



## POST SHORTS

### Recycling schedule

The residential and recycling pickup schedule for March 14, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

### Daylight-saving time begins March 11

The Energy Policy Act of 2005 passed by Congress changed the previous daylight-saving time from the first Sunday in April to the second Sunday in March. Clocks should be turned forward one hour before retiring for the night on March 10. Daylight-saving time begins 2 a.m., Sunday, March 11.

### Subway opens at APG North Shoppette

The Subway restaurant at Aberdeen Proving Ground North is now open for business. Its hours of operation are 10 a.m. to 8 p.m., Monday through Saturday and 10 a.m. to 6 p.m. on Sundays.

The grand opening will be held 11 a.m. to 7 p.m., March 9, and footlong sandwiches will be buy one get one free for the day.

The ribbon cutting ceremony is scheduled for 2 p.m. For more information, call 410-272-4205.

### Temporary closure of 57th Street

Beginning on or about March 1, 57th Street in APG South will be closed for two days to install a new water-line connection. The closure will occur between building E-3835 and Beech Point Road. Access traffic to the E-3800 block will be rerouted to Ricketts Point Road. The actual closure time and duration will depend upon weather conditions.

For more information, call Jerry Norris, Directorate of Installation Operations, 410-306-1159.

### Auto Shop hours change

The Aberdeen Automotive Craft Center, building 2379, new hours of operation are: Thursday, 3 to 7 p.m.; Friday, 11 a.m. to 7 p.m.; Saturday See SHORTS, page 6

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# OC&S celebrates 34th Annual Wilbert Davis Gospel Night

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

Music filled the Aberdeen Proving Ground Post Theatre Feb. 25 during the 34th Annual Wilbert Davis Gospel Night featuring gospel groups from surrounding communities delivering the ministry of music.

The night honored retired Maj. Wilbert Davis, former equal opportunity advisor for the U.S. Army Ordnance Center and Schools, who began the gospel night tradition as a tribute to Black History Month.

Davis said that when the idea came to him, he thought, "The one thing you can't take away in captivity is music." "Gospel music has always been a part of liberation," Davis said.

That liberation was celebrated at the theatre through children and adults presenting the gift of music.

This year's theme, "From Slavery to Freedom: The Story of Africans in the Americas," was emphasized by Army Chaplain (Capt.) Robert Thomas who addressed the audience about the impact of slavery and the role former slaves play in today's society.

"Black History Month is a cry out to be free," Thomas said, "...free from racism and the perceptions from our past."

Performers included the Aberdeen High School Gospel Choir, APG Gospel Service, soloist Lisa Lyons, Praise in Motion Dance Ministry, Sisters Singing with Anointed Voices, and Sister.

Soldiers from the 16th Ordnance Battalion, along with the audience, gave standing ovations, loud applause and sang along in support of all performers.

"I really enjoyed watching the Soldiers' responses," said Brig. Gen. Rebecca S. Halstead, chief of Ordnance and commander of OC&S. "A program like this is worth it if just one person is touched."

Some had tears in their eyes as they listened to the voices of performers serving as witnesses to the healing power of the gospel.

"Tonight's songs touched my heart and brought tears to my eyes," said Natia Addison, Maryland



From left, dancers with the Praise In Motion Dance Ministry Takara Taylor, Taleya Taylor and Bricana Lewis, perform at the 34th Annual Wilbert Davis Gospel Night at the Post Theatre Feb. 25.

FreeState ChalleNGe cadet. "If it touched me, I know it could touch somebody else."

Another Maryland FreeState ChalleNGe cadet, Michael Surratt, said, "Listening to tonight's music makes me want to change a few things in my life."

The night was about honoring Davis and the legacy he left for ordnance, said Master Sgt. Gail Brennan, OC&S equal opportunity advisor.

"The audience speaks for the enthusiasm the com-

munity has for Gospel Night," Brennan said. She said she looks forward to the event next year.

Davis began Gospel Night in 1973. He personally nurtured the musical celebration of Black History Month even after he retired from the Army. In tribute to his personal dedication and devotion to the celebration, Gen. Johnnie E. Wilson, then the chief of Ordnance, signed a proclamation naming the annual event in Davis' honor on Feb. 9, 1992.

# CID announces crime prevention, awareness program

The U.S. Army Criminal Investigation Command, commonly know as CID, announced its new Army-wide crime prevention and awareness program dubbed "CID Lookout" Feb. 20.

The program is a CID initiative to partner with the Army community by providing a conduit for members of the Army family to help prevent, reduce and report felony-level crime.

CID simultaneously announced its related "CID Cyber Lookout" program initiated by the Computer Crime Investigative Unit. The CID Cyber Lookout is designed to promote Internet safety by educating the Army community about the dangers posed by cyber-criminals on the Internet.

CID is an independent criminal investigative organization that investi-

gates serious, felony-level crime such as homicide, rape, sexual assault, robbery, arson, contract fraud and intrusions into Army networks.

"Solving and preventing crimes of this nature takes community involve-



ment and cannot be achieved solely by CID special agents," said the Provost Marshal General of the Army and Commanding General of CID, Brig. Gen. Rodney Johnson. "Together, professional law enforcement officers and the Army community must work hand-

in-hand to fight serious crime."

Part of the new CID Lookout initiative will be disseminating topical and useful crime prevention and crime awareness information to the U.S. Army via the internal Army media,



according to Chris Grey, CID's chief of Public Affairs.

"The information will cover topics such as identity theft, logistics security, preventing sexual assault and robbery - anything that prevents our Soldiers and their families from becoming victims," said Grey.

CID Lookout also asks Soldiers, family members, and employees to "Be On The Lookout" and to report crimes and suspicious activity.

"We want people to know who we are, what we can do for them, and what they can do for us to make our Army even more Army Strong and safe," Johnson said. "The new CID Lookout program provides that two-way communication mechanism for members of the Army family to get involved."

To view the latest CID Lookout press releases involving felony crime prevention and awareness, visit [www.cid.army.mil](http://www.cid.army.mil).

For more information on CID or to report a felony-level crime or provide information concerning a serious crime, contact the APG CID Office, the Military Police, or visit [www.cid.army.mil](http://www.cid.army.mil).



Photo by JIM BRIDGES, DOIM  
Lt. Gen. William E. Mortensen, right, deputy commander, U.S. Army Materiel Command, passes the 389th Army Band (AMC's Own) guidon to incoming band leader, Chief Warrant Officer 3 Frederick L. Ellwein, during his Change of Command Ceremony with Chief Warrant Officer 5 Robert L. Larsen, center, at the band's practice facility Feb. 27.

## AMC Army band gains a new leader

Story by **YVONNE JOHNSON**  
APG News

After three successful years as leader of the U.S. Army Materiel Command's 389th Army Band (AMC's Own) Chief Warrant Officer 5 Robert L. Larsen passed the baton to incoming commander Chief Warrant Officer 3 Frederick L. Ellwein during a change of command ceremony at the band's practice facility Feb. 27.

AMC deputy commander Lt. Gen. William E. Mortensen presided over the ceremony, which opened with his presentation of the Legion of Merit to Larsen.

Mortensen commented on Larsen's successful tenure as the band's leader which included 1,200 stateside missions and four deployments in support of troops in Iraq, Afghanistan, Kabul, Saudi Arabia and Kuwait.

"Chief [Larsen] has done a magnificent job and I couldn't be prouder to represent General Griffin [AMC com-

mander] this day," Mortensen said. On behalf of Maj. Gen. Roger A. Nadeau, commander of the U.S. Army Research, Development and Engineering Command, Col. Mark Grotke, RDECOM chief of staff, presented Larsen with an RDECOM Retention Award for exceeding the retention mission.

