

POST SHORTS

Recycling schedule

The residential and recycling pickup schedule for Aug. 1, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



ACS celebrates 42nd Birthday today

Army Community Service will celebrate its 42nd Birthday with a picnic, 11 a.m. to 2 p.m., July 26, at Maryland Boulevard Park. Free tickets are available at the APG North ACS, building 2754 and the APG South ACS, E-4630. For more information, call 410-278-4372.

RAB meeting today

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., today, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Bush River 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.

Chaplaincy celebrates anniversary July 27

There will be a Chaplain Corps 232nd Anniversary Celebration at the Main Post Chapel, 10:45 a.m. to 1 p.m., July 27. For more information, call the chapel, 410-278-4333.

Hunter safety classes offered

Hunter Safety classes will be held Aug. 6, 8 and 11. Registration deadline is July 27.

There is no fee for this class, however donations are accepted. Hunter Safety classes fill quickly, so early registration is recommended.

An independent study class will be offered Sept. 16 for students ages 16 and older. Students will receive a student manual and work book on Aug. 19. Students must complete the workbooks by Sept. 16.

For more information or to register, call Nita Snyder, 410-671-9070 and leave a message with a name and phone number.

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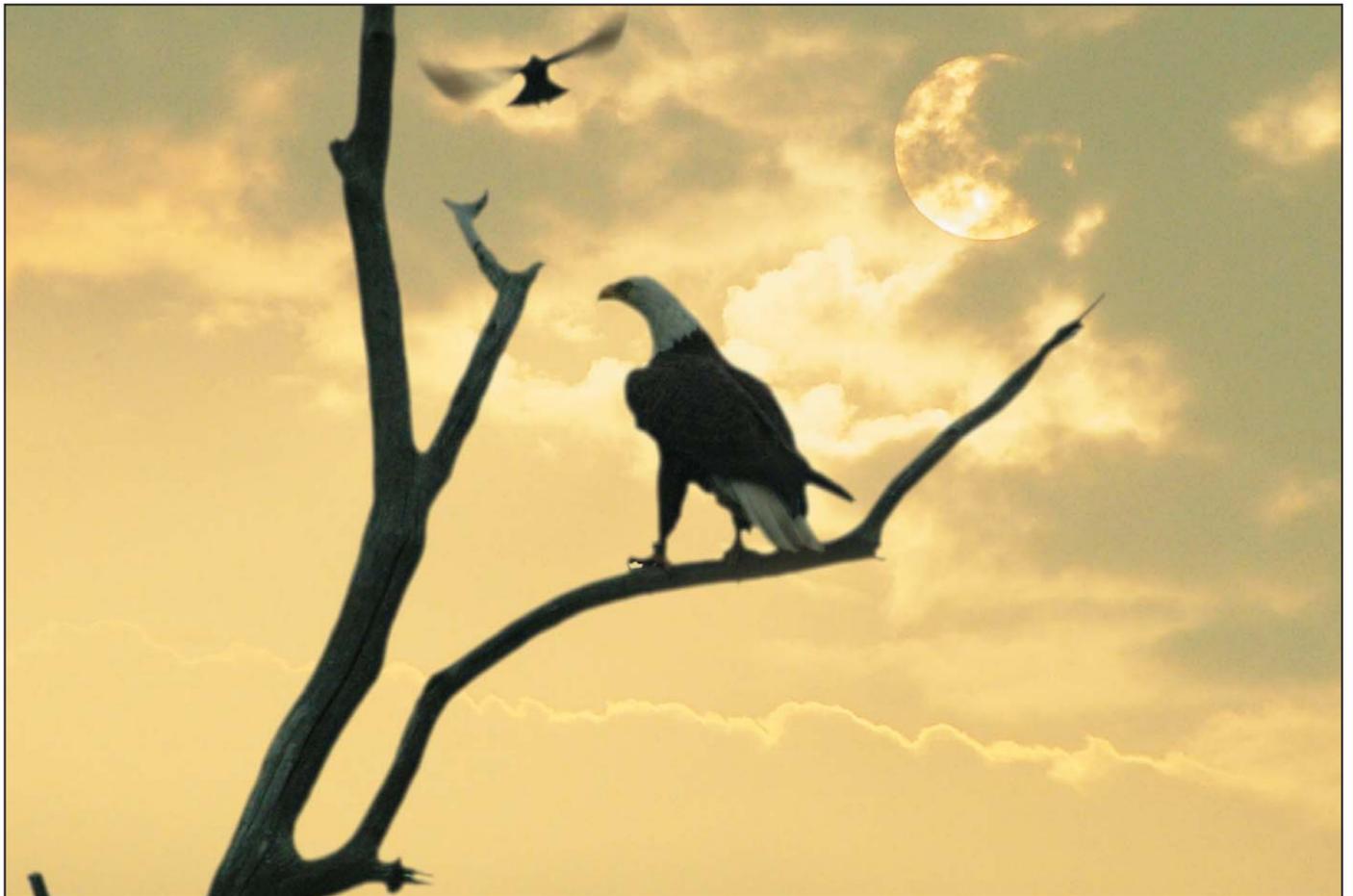
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Bald eagles dropped from endangered list



Silhouetted by the setting sun, an Aberdeen Proving Ground bald eagle rests on a tree limb while watching another bird in flight. See article and photos on page 13.

Photo by JOE ONDEK, ATSS/ATC

DSHE, DLES emphasize seatbelt, cell phone laws while driving

Story by **YVONNE JOHNSON**
APG News

Department of Defense instruction 6055.4 establishes the rules for seatbelt and child restraint use on federal installations.

It states that all persons operating or riding in motor vehicles are required to wear seatbelts and that child safety seats will be used on all DoD installations. In addition, a new DoD instruction prohibiting the use of handheld cell phones while driving went into effect in January 2006.

DoD policy further states that "The vehicle operator shall be responsible for informing passengers of the safety belt requirement. The senior occupant shall be responsible for ensuring enforcement. For civilian employees, if the senior occupant cannot be ascertained, the driver shall be responsible for enforcement. "All non-use of occupant protective devices shall be enforced as a primary traffic violation."

Despite this, almost daily, drivers and passengers on Aberdeen Proving

Ground are observed in violation of these enforceable laws and because of this, the Directorates of Safety, Health and Environment and Law Enforcement and Security are working together to re-emphasize the rules governing seatbelts and cell phones.

"Not only is there DoD policy regarding the use of seat belts, the State of Maryland Traffic Code imposes a \$25 fine for failure to wear seat belts," said Robert W. Krauer, director of DLES.

Krauer said that while the restriction on cell phone use while driving is DoD policy and not yet a law in Maryland, offenders are still likely to be cited on an Armed Forces Traffic Ticket.

"Those tickets are forwarded to the offender's commander or supervisor, and there is an expectation that the commander or supervisor will take some sort of administrative action," Krauer said.

"APG roadways are oftentimes very congested and not only with vehicles, but with pedestrians" he added. "Traffic safety is critical and our police officers proactively enforce all motor vehicle

laws and policies. While we try and enforce these standards, personal responsibility taken by drivers is critical. We would prefer not to write any tickets but that will only happen if everyone commits to being a safe driver."

"We want to reiterate the DoD policy regarding seatbelts which is also required by the state of Maryland," said DSHE chief of Installation Safety Overton R. Johnson.

Despite posted reminders about cell phone restrictions, people are still failing to abide by the policy, he said.

"We see it every day," Johnson said. "Drivers need to realize that they have to abide by the rules or law as mandated by DoD. We just want them to drive more attentively. Eliminating distractions and using seatbelts saves lives."

"People aren't listening about cell phone use and we need to reinforce this in light of recent accidents," said H. Mike Allen, safety and occupational health specialist.

For example, last month, after the so-called 'cheerleader accident' in

which the driver of the Sport Utility Vehicle that crashed head-on into an 18-wheeler and resulted in the death of all the vehicles' occupants, investigators found that the driver had been text-messaging on her cell phone just moments before the collision.

"This should serve as a wake up call," said Ron Kravitz, DSHE occupational safety and health specialist.

Kravitz noted that while 'text messaging' is not currently in the language of DoD policy, it is still just as, if not more, distracting than talking on cell phones.

"Anything that takes away from your focus while driving is dangerous," Kravitz said.

He said that according to the National Traffic Safety Administration, distracted driving is a factor in 25 percent of all traffic crashes.

"And one of the biggest distracters is the cell phone," Kravitz said.

According to the NHTSA Web site, cell phone use while driving increases the chance of being involved in an

See SAFETY, page 2

APG nurse killed in Iraq remembered at memorial service

First nurse to die in combat since Vietnam War, say military officials

Story and photo by **YVONNE JOHNSON**
APG News

Friends and relations remembered her devotion and passion but most of all, they remembered the smile that many said "could make your day" during a memorial to a fallen warrior at the Aberdeen Proving Ground chapel July 18.

Capt. Maria I. Ortiz, the former chief nurse of General Medicine at Kirk U.S. Army Health Clinic, was killed during a mortar attack in Baghdad's Green Zone on July 10. She was assigned to the 28th Combat Support Hospital as head nurse for the Intermediate Care Ward.

