or salt usage during the winter months - use alternatives such as calcium chloride.

Signage on APG

Storm water sign maintenance and replacement on APG is an ongoing work effort. Anyone who knows of any storm drain signs that need to be replaced, or has any questions or issue regarding storm water, should contact Richard Wiggins or Marley Nickle of the Directorate of Safety, Health and Environment Environmental Compliance Division, 410-306-2279.

For more information about the APG storm water program and what can be done to help reduce storm water pollution, visit <http://www.apg.army.mil/apghome/sites/directorates/ecd/StormDrain/index.htm>.



Photos by TERESA BARTLEY, GENERAL PHYSICS CORP. Labeled storm drains on APG are important to preserve wildlife in the Chesapeake Bay.



Runoff picks up numerous pollutants from streets, parking lots and yards as it travels to the Chesapeake Bay.



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.
RECON, 11 a.m.
Focus on the Force, 1 p.m.
Army Newswatch, 3 p.m.
Freedom Journal Iraq, 4 p.m.
Army Newswatch, 7 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
American Veteran, 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.

Drowsiness, driving do not mix

Courtesy of DSHE

The National Sleep Foundation has launched a new Web site providing the latest information and resources on drowsy driving, a common though often ignored problem that results in thousands of injuries and deaths each year.

"Sleepiness has no place on the road. Yet crashes caused by a driver who was drowsy or actually fell asleep behind the wheel occur almost daily in this country and in countries around the world," said Richard L. Gelula, NSF's executive director.

According to NSF's annual Sleep in America polls, about one-half of adult drivers -- some 100 million people -- say they have driven while feeling drowsy. Seventeen percent, about 32 million people, say they have fallen asleep at the wheel.

The National Highway Traffic Safety Administration conservatively estimates that 100,000 police-reported accidents are the direct result of driver fatigue each year, resulting in an

estimated 1,550 deaths, 71,000 injuries and \$12.5 billion in monetary losses, including diminished productivity and property loss.

College students, military drivers at risk

Do you have a family member or friend driving home from college or a military or work assignment? Perhaps you are a faculty member or a supervisor who is responsible for and concerned about the health and safety of others.

Young drivers under age 30 have the greatest risk for auto crashes and fatalities due to falling asleep at the wheel. This may be caused as much by the biology of sleep for young adults as by sleep deprivation, untreated sleep disorders and circadian rhythms. Particularly at risk are those who have stayed up long hours sacrificing sleep to complete work and other tasks because they are anxious to "hit the road" and get home.

If friends or loved ones are driving, advise them to get a good night's sleep before getting on the road and avoid driving overnight or when they would normally be sleeping. At the

very first sign of sleepiness, they should pull off the road at a safe area and use effective counter-measures such as switching to an alert driver, napping and having a caffeinated beverage or snack.

Recent research has shown that a person who has been awake for 18 consecutive hours has the same impairment to judgment and reaction time as an adult with a blood alcohol level of .05. A person who has been awake for 24 hours has a blood alcohol equivalent of .10, legally drunk in every state.

Medical research has also shown that America's growing sleeplessness is a major threat to public health. Whether caused by lifestyle choices, workplace scheduling or untreated sleep disorders, inadequate sleep over time is linked to increased risk of heart attack, stroke, depression, obesity and diabetes. Inadequate sleep also complicates the treatment of these and many other chronic medical conditions. When inadequate sleep is combined with driving, the result can be fatal, not only for the driver, but anyone else on the road.

Definitions of drowsy driving or driver fatigue rely on how the concept of "fatigue" is defined. Fatigue is a general term commonly used to describe the experience of being "sleepy," "tired," "drowsy" or "exhausted." While all of these terms have different meanings in research and clinical settings, they tend to be used interchangeably in the traffic safety and transportation fields.

There are many underlying causes of sleepiness, fatigue and drowsy driving, including sleep loss from restriction or too little sleep, interruption or fragmented sleep; chronic sleep debt; circadian factors associated with driving patterns or work schedules; undiagnosed or untreated sleep disorders; time spent on a task; the use of sedating medications; and the consumption of alcohol when already tired. These factors have cumulative effects and a combination of any of these can greatly increase one's risk for a fatigue-related crash.