"This award is as much for the 389th Army Band as it is for Chief Larsen," Grotke said, "And I'm happy to present it on behalf of General Nadeau."

Larsen is headed to the U.S. Army School of Music in Norfolk, Va.

"I've worked for several major bands and AMC is the best," Larsen said.

He thanked the AMC and RDECOM leadership as "great supporters of the band," and noted his Soldier's achievements, which included two Advanced Noncommissioned Officer Academy honor graduates; one Basic NCO Academy leadership award; one AMC NCO of the Year and one Soldier, Spc. Amanda Justice, who was just accepted into

See BAND, page 3

## Military playing down long runs, adopting more diverse fitness programs

Story by **DONNA MILES**  
Army News Service

If a little bit of running is good for keeping Warfighters in top form, then a lot of running is better, right? "Wrong!" say officials at the U.S. Army Center for Health Promotion and Preventive Medicine.

The Army, Navy, Marine Corps and Air Force have come to recognize that as beneficial as running can be to overall fitness, health and military readiness, too much of a good thing causes injuries that leave troops less fit, less healthy and less ready, Lt. Col. Steve Bullock, the center's health promotion policy program manager, told American Forces Press Service.

As a result, the services are tailoring their physical training regimes to reduce the emphasis on "pounding the pavement." Instead, they're replacing regular long-distance runs with other forms of exercise, he said.

The goal is to reduce overuse injuries that translate military-wide to more than 8 million days of limited duty a year, said Keith Hauret, an epidemiologist for the Army's inju-

ry-prevention program. Fractures, sprains, strains and other musculoskeletal conditions, many resulting from physical training, take an even greater toll on the force in terms of lost- or limited-duty days.

"Injuries have a direct effect on readiness and a Soldier's ability to perform his duties, whether in training or while deployed," Hauret said. "It has a direct impact on the Soldier's ability to perform, and that has a direct impact on that unit's readiness."

The services' new approach to physical training aims to bring injury rates down while ensuring a fit military force.

"We're not going soft," Bullock said. "What we're doing is increasing the intensity of the training, and the effect on heart, lungs and overall strength is actually better."

The Army, for example, is reducing the miles troops run, breaking Soldiers into "ability groups" for distance runs, adding speed drills to its PT regime and substituting grass drills and other forms of exercise for running.

"We have recommended no more

See FITNESS, page 2

# APG prepares for family housing privatization

## Site visit, forum planned for March 13, 14

Public Affairs Office

The Assistant Secretary of the Army for Installations and Environment is conducting a Residential Communities Initiative Industry Forum for the Privatization of Family Housing at five Army installations: Fort Huachuca and Yuma Proving Ground, Ariz.; Forts Wainwright and Fort Greely, Alaska; and Aberdeen Proving Ground, on March 14 at the Sheraton Baltimore City Center Hotel in Baltimore.

The Army's RCI program employs the authorities provided by the 1996

Military Housing Privatization Initiative Act that allows the Army to leverage appropriated funds and the value of the Army's assets to obtain private sector capital and expertise for the renovation, construction, maintenance, and operation of military family housing.

RCI offers a way for the Army

to divest of non-core functions and employ the management expertise, financial resources, innovation, and experience of nationally recognized real estate development, property management and finance firms.

Through implementation of the RCI Program, the Army will improve housing more quickly and at a lower life-cycle cost than through the use of traditional military construction, and ensure the long-term sustainment of adequate family housing.

The RCI program also emphasizes the Army's commitment to new business practices, and to transformation. It provides the opportunity to bring about long-term, quality communities in support of the Army's flagship installations – installations that provide support for forward deployed forces, and a place where Soldiers live, train, mobilize and deploy.



Under the RCI program, the Army engages with private sector firms in public-private partnerships to manage, construct, renovate, maintain

and operate family housing. These partnerships typically take the form of Limited Liability Companies, with the private sector entity serving as the managing member of the LLC.

The business agreements associated with these privatization transactions include a ground lease of the family housing footprint, conveyance of housing units and ancillary facilities in the housing area to the developer, and an operating agreement describing the partners' responsibilities.

A typical partnership agreement will be for a 50-year period with an option to extend an additional 25 years.

The RCI program currently includes 45 installations/sub-installations, grouped into 35 projects (86, 273 homes), -- approximately 98 percent of the Army's family housing inventory in the United States.

As of February 28, 2007, the

Army has transitioned 35 installations to privatized operations (75, 457 homes). By the time all 45 installation/sub-installations have transferred, it's projected that the Army will leverage approximately \$1 billion in investments from appropriate funds to obtain close to \$10 billion of private capital to construct and renovate these homes by 2017.

On March 13, the Army will conduct a site visit of APG for contractors, developers, and property managers who are interested in the project. All interested parties are invited to attend both the Industry Forum on March 14 and the Site Visit on March 13, particularly those contractors, developers and property managers with direct project interest.

For more information about the Army's RCI program, visit [www.rci.army.mil](http://www.rci.army.mil)



Courtesy of MASTER SGT. WARREN PRESTON  
Maryland Army National Guard Master Sgt. Warren E. Preston stands next to an AH-64 Apache helicopter on the Quick Reaction Force ramp at Bagram Airfield, Afghanistan as he takes the Oath of Enlistment from Capt. Steve Sherrill Jan. 26.

## Local NCO re-ups in Afghanistan

Story by  
**YVONNE JOHNSON**  
APG News

An aviation life support officer with the Maryland Army National Guard assigned to Weide Airfield reenlisted for six more years during a ceremony at Bagram Airfield, Afghanistan Jan. 26. Capt. Steve Sherrill administered the oath of enlistment to Master Sgt. Warren Preston.

Preston is based out of Arifjan, Kuwait, serving as the airframe maintenance noncommissioned officer in charge at Patton Army Airfield as part of Task Force AVCRAD. He was serving temporarily at the airfield as the fix forward NCOIC when he reenlisted.

"The Army is a life for me, not just a job,"

Preston said. "I don't know what I'd do if I had to turn in my uniform tomorrow. Some people can't wait to get out [but] I don't want to get out. Not yet."

This is Preston's first tour with Operations Iraqi and Enduring Freedom but not his first deployment. He deployed to El Salvador in 1999 and to Bosnia in 2001.

Married and the father of three, Preston credits his wife with being, "as much of a Soldier as I am."

"She stays home with the sick kids, [she's] there when the kids miss me, she works an important military job and takes the kids to daycare and more," he said. "These are the things we shared but now she does it without me. She's the real hero."

## New company activates



Photo by JONI PLATT, 20TH SUPPORT COMMAND (CBRNE)  
Maj. Wayne Hale, 22d Chemical Battalion (TE), unfurls the colors of the newly activated Company B he commands assisted by Lt. Col. Patrick Terrell, commander, and 1st Sgt. Robert Mollohan, both of the 22d Chemical Battalion (TE).

## Service to Soldiers, civilians earns customer service award

Story by  
**MICHELE B. JEWETT**  
CMA

A U.S. Army Chemical Materials Agency military human resource specialist received the U.S. Army Materiel Command Mildred Fulwood Memorial Award for Outstanding Customer Service for December 2006.

The memorial award was established in 2005 in honor of Mildred Fulwood, a former AMC human resource specialist, who exemplified a high standard of customer service to both Soldiers and civilians.

Rofino S. N. Crisostomo was honored for his professionalism and commitment to duty. He demonstrated the qualities exemplified by Fulwood while serving as CMA's sole human resources specialist for military personnel.