Military officials say she was the first nurse to die in combat since the Vietnam War.

Her death was a stunning blow to those who knew and worked with her at APG as was evidenced by the packed chapel and the outpouring of emotions by Family and friends.

"Let us remember her and be grateful for all the things she brought into our lives," said Martin Pate, a member of the Ambulatory Care Center at Kimbrough Army Hospital at Fort Meade, a part of the U.S. Army Medical Department Activity which oversees KUSAHC and other medical facilities.

"We shared a bond that was never spoken out loud but always understood," added Milagros Borrero-Ruis, Kirk's community health nurse, who, like Ortiz, received her nursing education in Puerto Rico.

Borrero-Ruis said they often spoke in Spanish and that Ortiz was devoted to her work.

"Her decision to go to Iraq had a lot to do with her belief in service and mission," she said. "I feel very proud of her but sad about the incredible things she still could have done. She accomplished so much in her short military life."

Another co-worker remembers Ortiz as beautiful and hardworking, full of grace, with a smile that never quit.

"Her smile - you kept seeing it over and over again; that was her punctuation," said Maj. Kathy Presper, who worked with Ortiz for more than two years.

Col. William A. Rice, KUSAHC commander, said that Ortiz would be remembered for what she gave to others.

"She worked very hard at making lives better," he said. "She had the determination to serve her nation and her Soldiers."

Family members in attendance included Ortiz's twin sister, Maria Luisa Medina and her fiancé retired Sgt. 1st Class Juan Casiano. He and Ortiz planned to marry after her return from Iraq and the two enjoyed 10 days together in April while she was home on leave. Her mother and two nephews also were in attendance.

Casiano said Ortiz had "an aura about her" and that she volunteered to go to Iraq because "she wanted to make a difference."

"What happened to her is easier to accept when you realize she was where she wanted to be," he said. "I never put obstacles on her career, and after Iraq we had hoped to move forward to the next phase of our lives together."

"She wasn't a Soldier just for the benefits," Medina said. "She had a purpose in life and in the Army; she found a way to accomplish that. She wasn't just a Soldier, she was a Soldier with a mission and a purpose."

Inside the chapel stood a fallen Soldier memorial, of boots, a helmet, dog tags and a mock M-16.

One by one, as they departed, APG leaders saluted the memorial and placed organizational Coins of Excellence on its base. The coins were collected and presented to Casiano by Rice during a private gathering after the memorial service.

Ortiz will be laid to rest at Arlington National Cemetery Aug. 9.

Three other KUSAHC personnel are currently serving in Iraq.



A fallen Soldier memorial, consisting of boots, a helmet, a mock M-16 and dog tags, for Capt. Maria I. Ortiz stands in the Aberdeen Proving Ground chapel.

Children perish in fires on Army installations

APG Fire and Emergency Services reemphasizes prevention, safety tactics

Story by
HEATHER TASSMER
APG News

The deaths of three children in two separate Family quarters fires on Army installations within a five-week period has prompted Aberdeen Proving Ground Fire and Emergency Services to reemphasize the importance of fire prevention and safety tactics.

The children were 2, 6 and 9 years old, and reports show that smoke detectors in the quarters were disconnected, according to Bruce A. Park, director of Fire and Emergency Services Headquarters (Assistant Chief of Staff for Installation Management.)

Tim McNamara, deputy to the garrison commander, said that "it's vitally important that any device we rely upon to protect life safety not be disconnected."

He said that it is far too risky for residents to disconnect the alarms after smoke from cooking activates them.

"Think about it. Is it worth someone in your Family, or in your building, paying with their lives because you were inconvenienced by an occasional alarm? If your answer is not 'absolutely not,' then you are doing everyone a tremendous disservice



Photo courtesy of ED BUDNICK, FIRE AND EMERGENCY SERVICES
In a recent house fire, the stairway was blocked with boxes. The APG Fire and Emergency Services staff recommends Families living in quarters keep hallways and stairways clear so firefighters can easily get in during a fire and help evacuate residents.

and risking their lives inexplicably," McNamara said.

"Many of the deaths occurring annually would have been prevented if only for an operational smoke detector," he said.

Ed Budnick, chief of Fire and

Emergency Services, said these incidents "hit home."

In March 1975, an infant and a 5-year-old died at APG due to a quarters fire in what was then the 2700 block, Budnick said.

Incidents such as the 1975 fire and

children's deaths around Army installations are reminders of why fire prevention is a "constant effort" of the fire department at APG, he said.

"Fire safety and home safety are yearlong efforts especially when children are involved," Budnick said. "Many fires [in America] occur in single-Family residences and affect both young and old...the age groups that cannot fend for themselves."

He said that many people are under the misconception they'll have time to use some method and fight the fire.

"You have just minutes to react to it before it becomes impossible to get yourself or someone out of the house," Budnick said.

He said it is important to prevent a fire and practice fire safety every day.

Checking fire alarms is just one way to practice fire safety, said Doug Farrington, fire inspector.

"Smoke detectors should be tested on a monthly basis," Farrington said. "They are appliances. They do go bad."

Residents should check other items in the house such as inoperable windows, faulty electric cords and overloaded circuits, he said.

"Practice a fire drill with your Fam-

ily twice a year at different times of the day," Farrington said. "Make sure you have an evacuation plan in place."

The number 1 cause of fires on APG has been unattended kitchen fires.

The fire department has helped organize and host Community Awareness Days to promote kitchen and bedroom safety.

Budnick said fire prevention is not only the responsibility of the fire department staff.

"All occupants have some responsibility for fire prevention," he said. "They should keep quarters in a state of cleanliness and make sure the hallways and stairways are not blocked so firemen can get in and occupants can get out."

APG community members can voluntarily schedule a fire and safety inspection by calling the following fire inspectors:

Farrington 410-306-0523
Chris Starling 410-306-0583
Arthur Glassman 410-306-0600
Tom Stanford 410-436-2377 (APG South)

"Smoke detectors are literally a matter of life and death," McNamara said. "Fire related deaths are always tragic, and when children are involved, horrific."

'101 Days' program fiscal year comparison



Story by
LORI YERDON
U.S. Army Combat Readiness Center

Midway through this year's 101 Critical Days of Summer safety campaign, the Army's number of off-duty fatalities are down by one compared to last year's midway point.

Beginning May 28, the Army's safety campaign has focused on increasing awareness and safety precautions on activities popular during the summer months.

"It is not that these activities, such as hiking, swimming and grilling,

are more dangerous during these 101 days of summer," said Command Sgt. Maj. Tod Glidewell, U.S. Army Combat Readiness Center command sergeant major, "but there is a greater exposure to participate in these activities due to the great weather and limited opportunities between missions and training. Greater exposure and more participation can result in accident or injury if you don't think before you act."

Although the number of total fatalities in accidents this summer has decreased 20 versus 21, motorcycle

and water-related accidental fatalities have increased, compared to the same timeframe last year, between May 28 and July 10.

In the first half of this campaign, we have already lost seven Soldiers to water-related accidents and nine Soldiers to motorcycle accidents, said Col. John Campbell, USACRC command surgeon.

"This is five more water-related fatalities and one more motorcycle fatality than last year for the same timeframe," he said. "This doesn't mean we shift all of our focus to water-related activities and motorcycles, neglecting other risky activities. We need to continually apply Composite Risk Management to all on-and off-duty activities to prevent all accidental losses."

In June, a Soldier was killed while boating on a lake with another Soldier. When the Soldier stood up in the

boat, a gust of wind blew his hat into the water, knocked him off balance and he fell overboard. The second Soldier dove into the water to retrieve the hat and noticed that the first Soldier was having difficulty swimming back to the boat. The first Soldier submerged as the second Soldier tried to assist him. Although personal flotation devices were available, neither was wearing one. Alcohol was reported as a factor in the accident.

Another Soldier was killed June 12 while operating a borrowed Kawasaki Ninja ZX-6. While attempting to negotiate a turn, the Soldier lost control of the motorcycle, went into a ditch and struck a fence. He was not wearing a helmet or other personal protective equipment. He was also driving on a DUI restricted license, which limited him to driving to and from work. Speed was a contributing factor.

"The majority of accidents are the result of bad decisions," Glidewell said. "But great leaders who take the time and know their Soldiers can engage and impact these decisions, correcting them. As an Army, we have already seen that engaged leadership can decrease losses."

As the 101 Critical Days of Summer safety campaign continues through Labor Day, the Army will continue to highlight those activities that historically have affected formations by claiming lives.

The USACRC remains committed to providing information and tools enabling commanders, Soldiers and leaders to engage at all echelons.

"Leaders can help identify risks and help make the difference between enjoying the activities and becoming a statistic and loss to our formation," Glidewell said.

Safety

From front page

accident by 400 percent because when dialing a phone or engaging in intense conversation, drivers are not watching the road like they should.

"A hands-free apparatus is helpful, but it can't prevent you from becoming involved in a conversation and losing concentration," Kravitz said. "The best thing to do is to pull off the road and stop in a safe place before using your phone."