Who is at risk?

• Sleep related crashes are most common in young people, especially men, adults with children and shift workers.

• Adults between the ages of 18 to 29 are much more likely to drive while drowsy compared to other age groups.

• Men are more likely than women to drive while drowsy and are almost twice as likely as women to fall asleep while driving.

• Adults with children in the household are more likely to drive drowsy than those without children.

• Shift workers are more likely than those who work a regular daytime schedule to drive to or from work drowsy at least a few days a month.

• Sleep deprivation increases the risk of a sleep-related crash; the less people sleep, the greater the risk.

• According to a study by the AAA Foundation for Traffic Safety, people who sleep six to seven hours a night are twice as likely to be involved in such a crash as those sleeping eight hours or more, while people sleeping less than five hours increased their risk four to five times.

• Other research indicates commercial drivers and people with undiagnosed sleep disorders such as sleep apnea and acute insomnia are also at greater risk for fall-asleep crashes.

• Nearly three-quarters of adults in America (71 percent) drive a car to and from work, and many are drowsy drivers.

Questions to ask before hitting the road

Is driver:

• Sleep-deprived or fatigued (six hours of sleep or less triples driver's risk)?

• Suffering from sleep loss (insomnia), poor quality sleep, or a sleep debt?

• Driving long distances without proper rest breaks?

• Driving through the night, mid-afternoon or when driver would normally be asleep?

• Taking sedating medications (antidepressants, cold tablets, antihistamines)?

• Working more than 60 hours a week (increases driver's risk by 40 percent)?

• Working more than one job and the main job involves shift work?

• Drinking even small amounts of alcohol?

• Driving alone or on a long, rural, dark or boring road?

Countermeasures

Naps

Take a 15 to 20-minute nap--more than 20 minutes can make a person groggy for at least 15 minutes after awakening.

Caffeine

Consume the equivalent of two cups of coffee (see the caffeine calculator, http://www.drowsydriving.org/drive_alert/caff_calc.cfm).

Caffeine is available in various manners (soft drinks, energy drinks, coffee, tea, chewing gum, tablets) and amounts. Remember, caffeine takes about 30 minutes to enter the blood stream and will not greatly affect those who regularly consume it. For best results, try taking caffeine and then a short nap to get the benefits of both.

Sleep IQ test

In a 1999 nationwide survey, 83 percent of adult Americans failed the NSF Sleep IQ Test. The average person gave fewer than six correct responses. Answer the following questions to determine sleep IQ.

True or False

1. During sleep, the brain rests.
2. A person cannot learn to function normally with one or two fewer hours of sleep a night than needed.
3. Boredom makes a person feel sleepy, even if they have had enough sleep.
4. Resting in bed with the eyes closed cannot satisfy the body's need for sleep.
5. Snoring is not harmful as long as it doesn't disturb others or wake the sleeper.
6. Everyone dreams every night.
7. The older a person gets, the fewer hours of sleep that are needed.
8. Most people don't know when they are sleepy.
9. Raising the volume on the radio will help a driver stay awake while driving.
10. Sleep disorders are mainly due to worry or psychological problems.
11. The human body never adjusts to night shift work.
12. Most sleep disorders go away even without treatment.

Sleep IQ answers



1. During sleep, the brain rests.

False. While the body rests, the brain doesn't. An active brain during sleep prepares the body for alertness and peak functioning the next day.

2. A driver cannot learn to function normally with one or two fewer hours of sleep a night than is needed.

True. Sleep need is biological. While children need more sleep than adults, how much sleep any individual needs is genetically determined. Most adults need eight hours of sleep to function at their best. To determine what amount of sleep is needed, sleep until waking, without an alarm clock. Feel rested? That's the amount of sleep needed. A person can teach himself to sleep less, but not to need less sleep.

3. Boredom makes a person feel sleepy, even if they have had enough sleep.

False. When people are active, they usually don't feel sleepy. When they take a break from activity, or feel bored, they may notice that they are sleepy. However, what causes sleepiness most is sleep loss, not getting the sleep needed. Adults who don't get enough good sleep feel sleepy when they're bored. Boredom, like a warm or dark room, doesn't cause sleepiness, it merely unmasks it.