Crisostomo strove to reduce the bureaucracy and provide accurate and timely advice while servicing geographically separated military personnel. He also worked to streamline in-pro-

cessing of geographically dispersed Soldiers by creating a centralized Personnel Information Systems Processing Activity for Soldiers assigned to all CMA unit identification codes.

"His contributions are many, but suffice it to say that he mastered forecasting potential problems and implemented preventive measures before they became major issues," said Catherine McDonald, director of Staff Support.

Receiving the award made Crisostomo reflect on what his parents taught him growing up in Guam: "Remember, your words and deeds are reflections of your character," they said.

He received the award on Jan. 30 from Maureen O. Viall, AMC deputy chief of staff.

"Mr. Crisostomo has given new meaning to the term 'Human Resources Patriot' by demonstrating the Army values through a wide range of military personnel initiatives," Viall said. "Mr. Crisostomo exemplifies the caring and selfless service standards set by Ms. Mildred Fulwood."



Photo by CONRAD JOHNSON  
Rofino Crisostomo, left, discusses a personnel issue with US Army Chemical Materials Agency's Chief of Staff, Col. Peter Cooper. Chris received the US Army Materiel Command Mildred Fulwood Memorial Award for Outstanding Customer Service for December 2006.

## Fitness

From front page

than 30 minutes of running, and no more than three or four times a week," Bullock said.

Higher-intensity, shorter-distance runs and interval training increase troops' speed and stamina with less risk of injuries, he said. At the same time, this more balanced approach to PT actually improves their ability to perform in combat.

"What we do in the military is explosive energy," Bullock said. "Soldiers need to be able to move quickly. They need balance and coordination. That's not something they're going to get through lumbering, long, slow runs."

For their running programs, Bullock advises units to incor-

porate these training elements into their programs:

- Follow a standardized, gradual and systematic progression of running distance and speed. Begin with lower mileage and intensity, especially in programs for new recruits, people changing units or those returning to PT after time off for leave or an injury.
- Structure injury-prevention programs to target troops of average or below-average fitness levels who are at the greatest risk of injury, and ensure they're running appropriate mileages.
- Place troops in ability groups based on PT scores and measure their runs by time, not distance. This will reduce the risk of injury among the least-fit troops without holding back the higher performers.

- Avoid remedial PT programs that require the least-fit troops to do more training than fit ones. This increases their injury risk, often with little or no improvement in their fitness.

- Substitute higher-intensity, shorter-distance runs like repeated sprints, "Fartlek" training and other interval training activities for some distance runs.

- Build in time for troops' bodies to recover and rebuild following demanding PT sessions to reduce the risk of overtraining injuries.

Injuries are the biggest threat to our forces and our readiness," Bullock said. "Our goal is to help the military understand the burden of injuries and refocus their approach to physical training to reduce injuries in a way that actually improves readiness."

# APG News

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

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit

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

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

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



(Editor's note: In conjunction with the 90th anniversary celebration, APG News will be featuring profiles of several former employees reminiscing about their time spent on the proving ground years ago.)

## 100-year-old former employee from 1926 shares APG memories



Carrie Lawrence, a 100-year-old former Aberdeen Proving Ground employee, left, talks with Col. John T. Wright, garrison and deputy installation commander during the APG 90th anniversary reception in January at the Ordnance Museum.

Story by  
**HEATHER TASSMER**  
APG News

History can be found not only in books and objects, but also in people's memories.

Carrie Lawrence, a former employee who started working at Aberdeen Proving Ground in 1926, returned to her memories when she attended the 90th anniversary reception as an honoree at the Ordnance Museum in January.

Lawrence, a 100-year-old native of Havre de Grace, began

her career as a secretary for the Finance Department, a year after she graduated high school.

Initially she wanted to attend college for theater because she acted in many local plays but her mother couldn't afford the tuition, she said.

"My mother said, 'you have to make your own way,'" Lawrence said. "So I decided to work on Aberdeen Proving Ground."

She found out about the job opening from her sister, Mayfield Poplar, who already worked on the prov-

ing ground.

During Lawrence's time at APG, she worked for three commanding officers: Lt. Col. Charles M. Wesson, Col. Edward M. Shinkle and Col. Charles G. Mettler. (The ranks displayed were those they served at that time. Two of them advanced to higher ranks.)

As a secretary, she used shorthand to take notes while the commanding officers discussed the development of technologies at that time.

Her son, Ralph, who helped

Lawrence recall the memories, said that his mother used old Underwood typewriters. The keys were hard to press down unlike the keyboards that are used today, he said.

Lawrence discussed the challenges of learning and transcribing Army terms.

"When you go into a place like the Army, there are terms about tanks and other things that you were never taught in school," she said. "One of the colonels talked fast for me so I was trying to get everything down and was scared to death."

After she typed up the report and handed it in, she said the colonel told her it was perfect.

Lawrence also recalled witnessing a conference about the development of a tank's track around 1930.

"(APG leaders) had engineers from all over the country come to Aberdeen Proving Ground in the course of developing the track and two of us were selected to take dictation for the conference," she said.

She said she and the other woman received letters of commendation for accurately recording the discussion in shorthand.

In addition, Lawrence conducted several security briefings to employees. Security briefings then were just as important as they are today, she said.

"I told a story of two guys out on a boat looking at a plane," Lawrence said. "The one man told the other man about the testing on the plane

and that was a big no no."

"Security was number one on the list of priorities," she said.

Lawrence also recalled when West Point cadets visited APG for a tour. A dance was held in the evening.

"I was so thrilled that I was going to meet and dance with a West Point cadet," she said.

Lawrence worked for 30

years before she retired from APG.

"I enjoyed working for Aberdeen Proving Ground," she said. "It was hard at first but I grew more confident as the years went on."

Lawrence said her main hobby to pass the time is playing Bridge. She said she plays twice a month with a group of friends.

## Band

From front page

the U.S. Army Soldier Show.

He thanked his sergeant major and his Soldiers, adding that, "Soldiers coming in the Army today do so knowing that our nation is at war. It's been an honor to be in AMC and part of the AMC Band."

Welcoming Ellwein and his wife, Mortensen said that, "As always, the Army figures out how to replace commanders."

"He [Ellwein] has vast experience in the National Guard for a period extending over 25 years," he said, adding that Ellwein most recently served as director of Bands and Jazz Studies at the South Dakota School of Mines and Technology.

"We are also fortunate to have his wife serving with him," he said, noting that Sgt. Maj. Dianne Ellwein serves as the chaplain's assistant to the Chief of Chaplains, National Guard Bureau in Arlington, Va.

"The Ellwein family is clearly dedicated to the Army and its Soldiers," Mortensen said.

Ellwein thanked all for attending and "contributing to this day."

He told his Soldiers that they

"make a tremendous example for all Army commands," and he said that "the mission of the Army band is a great value and a source of inspiration to our Soldiers."

"This event marks a joyous transformation for me," he said.

He said that he plans to continue to support the Aberdeen Proving Ground community, AMC and national events, "as well as we possibly can."

"We're here to serve our country and tell the Army story," he said.

"I'm ready to go to work," he said in closing, "and I'm glad to know that AMC's Own is already moving forward with a confidence of its own."

The AMC Trombone Quartet provided the ceremony's music and Chaplain (Maj.) Young Dok Kim gave the invocation and benediction.

### Chief Warrant Officer 3 Frederick Ellwein

Chief Warrant Officer 3 Frederick Ellwein comes to APG from the Department of the Army Staff Bands Office. A member of the South Dakota Army National Guard for 25 years, he commanded the 147th Army Band through two successful overseas deployments to Central America. Under his direction he band produced two CDs "Infinite Variety" and "Sergeant Rock."