The use of hands-free apparatus with cell phones is permitted by DoD.

More information on cell phones while driving

According to the Cellular Telecommunications & Internet Association, more than 236 million people in the United States subscribed to wireless communication devices as of May 2007, compared with approximately 4.3 million in 1990.

Increased reliance on cell phones has led to a rise in the number of people who use the devices while driving.

The dangers associated with driving and cell-phone use include dialing, intense conversation and text messaging. Drivers take their eyes off the road while dialing and can become so absorbed in conversations that the ability to concentrate on driving is severely impaired. Research shows that cell phone use when driving has become the most common cause of crashes or near crash.

Seatbelts, driving

Moving objects have momentum. People and loose items inside a car are moving objects as well as the car itself. Due to the laws of motion, if unrestrained, moving objects will continue to move at their present speed and direction even if the car is stopped by a crash.

- In a crash, unrestrained occupants of a car keep moving during the time the car takes to stop. They are still moving forward at their original speed when they slam into the steering wheel, windshield, dashboard, seats or other parts of the car.
- In a crash, seatbelts help the occupant

to stop, spread the force of impact over a large portion of the body, minimize contact with the vehicle's interior and prevent occupants from being thrown from the vehicle.

- Air bags are great safety devices but not as effective without seatbelt use. Seatbelts stop forward momentum allowing the airbag to cushion the stop. The airbag exerts an equal pressure on all points in contact with it and the same force is distributed over a larger area, reducing the maximum pressure on the body that the seatbelt alone exerts.
- Research has found that seatbelt use reduces the risk of fatal injury to front-seat passenger car occupants by 45 percent and the risk of moderate-to-critical injury by 50 percent.
- Seat belts are 57 percent effective in preventing traumatic and fatal brain injuries.
- People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
- Brain and chest injuries are the most frequent cause of death in collisions without seatbelts.
- The latching device that secures the belt only goes into effect when the car jolts abruptly, as in an accident.
- Statistics have shown that the use of seat belts has saved thousands of lives that might have been lost in collisions

Cell phones, driving

A dangerous driver survey released in January 2007 by Nationwide Mutual Insurance Company found that 73 percent of drivers surveyed said they talk on cell phones while driving and that cell phone use was highest among young drivers.

Text messaging, or "texting" by teens, a driving distraction related to cell phone use, was the subject of an August 2006 Teens Today survey conducted by the Liberty Mutual Research Institute for Safety and Students Against Destructive Decisions. The survey showed that teens considered sending text messages via cell phones to be their biggest distraction. Of the teens surveyed, 37 percent said that text messaging was extremely or very distracting, while 20 percent

said that they were distracted by their emotional states and 19 percent said that having friends in the car was distracting.

In May Washington State became the first state to ban the practice of texting with a cell phone while driving. Washington State also joined New York, New Jersey, the District of Columbia, Connecticut and, beginning in 2008, California in outlawing the practice of speaking on a hand-held cell phone while driving. The fine for DWT (driving while texting) is set at \$101, but since it is a secondary offense a driver must be pulled over for some more grievous infraction before the penalty can be imposed.

Maryland distracted driving laws

Maryland Department of Transportation - State Highway Administration

In Maryland, currently there are no specific laws prohibiting distracted driving behaviors such as eating while driving, reading while driving, or cell phone use while driving. However, there are laws in the Annotated Code of Maryland that require a driver to be aware, alert and not operating a motor vehicle in an unsafe manner.

- A person is guilty of reckless driving if he drives with a wanton or willful disregard for the safety of people or property.
- A person is guilty of negligent driving if he drives in a careless or imprudent manner that endangers people or property.
- Drivers also have a duty to exercise due care.
- A person may not drive on the roadway wearing earplugs, a headset or earphones over or in both ears, except hearing aids.

Distracted driving statistical information
MDOT

The U.S. Department of Transportation estimates that driver distraction is a factor in 25 to 50 percent of all crashes or 4,000 to 8,000 crashes per day. Yet, motor vehicle crashes that are a result of inattentive behavior are predictable, preventable and within the driver's control.

Profile of a distracted driver

1. Drivers 16 to 29 are over-represented in total, injury and fatal crashes. Drivers 16 to 20 are involved in a significantly higher percent of

total and injury crashes and are over-represented in fatal crashes.

Drivers 80 and over are also involved in a higher percentage of fatalities.

2. A higher percentage of total and injury crashes occur on interstate, U.S. and state roads. A significantly higher percentage, 19.6 percent, of fatal crashes occurs on interstate roads.

The breakdown of Maryland counties is as follows: Prince George's and Montgomery Counties, and Baltimore City are over-represented in total and injury crashes. Carroll, Queen Anne's, Talbot, St. Mary's, Frederick, Harford, Charles and Cecil counties are over-represented in fatal crashes.

3. Distributions are similar to the statewide crash trends with one exception. A higher percent of fatal crashes occurs during July. Although the day of week trends for total, injury, and fatal crashes is similar to the statewide crash trends, a higher percentage of fatal crashes occur on Monday.

Total crashes are more likely to occur between 8 a.m. and 8 p.m. A slightly higher percentage of injury crashes occurs between noon and 4 p.m.

A higher percentage of fatal crashes occur between 8 a.m. and 4 p.m. Moreover, the probability of a fatal crash is highest during noon and 4 p.m.

Combatting this problem

Pay attention. Even a brief lapse in concentration can have dire consequences.

Use cell phones wisely. At 60 miles per hour, while a driver answers an incoming call or dials a number, the vehicle will travel 88 feet per second. Stop somewhere safe and use cell phones in a responsible manner.

Driving a car is not spare time. The commute is not the time to do chores, apply makeup, shave or read the newspaper. Distracting activities such as these takes focus off of the road and puts other drivers in danger.

Get plenty of rest. Sleep deprivation can lead to severe lapses in the ability to pay attention while driving. Get a good night's sleep and know when to stop for rest.

APG News

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'Year of the Military Family' public service campaign launched

Initiative promotes supporting, thanking America's three million military Families

NMFA

To recognize the sacrifices and the day-to-day needs of America's three million military Family members, the US Family Health Plan, a Department of Defense-sponsored healthcare plan, has partnered with the National Military Family Association to implement a public service campaign urging citizens to "support, befriend, remember and appreciate" military Family members.

US Family Health Plan, which in January launched a "Year of the Military Family" initiative, underwrote the public service campaign and has also donated to a scholarship fund for military Family members, treated scores of them to free movie screenings and finalized plans to provide 150,000 more with complimentary Family portraits.

"Having served military Families for over a quarter century, we've set aside 2007 to recognize and be of greater assistance to them," said Marshall Bolyard, chair of the US Family Health Plan Alliance. "The public service campaign, initiated by the National Military Family Association and produced with our support, is one way to do that."

Tanna Schmidli, chairman of NMFA (www.nmfa.org) said, "Our collaboration with US Family Health Plan this year reflects our continued, mutual commitment to military Families. The public service campaigns furthers NMFA's longtime mission of protecting and promoting the interests of military Families."

The campaign consists of national print, radio, TV, online and in-cinema public service announcements. Thirty- and 15-second video PSAs will air to approximately 3.4 million moviegoers in 205 theatres this summer and, along with four radio PSAs, may be downloaded from www.yearofthemilitaryfamily.org. Additional messages will be conveyed through military association publications and via the airwaves in regions heavily populated by military Families.

"The campaign is moving and emotional, designed to get people thinking – not about the politics of war, but rather, the Families who contribute to the nation's well-being every day, during war as well as peace," Bolyard said.

For example, the PSAs suggest having coffee with a Soldier's parents, hiring a military spouse and mentoring a military child.

In further support of military Families, the health plan's contribution to the American Patriots Scholarship Program, an initiative of the Military Officers Association of America, will aid students whose parents have died during



active service. All administrative costs will be borne by MOAA and 100 percent of the donation will go directly to the merit-based program to educate the sons and daughters of military personnel. More information about the American Patriots Scholarship Program is available online at www.moaa.org.

The Year of the Military Family initiatives have generated ample positive feedback, according to Bolyard.

In response to the recent movie screenings, complete with free popcorn and beverages, a Navy wife from Maine remarked in a letter to the health plan, "It was so nice to be in a place where military Families were the guests of honor. Your willingness to openly recognize the sacrifices made by those serving this country, their spouses and their children will not be forgotten."

The free Family portraits will be provided this fall in partnership with participating JCPenney® Portraits studios through vouchers distributed by the health plan. Through the portrait studios' "Smiles by Wire" service, military Family members will have the opportunity to share their photographs online with deployed loved ones.

US Family Health Plan, a comprehensive health plan, is available in six regions on the East, West and Gulf coasts to Family members of active duty service men and women, as well as military retirees and their eligible Family members. It's a managed care (TRICARE Prime) option within the government's military health benefits system and is distinguished by member satisfaction ratings 22 percent higher than the national average for satisfaction with health plans, as reported by the National Committee for Quality Assurance in its Quality Compass 2006 Public Report.