4. Resting in bed with the eyes closed cannot satisfy the body's need for sleep.

True. Sleep is as necessary to health as food and water, and rest is no substitute for sleep. As noted above, sleep is an active process needed for health and alertness. When a person doesn't get the sleep needed, the body builds up a sleep debt. Sooner or later, this debt must be paid...with sleep. If driving when sleepy, the driver places themselves and others at

risk because drowsy drivers can fall asleep at the wheel with little or no warning. Sleepiness contributes to driver inattention, which is related to one million crashes each year.

5. Snoring is not harmful as long as it doesn't disturb others or wake the sleeper.

False. Snoring may indicate the presence of a life-threatening sleep disorder called sleep apnea. People with sleep apnea snore loudly and arouse repeatedly during the night, gasping for breath. These repeated awakenings lead to severe daytime sleepiness, which raises the risk for accidents and heart problems. Yet 95 percent of those with sleep apnea remain unaware that they have a serious disorder. The good news is that with treatment, patients can improve their sleep and alertness, and reduce their risk for accidents and health problems. Physicians and sleep specialists should be consulted.

6. Everyone dreams every night.

True. Though many people fail to remember their dreams, dreaming does occur for every person, every night. Dreams are most vivid during REM, or rapid eye movement sleep.

7. The older a person gets, the fewer hours of sleep that are needed.

False. Sleep need remains unchanged throughout adulthood. Older people may wake more frequently through the night and may sleep less, but their sleep need is no less than during young adulthood. When older people sleep less at night, they tend to sleep more during the day. Sleep difficulties are not a normal part of aging, although they are all too common. If poor sleep habits, pain or health conditions make sleeping difficult, a physician can help.

8. Most people don't know when they are sleepy.

True. Researchers have asked thousands of people over the years if they're sleepy, only to be told no...just before the individuals fell asleep. What does this mean? Many people don't know if they are sleepy, when they are sleepy, or why they are sleepy. When driving, don't think you are sleepy, when you're sleepy when only a few miles from the destination. If sleepy enough, a person can fall asleep anywhere.

9. Raising the volume of the radio will help a driver stay awake while driving.

False. If a driver is having trouble staying awake while driving, the only short-term solution is to pull over at a safe place and take a short nap or have a caffeinated drink. Doing both - for example, drinking coffee, then napping before the caffeine kicks in - may be even better. However, the only long-term solution is prevention...starting out well rested after a good night's sleep. Research shows that loud radios, like chewing gum and open windows, fail to keep sleepy drivers alert.

10. Sleep disorders are mainly due to worry or psychological problems.

False. Stress is the number one reason people report insomnia (difficulty falling or staying asleep). However, stress accounts for only a fraction of the people who suffer either chronic insomnia or difficulty staying alert during the day. Sleep disorders have a variety of causes. Sleep apnea, for example, is caused by an obstruction of the airway during sleep. Narcolepsy, which is characterized by severe daytime sleepiness and sudden sleep attacks, appears to be genetic. No one knows yet what causes restless legs

syndrome, in which creepy, crawly feelings arise in the legs and are relieved, momentarily, by motion.

11. The human body never adjusts to night shift work.

True. All living things (people, animals, even plants) have a circadian or about 24-hour rhythm. This affects when a person feels sleepy and alert. Light and dark cycles set these circadian rhythms. When traveling across time zones, the circadian rhythm adjusts when the light and dark cycle changes. For shift workers, the light and dark cycle doesn't change. Therefore, a shift worker's circadian rhythm never adjusts. Whether working the night shift or not, a driver is most likely to feel sleepy between midnight and six a.m. And no matter how many years one works a night shift, sleeping during the day remains difficult. Shift workers should avoid caffeine during the last half of their workdays, block out noise and light at bedtime, and stay away from alcohol and alerting activities before going to sleep.

12. Most sleep disorders go away even without treatment.

False. Unfortunately, many people who suffer from sleep disorders don't realize that they have a disorder or that it can be treated. But sleep disorders don't disappear without treatment. Treatment may be behavioral (for example, going to sleep and waking at the same time every day, scheduling naps or losing weight), pharmacological (involving medication), surgical or a combination. Untreated sleep disorders may have serious negative effects, worsening quality of life, school and work performance and relationships. Worse, untreated sleep disorders may lead to accidents and death.