In civilian life, Ellwein has served as band director in public and private schools and he co-founded the South Dakota All-State Jazz Festival.

His military awards include the Meritorious Service Medal, Army Commendation Medal, Joint Service Achievement Medal, and Army Achievement Medal with one Oak Leaf Cluster.

Past assignments include

operations officer and platoon leader with the 235th Military Police Company, and Reserve Forces Officer, selective service section, Headquarters, South Dakota Army National Guard.

The Ellweins have three children, Tyler, 15; Kaitlin, 13 and Austin, 6.

## Post Shorts

and training holiday, 9 a.m. to 5 p.m.; Sunday, noon to 5 p.m.; and closed Monday through Wednesday and holidays.

The center provides a clean, safe and earth-friendly environment while customers make repairs and perform maintenance on their privately owned vehicles and equipment. General tools and some specialty tools also are provided for convenience. The customer does the work, the center ensures quality standards are met.

This self-help facility has five hydraulic lift bays, nine general flat bays, three body shop bays, a tire change station and a paint room bay. Qualified instructors are available for technical assistance. Qualification cards are accepted

from other military installations or see Auto Craft staff for an APG card.

For more information, call 410-278-2884/5178.

### MCSC accepting welfare requests

The APG Military and Civilian Spouses' Club is currently accepting requests for welfare funds.

Throughout the year, the club raises funds through apple pie sales, basket bingos and miscellaneous other events, to provide welfare monies to local schools, organizations, non-profit agencies, etc., along with scholarships.

In order to be considered for the welfare funds (which will be distributed monthly),

a letter stating the requested amount and what the funds are needed for must be received by April 30. Requests should be mailed to MCSC-Welfare Chairperson, 2806-A McCloskey Road, APG, MD 21005.

For more information, call Jeni Ford, 410/273-6626.

### AAFES offers Wrestlemania 23 sweepstakes

The Army & Air Force Exchange Service, AAFES, and World Wrestling Entertainment, WWE, are offering a chance to win a trip for two to WWE Wrestlemania 23 to be held April 1.

The "Four Star Furlough Sweepstakes" includes round-trip airfare for two to Detroit, four nights in a 4-star hotel, two tickets to Wrestlemania 23 and \$500 in spending money.

Authorized exchange shoppers who are at least 13 years-old reside in the United States, District of Columbia or Puerto Rico or is stationed in sweepstakes territory in connection with military duties, may register at [www.aafes.com](http://www.aafes.com).

Click on the "Four Star Furlough Sweepstakes" graphic. No purchase is necessary. Register before the deadline of 11:59 p.m. March 12.

### Blue Cross visits APG

The Aberdeen Proving Ground Civilian Personnel Advisory Center has made arrangements for a claim representative of the service benefit plan Blue Cross/Blue Shield to visit APG March 13. The representative will be available 9 to 11:30 a.m. in Building 305, Room 236 and 12:30 to 1:30 p.m. in building E4811 (Seminar Area of Conference Center) to discuss claim problems and plan coverage. No appointment is necessary.

For more information, call Teri Wright, CPAC, 410-278-4331.

### Basic Motorcycle Safety Training available

The Safety Installation Division will hold a motorcycle Basic Riding Course, 8 a.m. to 4 p.m., March 13 and 14, at

building 5442, room 7 located on Range at Susquehanna Ave. and Havre de Grace Street. This course is mandatory for any Soldier, civilian, or dependent who wants to operate a motorcycle on post.

The Basic Riding Course is designed for the novice rider with a learner's permit and his/her own motorcycle.

For more information or to register, call Barbara Seker, 410-306-1090, or e-mail [IMNE-APG-SHS@apg.army.mil](mailto:IMNE-APG-SHS@apg.army.mil).

### Scholarships for military spouses

The national Military Family Association is now accepting applications for the NMFA's Joanne Holbrook Patton military Spouse Scholarships. Eligible applicants include any uniformed service spouse – active duty, retired, National Guard, or survivor – studying toward professional certification or attending post-secondary or graduate school. Applications will only be accepted online and must be submitted by midnight, March 15. For more information, visit <http://www.nmfa.org/>.

### Irish specialty meal March 15

The Irish Specialty Meal will be held March 15 in the APG North dining facilities, buildings 4503, 4219 and APG South facility, 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 Irish heritage soup, shepherd's pie, glazed corned beef, Irish chicken and dumplings, fish and chips, grilled Reuben sandwiches, boiled red potatoes with dill, freedom fries (chips), steamed cabbage, shamrock green beans, seasoned carrots, pickled beet and onion salad, Waldorf salad, assorted salad bar, hot rolls, assorted breads, assorted desserts, 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.

### AFAP needs community participation

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

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

### 61st Family Readiness Group meets

Headquarters and Headquarters Company, 61st Ordnance Brigade Family Readiness Group (FRG) will hold their FRG meeting 6:30 to 7:30 p.m., March 20, in building 4310 Boothby Hill Road. Come out and support the FRG and receive important information and meet new friends. The FRG meets once a month. Support the Soldiers here and those that are deployed.

For more information, please contact Constance Slater, 410-306-2319 or SFC Michael Ambrose, 410-278-4133.

*(Editors Note: More shorts can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Shorts.)*

## MOVIES

**ADMISSION: ADULTS \$3.50, CHILDREN \$1.75**  
**Building 3245 Aberdeen Boulevard**  
**To verify listing, call 410-272-9008, or visit**  
**[www.aafes.com](http://www.aafes.com) and click on "Movie Listing"**

### EPIC MOVIE

Friday, March 9, 7 p.m.  
 Starring: Kal Penn, Adam Campbell, Jennifer Coolidge

In the spirit of "Scary Movie" and "Date Movie," a parody that spoofs recent mega-blockbusters. The comedy centers itself around four orphans who visit a chocolate factory and are transported to the wonderful land of Gnarnia, after stumbling upon an enchanted wardrobe. There they battle pirates, encounter earnest wizards and attempt to defeat Gnarnia's dastardly White Witch (Coolidge). (Rated PG-13)

### CATCH AND RELEASE (FREE ADMISSION)

Saturday, March 10, 7 p.m.  
 Starring: Jennifer Garner, Timothy Olyphant, Kevin Smith

Bride-to-be Gray Wheeler is devastated when her fiancé unexpectedly dies just before their wedding. While trying to find comfort with her platonic male friends, Gray starts uncovering secrets about the

man she thought she knew best. Meanwhile, why does the unrepentant bachelor Gray had written off years before suddenly seem so desirable? (Rated PG-13)

### BLOOD AND CHOCOLATE

Saturday, March 10, 9 p.m.  
 Starring: Agnes Bruckner, Hugh Dancy

Ten years ago, in the remote mountains of Colorado, a young girl watched helplessly as her family was murdered by a pack of angry men for the secret they carried in their blood. She survived by running into the woods, and changing into something the hunters could never find - a wolf. Now, though she lives half a world away, Vivian Gandillon is still running. Living in relative safety in Bucharest, Vivian spends her days working at a chocolate shop and nights trawling the city's underground clubs, fending off the reckless antics of her cousin Rafe and his gang of delinquents he calls "The Five." (Rated PG-13)

# Community Notes

## THURSDAY

### MARCH 8 VETERANS NEEDED FOR HISTORY PROJECT

Documentary filmmaker Larry Cappelto, the creator of the "Lest They Be Forgotten" series, is returning to the area to interview local veterans of Vietnam, Korea, the Gulf War and the War on Terror in Iraq and Afghanistan.