Enrollment in US Family Health Plan, which currently serves nearly 100,000 military Family members, is offered locally through Johns Hopkins Medicine, 1-800-801-9322, serving central Maryland, Washington, D.C., and parts of Pennsylvania, Virginia and West Virginia.



Your health is KUSAHC's goal



Army's newest units to address Soldier medical care, transition nationwide

DA

The U.S. Army announced June 14 a series of improvements for wounded Soldiers' medical care and outpatient assistance to prepare them for continued, successful military service or transition to active citizenship - including the national establishment June 15 of Warrior Transition Units at the Army's major installa-

tions nationwide.

"As we've said before, the Army takes Soldier inpatient and outpatient care very seriously," said Army Chief of Staff Gen. George W. Casey Jr., "and remains firmly committed to returning our Soldiers to productive careers and lives. We have made improvements, but realize there is still work to be done - including work with the complex Medical Evaluation Board and Physical Evaluation Board processes. By no means is everything 'fixed' - but we are aggres-

sively acting on what we can fix now."

The Army continues partnering with the Defense Department and the Department of Veterans Affairs on efforts to smooth transition from one organization to another, streamline bureaucracy and offer education about symptoms and care. The Army Medical Action Plan includes significant current improvements in leadership and services enhancing a Soldier-centric healthcare system. Ten examples of immediate improvements announced

include:

Establishing command, control

On June 15, the U.S. Army Medical Command consolidated Medical Hold units for active duty Soldiers and Medical Holdover units for Reserve Component Soldiers into single Warrior Transition Units, and assumed command and control of these units. Assigning all Soldiers, regardless of component, under one command, ensures equity in care, leadership and administrative support.

Transition triad

The Army Medical Command also established a provisional Warrior Transition Unit command and control structure of active and Reserve personnel that includes a primary care manager, nurse case manager and a squad leader triad for each Warrior in Transition. The provisional status for these units is the first step to establishing a formal manning or personnel document that reflects these new units and the positions associated with them, and the triad is a new concept that synchronizes the efforts of leadership and clinical support.

Increased priorities to transition Families

The senior mission commander, typically the installation commander, now makes Warrior in Transition facilities and furnishings top priorities for repairs and improvements. The senior mission commanders also conduct monthly town hall meetings for Warriors and their Families, ensuring medical treatment facility, Warrior transition units, and garrison commanders and staffs all attend, to collectively understand the issues and assign appropriate responsibility.

See **TRANSITION**, page 5

Commentary: A nibble a day of dark chocolate may keep the blood pressure at bay

Story by
MAJ KAREN FAUBER
DeCA

When it comes to satisfying a taste for chocolate, dark chocolate lovers can celebrate once again. Eating a small piece of dark chocolate with less than 30 calories seems to lower blood pressure, according to a recent study published in the Journal of the American Medical Association.

In this study volunteers ate about a quarter ounce of dark chocolate daily for almost five months. This is equal to about one and a half small pieces of dark chocolate a day. People who ate that amount had lower blood pressure readings than those who ate white chocolate.

Tests conducted during the study suggested that steady exposure to the small amount of dark chocolate contributed to chemical changes that helped dilate blood vessels and regulate blood pressure. It is important to note that the study volunteers weren't followed long enough to measure if they may have a reduced risk of heart disease. This

research adds to the increasing evidence linking dark chocolate with health benefits and is the first to suggest that just a tiny amount may be helpful.

Why dark chocolate?

Dark chocolate contains flavonoids, plant-based compounds which are also found in red wine, berries and tea. Dark chocolate has almost four times as many flavonoids as milk chocolate, and white chocolate has none. Flavonoids are known for their heart-healthy benefits. The antioxidants in dark chocolate help your heart by keeping your blood vessels relaxed and protecting against free radicals that contribute to heart disease.

Choosing dark chocolate

Look for 70 percent cocoa content. Very dark chocolate may be somewhat bitter so you may have to try different ones to find one you like.

Look at the type of fat used to make the dark chocolate and choose one that is made with cocoa butter. It has a neutral effect on cholesterol levels in your body.



A little dark chocolate may help control blood pressure, however, don't substitute it for diet, weight loss and medications to control blood pressure. Chocolate is high in fat and calories. A 3 1/2 ounce dark chocolate bar has about 500 calories, whereas, a medium apple has about 60 calories. Portion control is the key to getting the health benefit of dark chocolate without getting

too many calories. So for all those chocolate lovers, with or without high blood pressure, you may want to buy some dark chocolate at the commissary and treat yourself occasionally.

For more information on chocolate or any nutrition topic, post your questions for a quick response at the DeCA dietitian forum on <http://www.commissaries.com>.

Transition

From page 4

Placing greater focus on Family support

The Army conducted a meeting in May with leaders, Soldiers, Family members, and veterans to work issues facing Families of wounded Soldiers and Warriors in Transition. Attendees developed the structure, functions, roles and responsibilities of a prototype Soldier and Family Assistance Center. These centers were stood up at Walter Reed Army Medical Center and Brooke Army Medical Center, and similar capabilities are being established Army wide.

Supporting Families in transition

Policies now allow for non-Family members who provide patient support to wounded Warriors to receive guest lodging. Before this policy change, if a non-medical attendant was not a relative, procedures were not always in place for them to have access to guest housing while they cared for their loved ones. While this may appear to benefit single Soldiers more, it is a policy change that is also being applied to non-medical attendants of married Soldiers.

Creating full patient visibility

The Army is improving visibility of patient status through a Web-based joint patient-tracking application as well as a patient record and tracking system internal to DoD. From point of injury or illness, the Army leadership will have improved visibility on location, medical status and progress of Soldiers care.

Facilitating the continuum of care and benefits

To ensure a seamless transition between military medical care and in partnership with the VA, Walter Reed co-located the Veterans Health Administration and Veterans Benefits Associations liaisons with the Warrior Transition Unit case managers to support a continuum of care and benefits.

Improving the medical evaluation board process

Army Medical Command created the MyMEB Web site on the Army's internal computer system, Army Knowledge Online, allowing warriors to go online and access the status and progress of their Medical Evaluation Board. A limited release of the MyMEB started June 15. This limited release was designed to solicit feedback from a focus group of injured Soldiers prior to full release.

Enhancing physical evaluation board representation

The Army called 18 Reserve Component lawyers and paralegals to active duty to provide additional legal advocacy for warriors undergoing the Physi-

cal Evaluation Board process. These personnel act as legal advocates for Warriors in Transition as they move through the Physical Evaluation Board process.

Caring for post traumatic stress disorder/traumatic brain injury

The Army plans other major changes as part of this comprehensive Army Medical Action Plan. This month, the Army will roll out an extensive educational program on Post Traumatic Stress Disorder and Traumatic Brain Injury for all its Soldiers and leaders. This program consists of a standardized presentation commanders will use to inform and educate both Soldiers and leaders. The teaching materials and visual support products are in the final stages of development and are undergoing review by military and civilian health professionals. The Army currently also is developing proposals for establishing Traumatic Brain Injury and Post Traumatic Stress Disorder Centers of Excellence to provide nationwide education and training to Army leaders, clinicians,

Soldiers and their Families. Locations have yet to be selected, but will support area coverage of the United States, operating much like the Defense Veterans Brain Injury Centers.

"Our Army is doing everything possible to come to grips with a very challenging and complex issue," Gen. Casey said on this subject. "The goal is to educate all Soldiers and leaders on PTSD and TBI so they can recognize, prevent and help Soldiers receive treatment for these debilitating physical and mental health issues, and remove the stigma associated with seeking care. This is not just a medical problem, it is an Army problem, and we are going to do all we can to help our Soldiers."

Continuing improvements under the Army Medical Action Plan support the Army's Warrior Ethos of "I will never leave a fallen comrade" by promoting changes in the Army's system of caring for warriors in transition and establishing long-term solutions for a productive career and life.

POST SHORTS

An instructor will contact students to verify their space in the class and obtain additional registration information. Directions to the classroom will be provided at that time.

Registration open for UMUC Fall 2007

Registration has begun for the University of Maryland University College Fall 2007 semester, which begins Sept. 4. Aberdeen Proving Ground will offer IFSM 300 Informa-

tion Systems in Organizations, 6:30 to 9:45 p.m., Wednesdays and WRTG 394 Business Writing, 6:30 to 9 p.m., Tuesdays. Additional classes are available through distance education formats.

For more information or to register, visit the APG of UMUC in building 4305, room 210, or call 410-272-8269 or 410-306-2048.

Information about UMUC is also available at www.umuc.edu.

OSJA Client Services changes hours

In order to better serve the APG community, the Client Services Division has changed its hours to Monday through Friday, 8 a.m. to 1 p.m. For more information, call 410-278-1583.

Volunteers needed for research studies on hearing

The U.S. Army Research Laboratory is seeking normal hearing volunteers between the ages of 18 to 35 years old to participate in listening studies. Listening time is up to five hours. Each listener will be paid \$20 per hour for their time. Qualified listeners can participate in one or more studies.