AAFES NEWS

Commissaries ring up increased savings for military families

Story by
BONNIE POWELL
DeCA

Commissary customers are ringing in the New Year with record-breaking savings. As a result they should be “resolving” to shop their local commissary more often.

“I’m proud to announce that average customer savings for a family of four have risen to nearly \$3,000 annually,” said Defense Commissary Agency Director and CEO Patrick Nixon. “As an agency, we always deliver the message that our savings

are an ‘average of 30 percent or more’ worldwide, but savings have actually been holding steady at about 32 percent for several years now.”

DeCA has not revised its savings messages for over a year, but using current U.S. Department of Agriculture figures for retail grocery food purchases consumed at home, a family of four shopping at the commissary on a regular basis can now save \$2,957 annually on groceries. The figure formerly used was \$2,700.

“Considering the rising cost of food, our buyers and the manufactur-

ers and vendors that sell groceries in the commissary system have done a great job in maintaining outstanding customer savings over commercial grocery stores,” Nixon said. “It all adds up to savings that can be used by military families to meet the rising costs of college, vacations, new cars – or even gas for their cars.”

Under the latest calculations, couples can save \$1,885, and singles can save \$1,029 by shopping regularly at their commissary.

DeCA’s average savings calculations are based on an annual price

comparison study, which compares commissary prices on approximately 30,000 items with those of local supermarkets, major grocery store chains and super centers. The study also takes into account state taxes and the 5 percent commissary surcharge, which goes to renovate commissaries and build new ones.

Figures for fresh meat and produce, as well as data for locations outside the contiguous United States, are obtained through random sampling. Weighting techniques take into account such factors as cost of living

in a variety of areas and regions, as well as customer buying habits.

The commissary benefit also offers an efficient return on investment for the American taxpayer.

“The commissary benefit has always been recognized as one of the military’s most valued benefits,” Nixon said. “When you take customer savings into account, commissaries deliver more than two dollars in benefit to military customers for every tax dollar expended to support the system, and we’re extremely proud of that accomplishment.”

Reducing costs by choosing paper over plastic bags

Story by
KEVIN ROBINSON
DeCA

Commissaries are hoping shoppers in the United States will say yes to paper bags for bagging their groceries as part of the Defense Commissary Agency’s measures to offset recent major cost increases of plastic and paper bags.

“Our customers have a really big role in this latest effort as we try to control costs while continuing to provide a premier commissary benefit,” said Scott Simpson, DeCA’s chief operating officer. “They’ve responded well during previous ‘Say no to plastic bags and no to double bagging’ campaigns so this is more of a reminder to continue using paper bags and a call for more customers to join in. The purpose is to control unnecessary costs, not inconvenience customers.”

Changing bagging preferences is something most customers have been glad to do when they’ve been made aware of the cost issues during previous bagging campaigns.

Commissaries tally nearly 100 million customer transactions annually and the agency spent about \$20 million on bags last year. The cost of paper bags has increased 34 percent in the past three years, while plastic bag costs have risen 84 percent.

Shipping costs offset the difference for overseas commissaries, so the paper bag emphasis isn’t applied there, although double bagging is discouraged DeCA-wide.



Commissaries in the United States are trying to reach usage goals of about 70 percent paper and 30 percent plastic, and customers will be hearing more, “Is paper okay?”

Here are some ways customers are helping:

- They’re using paper bags in U.S. commissaries.
- They’re bringing and using their own mesh or canvas tote bags.
- They’re bringing and reusing paper or plastic bags back to the commissary to use for their own grocery order, but commissaries are not able to recycle bags due to health concerns. Baggers may also refuse to use recycled bags if they appear to be damaged or contaminated.

AAFES offers ‘New Year Baby Sweepstakes’

AAFES

The Army & Air Force Exchange Service is kicking off 2007 with an exclusive contest for the military’s newest moms and dads. Open to any authorized Exchange customer who has a baby born on Jan. 1 2007, the “New Year Baby Sweepstakes” is an online drawing for a bundle of baby goodies from GRACO, COSCO, The First Years, Safety 1st, Infantino and Gerber.