Cappelto will be conducting personal interviews in the McComas Funeral Home, at the corner of Route 7 and Abingdon Road in Abingdon, March 8.

Veterans or active duty service members who served in the Army, Navy, Air Force, Marines, Coast Guard, National Guard or Reserves during these conflicts who are interested in sharing their experiences on film should contact Cappelto to schedule an appointment. He can be reached by e-mail at [larry@veteranshistory.org](mailto:larry@veteranshistory.org) or call 970-254-9262.

For more information, visit the "Lest They Be Forgotten" Web site, <http://www.veteranshistory.org>.

## SATURDAY

### MARCH 10 MEMORIES OF ELVIS SHOW

The American Legion Auxiliary Edgewood Service Unit 17 will sponsor Michael Hoover's "Memories of Elvis" show (for true Elvis fans) 7 to 11 p.m. at the American Legion Edgewood Service Post 17, 415 Edgewood Road. Cost is \$25 per person. Tickets will be sold at the door.

For more information or to purchase tickets, call Carol Carden, 443-506-6561.

## FRIDAY

### MARCH 16 SKIPJACK MARTHA LEWIS BENEFIT DINNER

The Elks Lodge 1564, Havre de Grace, will host a St. Patty's Dinner, 5:30 to 8 p.m., to benefit the Skipjack Martha Lewis repairs. Cost of the dinner is \$8 and includes ham or corned beef and cabbage, potatoes, carrots, rolls, dessert, coffee, Irish coffee, Irish music and door prizes.

For more information, call the Elks Lodge, 410-939-9800 or e-mail [bpoe1564@comcast.net](mailto:bpoe1564@comcast.net).

### BASKET BINGO

Warrant Officer's Association holds St. Patrick's Day Basket Bingo Fundraiser.

The Aberdeen/Edgewood Warrant Officer's Association will hold a St. Patrick's Day Longaberger Basket Bingo March 16 at 7 p.m. at the Aberdeen Fire Hall. Doors open at 6 p.m. Tickets are \$12 (three cards) and can be purchased by calling 410-272-8271 or 410-273-1926. Filled baskets, door prizes, raffles will be available. Food, baked goods and drinks will also be available.

## SATURDAY

### MARCH 17 A NIGHT AT THE RACES

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

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

cake wheel.

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

### BASKET BINGO

Basket Bingo to benefit USNTC Bainbridge Historical Association will be held at VFW Post 8185, Route 222, Port Deposit. Doors open at 6 p.m.; Bingo begins at 7 p.m. Tickets cost \$10 person for all paper cards. Food, beverage, 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 Carolyn Spencer, 410-378-3219.

## SUNDAY

### MARCH 18 ALPHA PHI ALPHA SCHOLARSHIP

## BANQUET

The Iota Alpha Lambda Chapter, Alpha Phi Alpha Fraternity will host its annual Scholarship Banquet, 3 p.m. at the Richlin Ballroom, 1700 Van Bibber Road, Edgewood. Tickets cost \$35. All proceeds will benefit the scholarship fund. For information or to obtain a ticket, call Jessie Shanks, 410-272-3026 or 410-459-4389.

### BASKET BINGO

American Legion Post 194, 336 E. Main St., Rising Sun, Maryland is sponsoring a basket bingo on March 18, 2007. Games starting at 3:00 P.M. \$10.00 for 20 games. For more information call 410-658-3915, or [basketbingo@zoominternet.net](mailto:basketbingo@zoominternet.net). Proceeds benefit Boy Scout Troop 28.

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

# DOC announces PR cutoff dates for 2007

ACA

The Army Contracting Agency Aberdeen Proving Ground Directorate of Contracting has established its fiscal year 2007 cutoff dates for submission of purchase requests.

Early customer support in identifying and submitting PRs by or before the dates shown below greatly enhances the ability of the APG DOC to meet customer needs. Early planning and coordination remain the keys to a successful year-end.

Offices are advised to submit year-end requirements as early as is reasonable to minimize the possibility of funds going unobligated at year end.

The following schedule has been established for the submission of PRs for FY 07 and maintenance for FY 08:

- Noncommercial Items over \$100,000 – July 1\*
- Noncommercial Items between \$2,500 and \$100,000 – Aug. 1
- Commercial items between \$100,000 and \$5 million – July 1
- Commercial Items under \$100,000 – Aug. 15
- Services Over \$100,000 – July 1
- Delivery Orders and Task Orders Under Existing Contracts – Aug. 1
- GSA Schedule Procurements – Aug. 1
- Short-of-Award over \$2,500 – June 15\*\*
- Maintenance for FY 2008 – July 1

(FY 08 Contract Modifications and Options for Existing Maintenance Contracts)

\* There may be instances where this date may not be adequate for complex actions. It is therefore required that these actions be coordinated with the branch chief prior to this date.

\*\*Customers submitting “short-of-award” PRs, especially for services requirements, must seriously consider whether funding will materialize. A substantial amount of effort is expended to prepare these pending actions and they must be prioritized after PRs that are funded and PRs that are subject to the availability of funds.

The above lead times can be affected by various factors, a few of which include: competition requirements, to include fair opportunity for services task orders over

\$100,000 when using Federal Supply Schedules; obtaining sole, limited source or urgency approvals – the Justification and Approval process; the review process accomplished by the APG Small Business Advisor to ensure all socio-economic programs will be appropriately addressed; front-end PR entry, and PD2 (PD2 is the DoD contracting automated system used at APG).

New requirements affecting lead times

When placing sole source orders over \$2,500 under Federal Supply Schedules, a Justification and Approval must be prepared and approved by a Contracting Officer.

When purchasing supplies or services over the simplified acquisition threshold (currently \$100,000) using non-DoD contract vehicles (which includes placing orders with GSA), proposed actions must be reviewed and approved considering:

If the action is in the Best Interest of the Government – satisfying customer requirements, schedule, cost effectiveness (taking into account, discounts and fees), and contract administration including oversight.

All service requirements must be approved for purchase prior to submittal to the APG DOC IAW established agency procedures as directed by the Secretary of the Army memo, Army Policy for Civilian Hiring and Initiation/Continuation of Contracts for Service Personnel, 23 Feb 06.

Other factors which must be addressed: determining that tasks or supplies ordered are within the scope of the contract; ensuring funding is used IAW appropriation limitations; providing unique terms, conditions and requirements for incorporation into an order or contract to comply with all applicable DoD-unique statutes, regulations, directives and other requirements (e.g., all clothing, shoes and other items specified under the Berry Amendment, procured with DoD funding, is of domestic origin); and collecting data on the use of assisted acquisitions for analysis.

#### Information technology

Desktop and Notebook Computer Purchases. To maximize cost savings, all Army desktops and notebooks ‘shall’ be ordered

through the Consolidated Buy program utilizing the Army Desktop and Mobile Computing agreements. For the policy memo issued by the Army’s Chief Information Officer on July 22, 2005, Buying Schedule, Specs and Pricing, Submittal Instructions, Request Preparation, Exceptions, and Frequently Asked Questions, visit the Consolidated Buy page at: [https://ascp.monmouth.army.mil/scp/cb/cb\\_index.jsp](https://ascp.monmouth.army.mil/scp/cb/cb_index.jsp). Requests for these items must be submitted to the Directorate of Information Management. For standard requests, DOIM will approve the request and forward it to the ACA DOC for processing. For non-standard requests, DOIM will review and validate the request and then forward it to ACA. For more information, contact the ACA APG DOC chief, Technology Branch, 410-278-0883.

The contracting officer is responsible for and this office’s policy is to determine the best method of procuring any supply or service based upon regulation, urgency, delivery, socio-economic concern and competition which provides the best value at a reasonable price.