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

Planning meeting for homeschooling

The LIONS Homeschool Co-op will hold a planning/informational meeting 10 a.m., July 31. If interested in attending, contact Chel Shupp, 443-655-0271, for location and directions. Bring the kids and meet some other homeschooling Families.

Army bands perform locally

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

Local Traffic Hazards Course II

Training classes are designed for all personnel who are new to APG and unaware of local driving hazards. Students will learn relevant information on local conditions to reduce crashes and fatalities.

Classes are for Soldiers, DoD civilians and Family members arriving at APG and anyone on TDY at APG for 30 days or more. The course will be held noon to 12:30 p.m., building 5442, room 7 on July 30, Sept. 4, Oct. 1 and 29, Nov. 19 and Dec. 13.

For more information or to register, call Mike Allen, Installation Safety Division, 410-306-1081 or e-mail mike.allen@apg.army.mil.

Intermediate Driver's Training IIIA

Training Course II builds on the themes introduced during Introductory Course 1, during Basic training or AIT and provides expanded opportunity for class interaction and discussion. The course is mandatory for all Soldiers under 26 years of age. The course will be held 12:30 to 3 p.m., building 5442, room 7, on July 30, Sept. 4, Oct. 1 and 29, Nov. 19 and Dec. 13.

For more information or to register, Mike Allen, Installation Safety Division, 410-306-1081 or e-mail mike.allen@apg.army.mil.

information, call the band at 301-677-5349.

The 389th Army Jazz Band (AMC's Own) will perform 7 p.m., July 31, in Festival Park, Aberdeen.

In the event of inclement weather, the performance will be held in Aberdeen Middle School's multi-purpose room.

Veterinary Clinic closings

The APG Veterinary Treatment Facility will be closed July 31 for end of month inventory. For more information, contact the VTF, 410-278-3922/4604.

Adult American citizenship class

The Army Community Service Relocation Assistance Program will offer a free class for military personnel or Family members, preparing to take the test for American Citizenship given by Immigration and Naturalization.

The class will be held every Saturday, 10 a.m. to noon, through Aug. 25 at ACS, building 2754 Rodman Road.

The class covers citizenship procedures, explain how to fill out the application, basic American history and the Constitution.

Attendees must attend all eight sessions to receive a Harford Community College certificate for attending a Citizenship Class. Seating is limited, so register early.

For more information or to register, call the Relocation Assistance Program, 410-278-2464/7572.

WIC clinic meets weekly

The Army Community Service, in conjunction with the Harford County Health Department, operates a Women, Infants and Children Clinic every Tuesday, 9 a.m. to 4 p.m. in building 2754. Eligible mothers and children can receive health screenings by a registered nurse, formula and food vouchers, nutrition counseling, breast feeding instruction and more. For more information, call Diana Hayes, Parents and Children Together coordinator, 410-278-4372.

CBRN Defense Course offered at Fort Bragg

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

Units are encouraged to send additional Soldiers.

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

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

Registration closes three days before course start date.

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

Community Notes

THURSDAY

JULY 26 HEAT CENTER INFO SESSIONS

The College of Notre Dame of Maryland will hold information sessions for Accelerated College, Weekend College and Graduate Studies, 4 and 6 p.m., at the Higher Education and Conference Center at HEAT. Three programs of study include nursing (RN to BSN), business and elementary education. Weekend College, a part-time program for working adults, provides students the opportunity to complete undergraduate degrees in 10 career-oriented majors on the weekend but not every weekend.

For more information or to make a reservation for one of the information sessions, call 410-532-5500 for Accelerated College and Weekend College or 410-638-2507 for Graduate Studies or visit Web site www.ndm.edu.

FRIDAY

JULY 27 FISH AND CHICKEN DINNERS

The Men's Day Committee of St. James A.M.E. Church, located on 617 Green Street, Havre de Grace, will sell fish and chicken dinners, 10 a.m. to 2 p.m. The cost of the dinners is \$8 each. Proceeds will benefit the annual Men's Day program in September.

For more information or to place an order, call 410-939-2267.

LIGHTHOUSE CRUISE

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

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

MARGARITA NIGHT

The Chesapeake Heritage Conservancy, Inc. will offer Margarita Night, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$35 per person (21 years of age or older). The historical oyster dredger will cruise around the Susquehanna Flats area as margaritas are served and Jimmy Buffet tunes play. Also includes light refreshments and beer. Credit cards are accepted.

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

SATURDAY

JULY 28 BASKET BINGO

Basket Bingo to benefit the Port Deposit Heritage Corporation will be held at VFW Post 8185, Route 222, Port Deposit. Doors open at 6 p.m., bingo starts at 7 p.m. Tickets cost \$10 per person for all paper cards. Food, beverages, baked goods, door prizes and raffles will be available. No smoking is allowed. For more information or to

purchase tickets, call Anne Gibson, 410-378-3338 or Joanne Bierly, 410-378-3320.

MONDAY

JULY 30 TEDDY BEAR PICNIC

The Chesapeake Heritage Conservancy will offer its first Teddy Bear Picnic aboard the Skipjack Martha Lewis, 11 a.m. The skipjack will depart from Tydings Park, 352 Commerce Street in Havre de Grace. Children can bring their favorite teddy bear or doll. Tickets cost \$10 per person and include a 90-minute sail on the Susquehanna Flats and a simple lunch. Tickets must be purchased in advance.

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

SUNSET CRUISE

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

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

THURSDAY

AUGUST 2 SUNSET CRUISE

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

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

FRIDAY

AUGUST 3 HAPPY HOUR CRUISE

The Chesapeake Heritage

Conservancy, Inc. will offer a Happy hour cruise onboard the Skipjack Martha Lewis departing at 5 p.m. Passengers can board the ship at Tydings Park, 352 Commerce Street, Havre de Grace. Tickets cost \$35 per person (must be over 21) and includes a two-hour cruise around the Susquehanna Flats area, beer, soda and light appetizers. Reservations are required. Credit cards will be accepted.

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

SATURDAY

AUGUST 4 WEE WONDERS ABOUT WATER

Come to the center and discover the wonders of water. Take a short walk to collect items from nature, and then be prepared to get wet and learn about water. This program is from 11 to noon for ages 4 and under and is free. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

NDIA ALL-YOU-CAN-EAT PICNIC BUFFET

The APG Chapter of the National Defense Industrial Association will hold an all-you-can-eat picnic buffet during the Ironbirds baseball game at Ripken Stadium. The buffet will take place 6:15 to 7:45 p.m.; the baseball game, Ironbirds vs the Vermont Lake Monsters starts at 7:05 p.m. Members, Family and friends are encouraged to attend. Tickets cost \$32 per person and include a free Ironbirds baseball cap and reserved seating in the private party pavilion along the first base line.

For more information or for reservations, call 410-879-1204 or visit <http://www.ndiaapg.org/events.html>.

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



MORALE, WELFARE & RECREATION

Activities/Events

Visit the King Tutankhamun Museum exhibit

Spend a day with MWR in Philadelphia, Aug. 18, beginning with a visit to see King Tutankhamun and the Golden Age of the Pharaohs Exhibit at the Franklin Institute Science Museum. Other historical areas of interest in the beautiful city of Philadelphia will be available.

Cost of the trip is \$60 per person and includes bus transportation and admission to the King Tut exhibit.

For more information or to

make reservations, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Tickets available for Toby's Dinner Theatre

Toby's Dinner Theatre has two locations: Best Western Hotel and Conference Center located on 5625 O'Donnell Street, Baltimore and 4900 Symphony Woods Road, Columbia, Md. (South

Entrance Road between Route 29 and Little Patuxent Parkway). Shows are open to all DoD ID card holders.

Baltimore shows

Three upcoming shows include Grease, Nov. 19; Dreamgirls, Aug. 30 through Nov. 11; and Holiday Hot Nostalgia opening Nov. 20.

Sunday through Thursday, tickets cost \$43 per person for adults and \$27.50 for children; Fridays, tickets cost \$44.75 per person for adults and \$29.50 for children; and Saturdays, tickets cost \$47.25 per person for adults and \$45.25 for children.

Columbia shows

Three shows include Little Shop of Horrors through Aug. 19; Titanic, Aug. 23 through Nov. 11; The Sound of Music opens Nov. 15. Sunday through Thursday, tickets cost \$41 per person for adults and \$26.50 for children; Fridays, tickets cost \$42.50 per person for adults and \$28 for children; and Saturdays, tickets cost \$45 per person for adults and children.

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

Do-it-yourself New York City tours

MWR has scheduled several trips to New York City – eight hours for sightseeing, shopping, watching a Broadway matinee, venturing into China Town and more.

Trips will take place Aug. 18, Sept. 15, Oct. 20 or Nov. 17.

Cost of the trip is \$40 per person. The bus will depart 8:25 a.m. and will return 10:30 p.m. Open to all DoD card holders.

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

Sesame Street Live

Tickets for Sesame Street Live: When Elmo Grows Up will be held Sept. 13 through 16, at the 1st Mariner Arena, located on 201 W. Baltimore Street, Baltimore. Tickets cost \$16.50 each for Opening Night Special and \$18 each for Sept. 14 to 16.