Drawing on its 111th year history of service to military families the world over, AAFES has compiled three prize packages with everything parents need to welcome their New Year addition in style.

“At a minimum, each prize pack will include a stroller, toddler bed, security gate, bouncer, tub, bassinet, activity center and swing along with a one-year supply of AAFES’ Exchange

Select Diapers and six-month supply of Baby’s Choice Formula,” said AAFES’ Chief Marketing Officer Richard Sheff. “By including merchandise from the PX/BX and Exchange Online Store, the ‘New Year Baby Sweepstakes’ is an excellent example of how AAFES’ online and offline sales points work together to make preparing for the birth of a baby easy and affordable. Whether growing military families exercise their exchange benefit on the computer, over the phone or in person, they’re going to save money everyday when they shop at their Exchange.”

“New Year Baby Sweepstakes” entries must be received at www.aafes.com before Jan. 31. The drawing for the three grand prizes, each projected to exceed \$500 in value, will be held Feb. 5.

Exchanges introduce ‘first-ever’ name brand supplement

AAFES

Authorized exchange shoppers looking for high quality, name brand items at great prices need look no further than the 2007 Name Brand Supplement. Scheduled for release on Jan. 9, this first-ever 30-page catalog is filled with top-brand electronics, sporting goods, giftware, toys and much more.

Another first for the new catalog will be the inclusion of a promotional code good for a one-time 10 percent savings off an entire order.

“We’re breaking new ground in convenience and affordability with this catalog,” said AAFES Chief Marketing Officer Richard Sheff.

“We’ve shopped for the best brands, keeping style and savings in mind and are even providing an opportunity to take an additional 10 percent off the already low prices military families have come to expect from their Exchange catalog.”

From the most advanced in home audio and video equipment to top-quality living room furniture and the newest appliances, the 2007 Name Brand Supplement has something for every member of the military family, including some of the most popular fragrances (for both him and her), classic watches and fashionable clogs and sandals.

This supplement is available at all main stores and online at <http://www.aafes.com>, <http://www.usmc-mccs.org>, <http://www.navy-nex.com> or <http://www.cg-exchange.com>.

Prices in this all-services supplement are valid through April 3, 2007, for any authorized exchange customer. Active duty military members of the Army, Air Force, Navy, Marines and Coast Guard, as well as military retirees, reservists, National Guardsmen,



Department of Defense civilians stationed overseas, exchange employees and their family members are all authorized exchange privileges.

Orders can be placed by mail, fax or phone. Toll free orders can be placed from the United States, Puerto Rico or Guam at 800-527-2345. The Exchange Catalog center is open around-the-clock, seven days a week.

Complimentary international access calling is also available from several countries:

Germany.....	0800-82-16500
Japan/Okinawa.....	00531-11-4132
Korea.....	00308-13-0664
Italy.....	08008-71227
Belgium.....	0800-7-2432
Netherlands.....	0800-022-1889
United Kingdom.....	0800-96-8101
Spain.....	900-971-391
Turkey*.....	0800-18-488-6312

*Calls cannot be placed from phones on base. Use off-base commercial lines.

How to lose the ‘12 pounds of Christmas’ shopping at the commissary

Story by
KAY BLAKLEY
DeCA

A strange phenomenon is underway at the neighborhood commissary these days.

Products whose labels contain the words “reduced-calorie,” “low-fat,” “fat-free,” “sugar-free,” or any form of the word “diet” are flying off the shelves faster than stockers can replenish them.

Commissary workers know there’s no need for alarm. It’s just that “dieting season” has begun. As soon as people have had a chance to survey the damage done by all those delicious holiday indulgences, they start to look for ways to shed any reminders of just what a good time they had.

Exactly how to go about losing unwanted pounds is an individual issue that needs to be tailored to taste buds and food preferences, but a few important concepts should be at the heart of the plan.

First and foremost, remember that calories do count; consuming more calories than burned during physical activity equals pounds gained, and reversing that ratio equals pounds lost.