Submission of requests after the scheduled dates will be considered on a case-by-case basis and will require approval by the chief of the Contracting Division. The APG DOC will do as much as possible to assist customers in satisfying their requirements after the cutoff dates. However, the directorate has a limited capability to process late requirements. Budgetary constraints may mean that customer-funded overtime may be the only method to provide the directorate with additional flexibility to accept requirements after the established dates.

#### Individual contacts

Joyce Roberts, Contracting Division [joyce.roberts@us.army.mil](mailto:joyce.roberts@us.army.mil), 410-278-0869

Facilities Branch: For repair, alteration, construction,

sale and removal of excess real property, services for base operations functions (including, but not limited to, utilities privatization, custodial, refuse, underground utilities locating, etc.), equipment-in-place and facilities contact Kandi McDonald, [Kandi.mcdonald@us.army.mil](mailto:Kandi.mcdonald@us.army.mil), 410-278-2372.

Services Branch: For the purchase of base support and services for core customers; equipment-in-place; range testing of vehicles, equipment, ammunition; lease, rental, and maintenance of equipment; full food services; and environmental services contact Shirley Kelly, [shirley.a.kelly@us.army.mil](mailto:shirley.a.kelly@us.army.mil), 410-278-0854.

Technology Branch: For information technology equipment and services; word processing equipment; software; general, specialized, and test equipment; instrumentation; supplies; and IT maintenance contact Barbara Kuklinski, [barbara.kuklinski@us.army.mil](mailto:barbara.kuklinski@us.army.mil), 410-278-0883.

AEC Branch: For the purchase of all services covering cleanup work in support of the U.S. Army Environmental Command’s mission contact Alison Gannon, [Alison.gannon@us.army.mil](mailto:Alison.gannon@us.army.mil), 410-436-1661.

The ACA APG DOC Web site is located at <http://www.apg.army.mil/apghome/sites/Restricted/aca/index.html>.

The fiscal year cutoff dates for submission of PRs are located at this site under “Announcements, News, and Notes.” For customer assistance, use the link, “Customer Corner,” for guides, templates, formats and helpful Web sites.

Purchase requests awarded “subject to the availability of funds” must be funded as soon as funds become available. The work must start and the contractors must be paid – this is not accomplished until the funds are certified.

#### Preparation of PRs

When preparing PRs in PRWEB (formerly known as Acquiline):

Do not use any dashes or

spaces in the PR number.

When preparing attachments for any electronic document to be used by contracting, submitters must use Normal, Times New Roman, 10. The contracting writing system used by Contracting cannot format correctly if a font other than Normal, Times

New Roman, 10 is used or if any special characters are used in the document.

Do not use page breaks, section breaks, column breaks or special characters such as trademark signs, tm, ®, <, etc., in any document that will be used in a purchase order or contract.



Your health is KUSAHC's goal



## Commentary: Fruits, veggies provide vitamins, minerals, other nutrients

Story by  
**MAJ. KAREN FAUBER**  
DeCA

Remember all those words of advice from mom: Don't eat with your mouth full; remember to say your prayers; don't put off until tomorrow what you can do today; make sure you have clean underwear on in case you get in an accident and eat your fruits and vegetables.

Mom knew what she was talking about. And, with March being National Nutrition Month, it's a perfect opportunity to visit your local commissary's produce department and reinforce



mom's wisdom concerning the health benefits of eating more fruits and vegetables.

According to 2005 dietary guidelines, people who eat more fruits and veggies as part of a healthy diet are likely to have a reduced risk of chronic diseases such as diabetes and cancer. Fruits and veggies provide vitamins, minerals and other nutrients that your body needs for health and maintenance.

OK, you know all that, right? But, did you know that eating more fruits and veggies may actually help you lose weight? They help fill you up due to the high water content, and the fiber helps you maintain a healthy weight.

So why aren't you and your family eating more fruits and veggies? We all have our reasons for not eating them. Here are some of those reasons along with ways to add more fruits and veggies to your diet:

**"I do not like fruit or veggies."** Try to change that with these small steps:

- Try broccoli, red and green peppers, celery sticks or cau-

liflower with a low-fat dip or dressing.

- Shred carrots or zucchini into meatloaf, casseroles, quick breads and muffins.
- Add any frozen veggie or fresh-chopped broccoli, carrots, squash or cauliflower to pasta sauce, soup or lasagna. This is an easy way to get children to eat their veggies without a fuss.
- Add fresh, frozen or dried fruit to yogurt, pancakes, waffles or cereal.
- Make a smoothie with fruit and low-fat or nonfat yogurt.
- Freeze grapes and bananas for a snack or dessert.

**"I just don't have time to buy and prepare fruits and veggies to eat."** Try these quick, easy tips:

- Buy a bag of apples or oranges and keep them in your car or at your desk for a quick snack.
- Keep a bowl of fresh fruit on the kitchen counter for everyone to grab and go.
- Stock up on frozen veggies for quick and easy cooking in the microwave.
- Buy veggies that are easy to prepare. Try pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes. Buy packages of baby carrots or celery sticks for quick snacks.
- Cut up carrots, celery, broccoli, cauliflower and peppers. Put the veggies in sandwich bags in the refrigerator for lunches and snacks during the week.
- Microwave frozen broccoli, carrots, sweet potatoes or other vegetables. Sprinkle a little parmesan cheese on top before serving them.
- Buy and prepare "no salt added" canned veggies. You can add your own salt if you need to.

So, if you eat around 2,000 calories a day you need 2 cups of veggies and two cups of fruit each day according to the USDA MyPyramid.gov Web site. Start today with one or two of these tips to eat more fruits and veggies during National Nutrition Month. It will make mom proud of you.

## AAFES NEWS

### Low prices meet their match at AAFES

AAFES

The Army & Air Force Exchange Service's "We'll Match It!" initiative has been updated to allow authorized shoppers to compare prices between the exchange and "warehouse clubs."

"Previously, AAFES didn't match 'warehouse clubs' as their shelf prices are offset by

required membership fees," said AAFES' Senior Enlisted Advisor Chief Master Sgt. Bryan Eaton. "Military families made it clear that while they understood the PX and BX do not charge fees, they still considered it to be the original 'members only' club. Honoring 'warehouse club' prices is just another example of AAFES adapting to meet the expectations of those it serves."

It is only through proactive surveying and review that AAFES can ensure its prices are routinely lower than the competition. But even with consistent monitoring, today's competitive retail landscape requires AAFES to rely on its price matching program to guarantee that, in the event the PX or BX doesn't have the lowest price, authorized customers will always receive the best price.

**"We'll Match It!" works in two ways:**

1. Shoppers who see a price differential of less than \$10 can tell the cashier who will match it on the spot.
2. Customers who report a price difference of greater than \$10 need only to bring a current local competitor's ad to receive the reduced price.

In either "We'll Match It" scenario the merchandise being compared must be identical.

"AAFES is committed to having low prices," Eaton said. "'We'll Match It!' is simply a last line of defense in our desire to be the military shopper's first choice. After AAFES conducts national surveys and associates from the store level compare local prices, military families have this price matching mechanism to make sure no one missed anything."

"We'll Match It!" promotes AAFES as a price leader with a pledge that its operations will match competitors' current, local price on any identical stock assortment. In addition to this same-day pledge, AAFES also offers a 30-day price guarantee on any item originally purchased from AAFES and subsequently sold at a lower price by AAFES, or another local competitor (excluding unauthorized dealers).