Even the adorable wonder puppet Elmo ponders what it will be like when he's an adult. Join Elmo and his neighborhood friends as they explore the endless, exciting possibilities in Sesame Street Live: When Elmo Grows Up.

Open to all DoD employees.

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

Dover 400 Nextel Cup Race

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

Tickets cost \$86 each for reserved grandstand seats (section 199 turn 2, rows 18-24); value seats (section 199 turn 2, rows 5 through 10) cost \$57 each; and the Busch Series general admission for the Sept.

22 race costs \$39 each (children 11 and under get in free with each paying adult).

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

Lyric Opera House

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

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

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

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

Disney High School Musical on ice

Tickets are available for Disney High School Musical: The Ice Tour, Nov. 2 through 4, at the 1st Mariner Arena, Baltimore.

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

Senior Golf Special

Ruggles Golf Course is offering a Senior Golf Special to golfers age 55 or older: play Monday through Thursday until

2:30 p.m. for \$33. This special may not be used with any other discounts. Tee time registration is recommended.

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

Beat the summer heat with 'Links to Lanes'

Nine holes of golf, two games of bowling with a bowling center meal ticket costs \$20 per player during July and August. Participation in APG North and South must be completed within the same week. The golf portion may be played Monday through Friday after 4:30 p.m. The bowling portion may be completed anytime the lanes are available.

For more information on this special, call 410-278-9452 or 410-278-4041.

MWR begins daily bus trips to Atlantic City

Roll the bones on daily trips to Atlantic City. MWR Leisure Travel Services offers daily bus service to Trump Taj Mahal and Tropicana casinos for ages 21 and over.

Cost of the trip to Trump Taj Mahal is \$28 per person with \$22 back in cash and a \$5 buffet coupon. Cost of the trip to Tropicana Casino is \$6, no bonus back.

The bus will leave Vitali's Restaurant, Best Western in Edgewood at 9 a.m. and return at 9 p.m.

Customers should note that the trips are selling out two weeks in advance. Call ahead to reserve a seat.

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

Tickets available for Jolly Roger Amusement Parks

Yo-ho-ho Mateys! MWR Leisure Travel Services offers passes for the Jolly Roger Amusements in Ocean City, Md. Passes are available for Jolly Roger Amusement Park, Jolly Roger at the Pier, Speedworld, Splash Mountain Waterpark, Jungle Golf, and Treasure Golf. Open to all DoD ID card holders.

For more information or to purchase passes, call 410-278-4011/4907.

Maryland Renaissance Festival tickets available at MWR

Discount tickets for the Maryland Renaissance Festival cost \$14 for adults ages 16 years and older and \$7.75 for children ages 7 to 15 years. Prices at the gate cost \$18 for adults and \$8 for children.

The festival is open weekends, 10 a.m. to 7 p.m., Aug. 25 through Oct. 21. The Maryland Renaissance Festival is located on 1801 Crownsville Road in Annapolis. Handicapped parking is available next to the main gate. When entering the parking lot, follow the signs to the designated handicapped parking area.

For more information or to purchase tickets, call 410-278-4907/4011.



SCHOOL LIAISON

'Gifted, talented' students present research

Students from the Maryland Summer Center for Action Investigation at Harford Glen will be presenting the results of their research 1-3 p.m., July 26, in Harford Glen's dining hall. The Center for Action Investigation is one of Maryland's Gifted and Talented Summer Centers and is sponsored through a grant from the Maryland State Department of Education.

This year's student research answers the question: "Have appropriate steps been taken to minimize the impact of the pine tree harvest on the ecology at Harford Glen?"

Students selected one aspect of this issue on which to conduct their research.

As one educator put it, "Kids will come out the other side of this program knowing something that nobody in the rest of the world knows."

The Summer Center Program is celebrating its 40th anniversary of servicing 'Gifted and Talented' students from across the state.

For more information about the Center for Action Investigation, contact Eric Cromwell, 410-588-5354.

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

ACS upcoming events

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

ACS will celebrate its 42nd Birthday, 11 a.m. to 2 p.m., July 26, at the Maryland Boulevard picnic area.

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

Seminars will be held 11:30 a.m. to 1 p.m. Aug. 22, Sept. 19, Oct. 31 and Nov. 14.

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

Job vs. Career classes for teens, ages 13 through 18, will be held 12:30 to 1:30 p.m., Aug. 15, at ACS Classroom building 2754.

Today's workforce offers many challenges and rewards. Teens will learn the benefit of a career over a job. The ACS Employment program and Tina Mike, APGFCU Education director, will help guide teens through the job and career preparation process so they can achieve their own employment success.

Topics include:

- what employers are looking for
- how to apply for a job
- tips on resume writing
- interviewing experience

For more information or to enroll teens in this free class, call Marilyn Howard, ACS Employment Readiness, 410-278-9669

The Waiting Families Support Group is scheduled for 6 to 7 p.m., Wednesdays, at ACS, building 2754 Rodman Road. This group is designed to provide resource information to assist spouses and Family

members remaining behind while the military sponsor serves on unaccompanied tours, extended TDY, or deployments.

Meetings will be held Aug. 15, Sept. 19, Oct. 17, Nov. 14 and Dec. 5.

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

The Parenting Lunchbox will be held 11:30 a.m. to 12:45 p.m., on Tuesdays through July 31, for parents of children from ages birth to 16. This workshop is for parents, whether experiencing difficulties or simply searching for a fresh approach to effectively communicate with children.

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

A Support Group for Adult Survivors of Sexual Abuse will meet 11 a.m. to 1 p.m. on the second Wednesday of each month, starting Aug. 7. "Let's Talk About It," provides emotional support, begins the healing process, and shares experiences and resources.

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

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

Another Dynamic Huggable Delightful Child is a six-week series planned for August. The focus will be to educate parents on ADHD, behavior modification and communication techniques.

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

APG Bowling Center Snack Bar specials Building 2342

Week of July 31

Special #1: Chicken salad sub with mayonnaise, lettuce, tomato, pickles, onions, potato chips, one cookie and soda for \$7.35.

Special #2: Tuna wrap with lettuce, tomato, potato chips, one cookie and soda for \$4.75.

Week of Aug. 6

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

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

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



Army Entertainment and Aberdeen Proving Ground MWR present

ARMY CONCERT TOUR

MONTGOMERY GENTRY

with Special Guests

Joe Nichols and Shauna Bolton

Saturday, September 29 ON SALE SOON

Aberdeen Proving Ground, MD

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

TICKET OUTLETS:

ticketmaster

1-800-551-SEAT

APGMWR Ticket Outlets

Telephone Sales: 410-278-4907/4621/4011

TTY 410-278-4110

e-mail: MWR-LeisureTravel@apg.army.mil

No refunds, concert is rain or shine, lawn seating

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

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

MWR

Local Sponsors: THE AGES, WPOG 83.3, Bud Light, Chase

National Sponsors: BUD LIGHT, CHASE

Edgewood Acquisition Center announces purchase request submission schedule

RDECOMAC

The Edgewood Contracting Division of the U.S. Army Research, Development and Engineering Command Acquisition Center has established its Fiscal Year 2007 Cut-off Dates for Submission of Purchase Requests.

Early customer support in identifying and submitting purchase requests by or before the dates shown below greatly enhances the ability of the Edgewood Contracting Division to meet customer needs.

Early planning and coordination remain the keys to a successful year-end.

Organizations are advised to submit their year-end acquisition requirements as early as is reasonable to minimize the possibility of

funds going unobligated at year end.

FY 2007 Schedule

- Noncommercial Items More than \$100,000 - July 1

- Noncommercial Items More than \$100,000 (Competitive) - too late this year - need minimum of six months; however, there may be exceptions. Requests will be considered on an individual basis.

- Noncommercial Items between \$2,500 and \$100,000 - Aug. 1 (Competitive and Noncompetitive)

- Commercial Items between \$100,000 and \$5M (Competitive and Noncompetitive) - Aug. 1

- Short of Award over \$2,500 - action brought up to point of award pending receipt of funds - July 1

- Commercial Items Under \$100,000 (Competitive and Noncompetitive) - Sept. 1

- Task Orders/Delivery Orders between \$2,500 and \$100,000 (Competitive and Noncompetitive) - Sept. 1

- Task Orders/Delivery Orders between \$100,000 and \$1 mil (Competitive and Noncompetitive) - Aug. 15

- Task Orders/Delivery Orders more than \$1 million (Competitive and Noncompetitive) - July 1

Requests received after the scheduled dates will be considered on a case-by-case basis and will require approval by the director, Edgewood Contracting Division.

For more information, call Gwen Johnson, 410-436-3352, or Carol Edmead, 410-436-4388.

Protecting eyes during sports, other high-risk activities

Story by

CARLLA E. JONES

CHPPM

More than 100,000 eye injuries each year in the United States are estimated to be sports related. Many of these injuries (more than 35,000 in 2002 alone) result in visits to hospital emergency rooms. Although most of these injuries do not cause long-term disability or vision loss, a significant number of preventable injuries can lead to the loss of an eye or to severe visual impairment.