An individual doesn’t want to starve in the process, so learning how to make every calorie count is important. To do this, read a product’s nutrition facts label, and understand what’s been read.

Unfortunately, these aren’t written in a manner that will ever land them on the bestseller list, but the Food and Drug Administration has

recently released an interactive online learning program that makes them a little more user friendly. Visit <http://www.cfsan.fda.gov/labelman> and let an animated character called “Labelman” walk through the process of figuring out which is the better choice on any number of ordinary packaged foods. They’ve even thrown in some helpful rules-of-thumb like 40 calories/serving is low calorie, 100 calories/serving is moderate, and 400 calories/serving is high.

Still there are those who get a headache from all that reading and decision making. If this is true, try this simpler approach — fill the shopping cart with items from the perimeter of the commissary. That’s where the “whole foods” reside. These are foods that are unprocessed or

very lightly processed, with nothing added, and are still in as close to their natural state as possible. Nearly anything in the produce section is fair game, since virtually all choices are jam-packed with nutrients and fiber, and are very low in calories. Make lean choices at the fresh meat case by concentrating on cuts with loin or round in the name, and go for products labeled low-fat or fat-free in the dairy department. Choose whole grain breads as much as possible, and choose liquids wisely — water seems to help those pounds wash away a little faster.

Take note of the shelf talkers located throughout the commissary, which offer quick and easy messages from the Dietary Guidelines for Americans, and always remember, It’s shopper’s choice, make it healthy.

King

From front page

A section of the poem read, “What if Martin Luther King had the opportunity to realize his dreams? What if Rosa Parks decided to give up her seat on the bus? Wouldn’t that make it easier for people to walk all over us?”

Gerren Toliver, another student, read excerpts of King’s letter he wrote in 1963 while he was in Birmingham, Ala.:

“For years now I have heard the word ‘wait!’ It rings in the ear of every Negro with piercing familiarity. This ‘wait’ has almost always meant ‘never.’ We must come to see, with one of our distinguished jurists,

that ‘justice too long delayed is justice denied.’”

The excerpt included the injustices like abuse, murder and disrespect. He also mentioned the challenge of explaining racism and discrimination to his children.

When Wright introduced guest speaker, civilian aide to the Secretary of the Army for Maryland Turhan E. Robinson, he said that Robinson “is a great friend of APG” and that on his various visits he “looks after the Soldiers and civilian employees.”

Robinson mentioned King’s peaceful demonstrations for equality including the Montgomery Bus Boycott.

He reflected on King’s quote of “injustice anywhere is a threat to justice everywhere” and said this is rele-

vant today with the Soldiers fighting for freedom in Iraq.

King’s words “tell America’s problems and America’s promise” of freedom for all, Robinson said.

Robinson also discussed how King believed in loving one’s enemies. He gave advice to the audience on how to accomplish this today.

“Some people aren’t going to like the way you walk, the way you talk, that your skin is darker than theirs, or the way your hair is shorter than theirs... some people may not like others because they aren’t as popular or well-liked. Before you go about loving your enemies, analyze yourself.”

Not only should you “love your enemies but love yourself,” he said.

Robinson remarked about the benefits of the high school students par-

ticipating in the day’s event.

The media does not always show African Americans in a positive way, he said.

The students’ participation is an example that there are African Americans who want to make a positive difference in society, he said.

In addition to speakers and entertainment the winners of the U.S. Army Ordnance Center and Schools’ essay contest were presented with awards.

Gloria Scott, automation and administrative support specialist with the 61st Ordnance Brigade S4, was the first place winner of the essay contest and Demetrios K. Prapas with the Center’s Decontamination Team took second place winner.

For the conclusion of the observance, Gospel vocalist Tiffany Dowell

sang “Lift Every Voice and Sing.”

Mildred Mial, an employee with the U.S. Army Material Systems and Analysis Activity, was one of the many attendees and shared some remarks about the observance.

“I thought it was wonderful,” she said. “It is good to take time out to remember Martin Luther King. Events like these allow people to come together and be stronger.”

Program organizer Linda Patrick said, “I enjoyed watching and listening to the student’s performance. There’s a lot of hidden talent at Edgewood High.”

She also said she can’t wait to see what next year’s event will bring.