Since AAFES has a dual mission to provide quality merchandise and services at competitively low prices and generate earnings to supplement MWR programs, there are exceptions to the "We'll Match It!" program. Except for the Exchange Catalog and [www.aafes.com](http://www.aafes.com), PXs and BXs cannot accept challenges from any

catalog or Web site. Other exclusions include special offers or promotions, free-with-purchase offers, limited quantity offers, bundled promotions, special financing, "gimmick" promotions, special order automotive parts, gasoline, automotive labor/service, double and triple coupons, clearance items, flat percentage off items and vending items.

"We'll Match It!" is available every day of the year exclusively at AAFES facilities around the world. Purchases from the exchange generate funds for much needed morale, welfare and recreation programs. In the past 10 years, AAFES contributed more than \$2.4 billion to Army, Air Force, Marine Corps and Navy MWR/Services programs. These funds are used in support of youth services, armed forces recreation centers, post functions and other quality of life initiatives enjoyed by military families on installations across the globe.

The "We'll Match It!" policy applies to all AAFES retail stores including main stores, Shoppettes, Class Six, Car Care and troop stores. Complete details concerning the price matching program are available online at [www.aafes.com](http://www.aafes.com).



The Virtual Army Experience, an interactive exhibit that lets guests take on Soldier roles, made its debut last week in Daytona Beach, Fla., during Speedweeks.

## Virtual experience lets civilians act as Soldiers

Story and photos by  
**HANNAH M. HAYNER**  
Army News Service

Only Soldiers know how it feels to fight in a combat zone, but civilians now have an opportunity to get a virtual taste of the action.

The Virtual Army Experience, an interactive exhibit that lets guests take on Soldier roles, made its debut the week of Feb. 19 in Daytona Beach, Fla., during Speedweeks.

The 20-minute experience is the life-size version of the Army's computer game, "America's Army: Special Forces (Overmatch)," which went online in 2002 and has since attracted more than 8 million registered users. The game consistently ranks as one of the 10 most popular games on the Internet.

Unlike many video games, it emphasizes teamwork rather than competition, and players work with each other to accomplish missions. VAE works the same way.

"We are a team - we start together, we finish together," Sgt. Will Long from Fort Hood, Texas, told a group of participants during their pre-mission briefing.

After they learned about their mission, the newly formed team entered the "combat zone," where they got into High Mobility Multi Purpose Vehicles or behind anti-tank missiles and prepared to raid a terrorist stronghold.

The scene was displayed on huge screens in front of them, and lasers marked where some of their weapons pointed.

At the order of their commander, the mission began. Thunderous noise took over the room for several minutes as guns and missiles fired, and Soldiers shouted orders and warnings such as "look left." and "RPG [rocket-propelled grenade] on the roof." Guns vibrated when shot, and blasts of air made the experience even more realistic.

Suddenly, the noise stopped and the words "Mission

accomplished" sent the satisfied group to the next room for an after-action review on their performance.

"This was educational because I never was able to go into the Army, and I got to see what these guys do," said Jimmy Ward. "It is very different from what I anticipated."

At the end of the experience, the team got a chance to hear some real Soldiers' stories.

Sgt. Tommy Rieman, who was injured in combat while assigned to 3rd Battalion, 504th Parachute Infantry Regiment, 82nd Airborne Division, talked about what happened to him and what the Army means to him.

"I'm passionate about this because it tells a story," Rieman said. "But it doesn't just tell my story, it tells all these guys' stories, ... the stories of everyone I fought with."

Rieman is part of a program called America's Army Real Heroes, which honors Soldiers who have distinguished themselves in combat and received an award of Bronze Star or above.

Rieman received a Silver Star and Purple Heart after fighting through two ambushes and using his body to shield his gunner. He took two bullet wounds and shrapnel.

He is now highlighted in the America's Army game, and he is one of four Soldiers after whom an action figure has been modeled. In addition, President Bush honored him in this year's State of the Union Address.

Col. Casey Wardynski, project originator and director, said many of his ideas for the computer game and VAE were inspired by his more than 27 years in the Army.

"Most people don't get to see us do our job, so I wanted to create a virtual test-drive for people to hear the Army's story," he said.

He added that he has received a lot of positive feedback about the VAE.

"I've seen some people coming out, giving each other high-fives, and other people coming out with tears in their eyes after hearing Tommy's story," Wardynski said.

By the reaction of some participants, it seems the Army's story really is being told successfully.

"Being a prior vet, this was really good," Le Rudolph said. "I fought in [Operation] Desert Storm, and this brought back memories."

"It was incredible, absolutely incredible," said Linda MacIsaac. "It gave me an appreciation of what our military men and women do. Thank God we have them."

VAE will make 35 stops at events around the country this year. The closest stops to the Baltimore area are Sept. 7 and 8 at the NASCAR Richmond [Virginia] International Raceway and Sept. 22 and 23 at the NASCAR Dover [Delaware] International Raceway.

For more information, go to [http://www.goarmy.com/events/vae/virtual\\_army\\_experience.jsp](http://www.goarmy.com/events/vae/virtual_army_experience.jsp).



# MORALE, WELFARE & RECREATION

## Activities

### 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.

### Youth baseball and tee-ball

Register early for youth baseball and Teeball. Teams and space is limited. For baseball, the cost is \$35 for youths ages 5 to 15 (age as of April 30, 2007) and \$35 for teeball, ages 5 to 6. Practice begins the week of April 2. Games are held during the week. Parents interested in coaching please call Youth Sports at 410-306-2297.

### Girls' softball

Register for softball for girls ages 7 to 18 (age as of Jan. 1, 2007). The cost is \$45 per child. Practice begins the third week of March and games start in mid-April. Teams play in the Eastern Harford County league. For more information call 410-306-2297.

### SKIES Unlimited

For more information and registration for all SKIES Unlimited programs, call Central Registration. An

additional \$18 Central Registration Fee will apply if not already enrolled in the Child and Youth Services Program.

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

### Child and Youth Services

There are immediate full-day openings for 3- and 4-year-olds at the APG North Child Development Center. All active duty military and activated reservists, DoD civilians 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.

**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.**

### Tour Ellis Island, the Statue of Liberty

Join MWR for a tour of Ellis Island and the Statue of Liberty, April 7. Cost of the trip is \$75 per person and includes roundtrip motorcoach transportation, ferry ride and admission into the Statue of Liberty. On the way back there will be a stop at Matoris Restaurant in Bordentown, N.J. for dinner. The bus will depart 8 a.m. and return 9 p.m. Last day of registration is March 23.

For more information or to register, call or stop by the MWR Leisure Travel Office, building 3326, 410-278-4011/4907 or e-mail mwr\_registration@apg-army.mil.

### Tickets available to see the Harlem Globetrotters

Tickets to the 2007 Harlem Globetrotters Blue Tour are on sale at MWR.

March 11: 1 and 6 p.m. at the Wachovia Center, Philadelphia. Tickets for both shows cost \$16.50

March 17: 1 p.m. at the Verizon Center, Washington, D.C. Tickets cost \$13.25.

### Shopping trip to New York City

Go shopping with MWR in New York City, including a stop at Jamaica Avenue, March 24. Start at the famous Aqueduct Flea Market and then off to Jamaica Avenue, famous for bargains on many fine clothes. Finish the day shopping in Midtown Man-

### Fitness Center hours change

The APG North Fitness Center in building 320 is revising its hours of operation. Effective Feb. 26, the new hours are Monday thru Thursday, 5:30 a.m. to 6 p.m.; closed Friday.

For more information, call 410-278-9725.