Eye injuries in sports happen as a result of direct contact with other competitors and from sports equipment such as bats, balls, pucks, rackets, darts and guns (even air guns).

The sports with the highest risk for sports-related eye injury for players not using protective equipment are basketball, racquetball, lacrosse, baseball and paintball. Sports that present a medium risk for sports-related eye injuries without the use of protective measures include tennis, football, golf and soccer.

The good news is that almost all eye injuries can be prevented by understanding safety practices and using the proper protective eyewear. Most protective eyewear for sports has protective requirements specified by the American Society for Testing and Materials. Among ASTM published standards are these:

- ASTM F803 - "Eye Protectors for Selected Sports," which addresses racket sports, women's lacrosse, field hockey, basketball, baseball and soccer.
- ASTM F1776-01 - "Eye Protective Devices for Paintball Sports."
- ASTM F513-00 - "Eye and Face Protective Equipment for Hockey Players."

Prescription eyeglasses, contact lenses, sunglasses and even industrial safety glasses do not provide adequate protection from sports eye injuries. Industrial safety glasses or goggles meeting American National Standards Institute Z87.1 are the best choice for most home shop, auto repair and yard maintenance tasks.

Protective eyewear is only effective if it's used. Use should become a habit during sports and other high-risk activities (like mowing the lawn, working in the garage or with household chemicals and tools).

Wearing protective eyewear will not only decrease the risk of eye injury, but also provide a good role model for children and others.

When purchasing protective eyewear, make sure the eyewear is specifically designed for that sport or other activity. Check the label on the product to verify that the product has been tested, approved and certified.

Caring for eye injuries

If an eye injury occurs, an eye-care professional should be consulted right away. Keep the injured person still and calm to avoid worsening the injury. For chemical injuries, rinse the eye with water (15 minutes) before transporting the person to medical care. Wash hands thoroughly before touching an irritated or injured eye. Never rub an eye that has a speck or other foreign material in it.

Eye injuries are the leading cause of visual impairment after eye disease. Prevent Blindness America estimates 90 percent of all eye injuries are preventable. Wearing protective eyewear can prevent most eye injuries from occurring. Make vision health and safety priority, wear protective eyewear.

For more information about vision conservation, visit the Tri-service Vision Conservation and Readiness Program Web site, <http://dodvision.com/> or Prevent Blindness America, <http://www.prevent-blindness.org/>.



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, 8 a.m.
Fit for Duty, 10 a.m.
Around the Services, 12:30 p.m.
State Department Briefing, 2:30 p.m.
Around the Services, 5:30 p.m.
Freedom Journal Iraq, 7:45 p.m.

Tuesday

RECON, 9 a.m.
Fit for Duty, 10 a.m.
Around the Services, 12:30 p.m.
Army Newswatch, 3 p.m.
Around the Services, 5:30 p.m.
Freedom Journal Iraq, 7:45 p.m.

Wednesday

Army Newswatch, 9:30 a.m.
Fit for Duty, 10 a.m.
Around the Services, 12:30 p.m.
American Veteran, 1 p.m.
Around the Services, 5:30 p.m.
Freedom Journal Iraq, 7:45 p.m.

Thursday

Army Newswatch, 9 a.m.
Fit for Duty, 10 a.m.
Around the Services, 12:30 p.m.

Focus on the Force, 1 p.m.
Army Newswatch, 3 p.m.
Around the Services, 5:30 p.m.
Freedom Journal Iraq, 7:45 p.m.

Friday

Focus on the Force, 9 a.m.
Fit for Duty, 10 a.m.
Around the Services, 12:30 p.m.
Army Newswatch, 3 p.m.
Around the Services, 5:30 p.m.
Freedom Journal Iraq, 7:45 p.m.

Saturday

Tales of Glory, 9 a.m.
Fit for Duty, 10 a.m.
Around the Services, 12 p.m.
Battleground, 3:30 p.m.
ATS Reloaded, 5:30 p.m.
RECON, 8 p.m.

Sunday

Around the Services, 8 a.m.
Fit for Duty, 10 a.m.
Army Newswatch, 12 p.m.
Today's Military, 1 p.m.
The Face Behind the File, 6 p.m.

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

ATS Reloaded - Revisits the best of the week and keeps viewers up to date on important information. Includes stories that have touched service members stationed around the world.

Battleground - Features historic films from World War II, the Korean War and the Vietnam War.

Fit for Duty - Takes viewers through a high-energy 30-minute workout led by service members.

Focus on the Force - A production dedicated to telling personal stories of military men and woman supporting the missions of each Unified Combatant Command.

Freedom Journal Iraq - Focuses on mil-

itary missions, operations and U.S. military forces in Iraq.

RECON - Provides an in-depth look on a variety of topics from real world operations, missions, military events/history and other subjects highlighting the accomplishments of U.S. military men and women.

The Face Behind the File - A series of special programs profiling veterans and their stories.

Today's Military - Profiles the careers of men and women in the Army, Marine Corps, Navy, Air Force and Coast Guard, including their respective Reserve and National Guard formations.

Tales of Glory - A report from Multi-National Division-North and Task Force Lightning in northern Iraq.

AAFES NEWS

AAFES recalls 'Soldier Bear' toy sets due to lead content

AAFES

The U.S. Consumer Product Safety Commission, in cooperation with the Army & Air Force Exchange Service, announced July 17 a voluntary recall of various Soldier Bear Toy Sets with action figures and animals. Consumers should stop using recalled products immediately and return them to any AAFES store.

Surface paints on toy action figures contain high levels of lead. Lead is toxic if ingested by young children and can cause adverse health effects.

Soldier Bear brand toy sets come as various action figures, dinosaurs, animals and vehicles. The style number, Universal Product Code and Soldier Bear logo are printed on the products packaging. They were manufactured by Century Industrial Co.

Description	Style #	UPC #
Heroes- Dino Mega Cruiser Style	00047	4 98567 00047 4
Dinosaur Adventure Set	91068	6 98567 91068 1
Wild Animal Adventure Set (1 of 2 assortments)	91074	6 98567 91074 2
Dinosaur Adventure Set (2 of 2 assortments)	91074	6 98567 91074 2
Heroes Vehicle Play Set	85939	6 98567 85939 3
(Three styles: Military, Police and Fire Rescue)		



Ltd. Kowloon, Hong Kong.

Toys were sold at AAFES stores between August 2005 and April 2007.

Consumers should immediately take the toys away from children and return the product to the nearest AAFES store for full refund.

For additional information, contact AAFES, 800-866-3605 or visit www.aafes.com.

DeCA gauging customer interest in expanded Virtual Commissary

Story by
CARRIE WILLIAMS
DeCA

Officials at the Defense Commissary Agency are seeking customer feedback on potential expansion of its Virtual Commissary. Customers can provide comments using a short, three-question survey that is posted online at https://www.commissaries.com/online_grocery_survey.cfm. The survey is available now and will remain posted until sometime in July.

DeCA's Virtual Commissary, created in October 2005, allows authorized shoppers to purchase prepackaged gift baskets containing products that DeCA's industry partners provide for sale online at commissary prices, which means an overall savings of 30 percent or more as compared with retail grocery stores. Customers access Virtual Commissary through DeCA's official Web site, <http://www.commissaries.com>. The link is located under the "Shopping" tab. Authorized shoppers log on using their last name, Social Security number and date

of birth. The information is verified by DEERS, the Defense Eligibility Enrollment Reporting System.

"The shopping experiences of our customers guide the decisions we make," said DeCA Director and Chief Executive Officer Patrick Nixon, "so naturally we want to hear what our customers think of Virtual Commissary. Do they want expanded online shopping? If we build it, will they come?"

The survey is designed to quantify customer interest in an expanded Virtual Commissary. If DeCA were to sell nonperishable groceries on Virtual Commissary (to be shipped after a small delivery fee), would shoppers go online and shop? How often? What sort of products would they be interested in buying online?"

"We will gauge customer interest by tabulated data from the survey," said Barry White, an operations research analyst with DeCA, "and we'll provide this information to DeCA's director of sales, who will refer to it when deciding whether to expand Virtual Commissary."

DeCA officials encourage commissary patrons to take a few minutes to fill out and submit the survey, noting that participation in the survey is their opportunity to have a voice in the decision.

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their Families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,000 annually for a Family of four.

A core military Family support element, and a valued part of military pay and benefits, commissaries contribute to Family readiness, enhance the quality of life for America's military and their Families, and help recruit and retain the best and brightest men and women to serve their country.

APG biologists proud bald eagle is no longer endangered

Story by
YVONNE JOHNSON
APG News

With the removal of the bald eagle from the Endangered Species List by the U.S. Fish and Wildlife Service on July 26, Aberdeen Proving Ground biologists and wildlife specialists are proud of the actions they've taken over the years to protect and enhance the installation's eagle population.

The move has been hailed as one of the greatest conservation success stories of the last 50 years, according to Tony Iallonardo, communications director for the National Audubon Society. Iallonardo said that figures show that after having gone nearly extinct in "the lower 48," populations have risen in every state.

John Paul, eagle program manager for the APG Directorate of Safety, Health and Environment's Environmental, Conservation and Restoration Branch, said that the key to the bald eagle resurgence on the installation has been a vigilant effort on the part of APG civilians and contractors working with FWS to protect the eagle habitat.

"One important thing we've done is maintained the areas around each nest, which is referred to as a 'buffer,'" Paul said. "This doesn't allow activities like tree clearing, and it controls other activities around the habitat during nesting season."

"APG is important to the bald eagle," he said. "We have the largest block of undisturbed land on the northern side of the bay. They come here because it is undisturbed, and we've taken pains to preserve that. In short, we have preserved the habitat to enable them to reproduce and now, they have nests closer to their food source."

He credited Jim Pottie, retired APG endangered species specialist, with much of the work that has been done over the years to protect APG bald eagles.

"He [Pottie] exerted himself on the eagle's behalf for many years," he said.

Although personnel in the eagle program "feel great about the comeback to this point," they want the public to realize that while no longer endangered, the bald eagle is still protected



Photo by JOE ONDEK, ATSS/ATC
This photo, taken from a helicopter during one of the annual eagle count operations on Aberdeen Proving Ground, shows a female bald eagle protecting her nest.

under the Bald Eagle Protection Act of 1940 and the Migratory Bird Treaty Act of 1972, Paul said.

"There are still laws protecting the eagle, and it is still a felony to harm one," he said, adding, "The endangered list protected the habitat, and we hope the eagle's removal doesn't make people think that means that now they can build where they want."

The Conservation and Restoration Branch will continue to do business as before, Paul added.

"We will continue to protect and avoid disturbing the habitat," he said.

Joe Ondek, an APG contract environmentalist, said that in the mid-1960s there was only one bald eagle nest on the installation.

"By the late 1970s, we had two to three nests, and it just kept blossoming," Ondek said.

Although many of the bald eagles on APG are migratory, coming from as far away as New England and Florida, "there has always been a corps of resident birds," Ondek said.

"The biggest reason they like Aberdeen is because it's located near a large foraging area, the Chesapeake Bay, and because it's largely unspoiled," he said. "That's why they come here and that's why they stay."

The American bald eagle

U.S. Army Environmental Command

The bald eagle has rebounded from the brink of extinction to reach population levels that have not been seen since World War II. This success is the result of hard work on the part of federal agencies, including the military, states, conservation organizations and individuals across the nation.

Aberdeen Proving Ground spent \$2,026,536 on eagle management, more than any of the other 57 military installations with eagle populations, with the closest being Fort Chaffee at \$126,000.

The bald eagle first gained federal protection in 1940 when Congress passed the Bald Eagle Protection Act. The eagle was later given protection under the Migratory Bird Treaty Act as well. The original Eagle Act established protection for the bald eagle and raised public awareness. However, the eagle population fell into steep decline due primarily to widespread use of the pesticide DDT, which accumulated in eagles and caused them to lay eggs with weakened shells. The eagle was one of the original species protected by the Endangered Species Act when it was enacted in 1973.

The bald eagle once ranged throughout every state except Hawaii. By 1963, only 417 nesting pairs were found in the lower 48 states. Since 1999, the recovery of the bald eagle has continued to progress at an impressive rate.

In 2000, a national bald eagle census resulted in an estimate of 6,471 nesting pairs of bald eagles. Today, this number has risen to 9,789 nesting pairs, due to cooperative recovery efforts by federal agencies including the military.

The bald eagle resurgence is proof that the Army is a national leader in protecting endangered species, that military readiness is compatible with sound environmental stewardship and that the Army partnership with the U.S. Fish and Wildlife Service and other conservation stakeholders can achieve common, national goals.

"Removing the bald eagle, the symbol of our country, from the list of threatened and endangered species is a great environmental triumph," said Col. Michael P. O'Keefe, commander, U.S. Army Environmental Command. "This success story highlights just one of many innovative and diligent efforts going on every day to sustain our precious natural resources."



Photo by JOE ONDEK, ATSS/ATC
A young bald eagle, whose head feathers have not yet turned white, soars through the Aberdeen Proving Ground skies.



Video still by DOIM VISD
During his early years with the Directorate of Safety, Health and Environment, a young Tim McNamara, current deputy to the APG Garrison commander, releases a bald eagle that had been injured back into the wild.



Photo by YVONNE JOHNSON
Before returning a young eaglet to its nest, from left, electrician Dave Stamper watches as Johns Paul, Directorate of Safety Health and Environment eagle program manager, receives the eaglet from wildlife rehabilitator Kathy Woods.

Researchers strive for results to detect, treat traumatic brain injury

Story by
KAREN FLEMING-MICHAEL
U.S. Army Medical Research & Materiel
Command

(Author's note: This final article in a series of three explains the increased emphasis on screening for TBIs in theater and upon return, the work being done at the Defense Veterans Brain Injury Center to address TBIs and the research the center is undertaking to better diagnose and treat these injuries. See previous weeks' APG News for other articles in series.)

As the military medical system sees more patients with traumatic brain injuries, researchers are also stepping up their efforts to find ways to help.

At the Defense and Veterans Brain Injury Center, headquartered at the Walter Reed Army Medical Center, research focuses on diagnosing and treating mild, moderate and severe TBIs. Studies focus on how frequently the TBIs occur, how they occur, how they progress and novel ways to treat them.

"The goal is always to help the patient, not just to understand this," said Dr. David Moore, director of research at DVBIC since January. With degrees in math, fluid dynamics, medicine, physiology, neurology, advanced statistics and epidemiology, the center's newest research director can converse with almost any scientist.

"I would not at all say I'm expert in everything, but [what] the skill-set does enable me to do is to talk to people from different disciplines. If I'm talking to an engineer then it is helpful to actually understand the engineer's approach and knowledge-base," he said. "It's helpful when you're trying to solve serious, complex problems like the blast issue."

At its nine sites across the country, the DVBIC has studied the effect of head injuries in the military since its inception in 1992. Long-standing epidemiology research intends to provide answers on how prevalent TBIs are and on how effective treatments are in permitting a service member who suffered a TBI to return to active duty or reintegrate into the community.

There are at least half a dozen epidemiology studies currently ongoing, Moore said. One of the smaller ones studies paratroopers at Fort Bragg, N.C., "because they perform so many jumps a year and during some of those jumps they suffer concussions," he said.

One study, proposed in Congress as part of the Heroes at Home Act, would follow service members with mild, moderate and severe TBIs for 15 years to pin down what the long-term issues are for those patients.

"It would be a high-level project that will cost a lot of money but will be very beneficial to knowing how people come back, how they do and what the vulnerabilities are in going back to active duty or the community," Moore said.

Researchers are also looking at drugs currently used to treat other ailments, such as anxiety and hyperactivity, to see if they offer any benefit to patients with TBIs. Drug studies often take longer to yield answers and, on average, five years to get through the Food and Drug Administration approval process, so Moore proceeds cautiously with them.

"We are really looking at the drug studies to try and understand from them whether the drug is either going to be therapeutic or can we at least get a statement that this drug is going to be useful for further study in military-related TBI," he said.

"Also, there's been a deluge of unsolicited white papers and people asking why we aren't using their therapy and why isn't the military adopting this (drug). It's been a problem," he said. "My point of view, as a physician-scientist, is how come people don't know that you can't just base things anecdotally. It has to be very evidence based before you apply it to any active duty person in any way. It has to be well entrenched in standard of care practice."

Moore's particular research passions lie in studying the central nervous system and the effect blast has on it.

"With blast there is some preliminary evidence out there that the pressure overwave and underwave does have distinct

effects on the CNS," he said. "Once we know the mechanism, we have a good shot of directing therapeutic and supportive measures. We can best understand how best to treat folks who have suffered these injuries and improve diagnosis."

Moore has been working closely with magnetic resonance imaging and positron emission tomography scans with the Armed Forces Institute of Pathology's biophysics group. By using MRI and PET techniques, he hopes to gain insight into the basic mechanism of blast and discover how to better diagnose military-related TBI and track treatments for it.

"My goal is to develop techniques that enable insights into mechanism and to directly translate these to patients," he said. "We can use a whole series of techniques to tackle the problem."

For rehabilitation work, Moore said he's been encouraged by researchers at DVBIC sites especially the comprehensive polytrauma VA hospitals development of computer programs that help patients be retrained on tasks. For example, a doctor at Paolo Alto has used such techniques in retraining driving skills.

"In patients with a stroke or TBI, sometimes they have a mismatch between their perception of depth and space," he said. "You could hone in on that and develop a treatment plan that would be patient-based to actually use a computer-generated virtual environment to challenge their depth perception in incremental steps and allow encouragement and feedback."

With regard to all of the DVBIC's research endeavors, Moore said one thing remains constant: the need for quick answers to help today's service members.

"Nobody thought that blast was going to be a problem until two or three years into the conflict. That's the lump in the throat sort of thing," he said. "The discomfort about the whole situation is that you're taking a problem that you already know is a problem -- you know that people are suffering -- and you want to get on and do the work as quickly as possible in order to get the information as quickly as possible."