## Teens...Want to Make New Friends, Travel and Learn New Things?

The Installation Management Command Northeast Region is now interviewing potential applications for Army Teen Panel. We are looking for military teens between the ages of 13-17, interested in being a voice for other teens, traveling, making new friends, communicating new ideas, developing leadership skills, and making a difference in the community.

As a selected Army Teen Panel representative, you will be provided many fun and

exciting opportunities; some of which include traveling to Washington DC to talk with our nation's leaders, working with other teens on national teen issues, participating in activities at the local, regional and national levels, and developing leadership skills that will enhance your college and job applications.

If you want to get noticed, get involved, and make a difference, call or email Renee Podolec, 757-788-5270, renee.podolec2@us.army.mil, today.

## Sports activities available to youths

### Youth flag football cheerleading

Youths ages 6 to 14 (age as of April 1, 2007) can sign up for flag football. Cost is \$45 per child; shoes and socks are not included. Practice begins the week of April 2 and will be held on weekdays after 5:30 p.m.

### Start Smart basketball

This program is for boys and girls ages 3 to 5 who want to play basketball and coached by their mom or dad. Start Smart Basketball will be held Mondays, March 12 through April 16. Parent participation is required. Cost is \$40 per child. Each child will receive a T-shirt, basketball and award.

### Youth flag football

Boys and girls, ages 6 to 8, 9 to 11 and 12 to

14 (age as of April 1, 2007) can sign up. Flag football practices begin the week of April 2, games begin May 5. Games will be held every Saturday at APG North and South Youth Centers. The fee is \$45 for the season. Coaches and referees are needed to make the program a success.

For more information, call Youth Sports office.

### Golf, tennis programs

Registration begins May 1 for the summer Junior Golf and Tennis programs. Boys and girls ages 7 through 17 can register. Golf and tennis will be held in APG North and South and begins the week of June 18.

For more information or to register, call 410-306-2297.

## St. Patrick's Day Tourney

Ruggles Golf course will hold a St Patrick's Day Tournament, March 17, with a 9 a.m. scramble. Play your own team - play your own game and have a chance to win a \$1,000,000 Pot of Gold.

All tournament participants placing on close to pin holes will participate in the end of tournament shoot out. The winner will then attempt a hole in one for the Pot of Gold. Participants must be registered by March 15 at Ruggles Pro Shop, between the hours of 7:30 a.m. to 5 p.m. daily.

Cost is \$15 for annual patrons and \$28 for all others. Optional 18-hole cart is available at \$13 per rider. Refreshments and prizes follow

the Shoot Out Contest.

For more information, call 410-278-4794/9452.



## School age/middle school services summer program

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

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

Tuition fees are based on total family income.

Waiting list applications may be picked up daily beginning 7:30 a.m., Feb. 20 at the APG South Youth Services, building E-1902, the Outreach Services building 2752 or faxed to 410-278-4658. Applications will not be distributed or accepted at the APG

North Youth Services.

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

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

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

## Easter Brunch April 4

The annual Easter breakfast and luncheon buffet will be held 10 a.m. to 2 p.m., April 8 at Top of the Bay. The price is \$19 for adults and \$9.95 for children ages 5 to 11. Children under 5 eat free.

The Breakfast Buffet menu includes omelet station, French toast, scrambled eggs, sausage and bacon, biscuits with sausage gravy, home fries, smoked salmon, bagels, muffins and Danish.

The Luncheon Buffet consists of a carving station with ham and roast sirloin

of beef, fried chicken, roast pork with apple dressing, baked cod, assorted vegetables, potatoes and rice.

A dessert table and coffee, tea, juices, sodas and mimosas are included.

Reservations for parties of six or more can be made in advance. All other seating



## CWF event

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

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

## SCHOOL LIAISON

### 'Tools Four Success' Workshop

A "Tools Four Success" Workshop on Peer Pressure, Conflict and Problem Solving, Prevention of Gangs, confidence and Self-Esteem will be held 9:15 to 2 p.m., March 10 at the Main Post Chapel. The Maryland Community Crime Prevention Association will host the workshop for all youths ages

11 to 18, youth leaders and parents. Lunch will be provided. Registration is mandatory and forms can be picked up at the Main Post (APG North) Chapel, Child Youth Services office, or register with Gerri Merkel, 410 278-2516 or e-mail gerri.merkel@apg-army.mil.

### PTA Attendance

"What's in it for me?" If parents don't see a shocking or life-threatening topic on PTA meeting agendas, parents will not attend. "Did you know there is a predator in your home?!" This subject may attract, but it is doubtful that "Internet Safety" would draw busy adults.

Seriously, Parent Teacher Association meetings would improve students' chances for academic success. The Master Teacher group suggests that supporting your school is one of 5 top actions that parents can take to make a difference. Remember: Be on the same team as the student's teachers. You send a message of cooperation, and model appropriate behavior that helps students learn, improves schools, and makes teachers' jobs easier. Your attendance is not required, it's crucial!

Future PTA meeting schedules include:

- Aberdeen Middle School, 7 p.m., April 3, Media Center
- Aberdeen High School, 6:30 p.m., March 14, Cafeteria
- Edgewood High School, 5:15 p.m., March 12, Conference Room
- Edgewood Middle School, 7 p.m., March 8, Cafeteria
- Edgewood Elementary School, for more information, call 410- 612-1540
- Roye-Williams Elementary School, 4 p.m., March 27, Cafeteria

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

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

### 90th Anniversary Celebration Calendar of Events

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

#### March

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

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

#### April

- 14, Ruggles Golf Course holds APG 90th Anniversary Opening Day Golf Scramble, 8:30 a.m., MWR Ruggles Golf Course, 410-278-9452
- 21, Exton Golf Course holds APG 90th Anniversary Open Day Golf Scramble, 8:30 a.m., MWR Exton Golf Course, 410-436-2213
- 26, Law Day, Office of the Staff Judge Advocate, 410-278-1107

#### May

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

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

#### June

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

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

## APG Bowling Center Snack Bar specials

Building 2342

### Week of March 5

Special #1: Turkey club sub with bacon and cheese, potato chips, one cookie and soda for \$5.95.

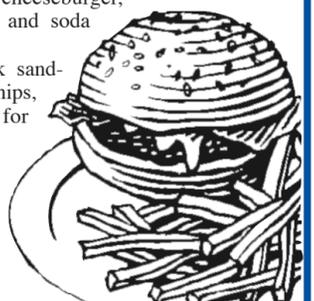
Special #2: Chicken filet club with bacon and cheese, French fries, one cookie and soda for \$6.85.

### Week of March 12

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

Special #2: BBQ pork sandwich, cole slaw, potato chips, one cookie and soda for \$6.85.

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





# Army News

## War-zone reservists get two-year FEHBP premium waivers

Story by  
**TIM KAUFFMAN**  
OPM

It's official: federal employees called to active duty in support of contingency military operations in the Middle East and elsewhere can have their health insurance premiums waived for up to two years.

All agencies have been voluntarily paying the full two years of premiums for mobilized employees enrolled in the Federal Employees Health Benefits Program under a law passed in late 2004, but the Office of Personnel Management issued a final rule Feb. 15 revising federal regulations to reflect the extended benefit.

Previously, employees in the National Guard and reserves who were mobilized in support of contingency operations, such as those in Iraq and Afghanistan, could have their premiums paid by their agencies for up to 18 months.

Employees who served before Congress extended the benefit from 18 months to two years could be eligible for retroactive benefits, since the change applies to operations since Sept. 14, 2001.

Reservists who were mobilized between September 2001 and October 2004 and were provided only 18 months of health coverage can collect an additional six months of paid FEHBP coverage. This would

also apply to those who were discharged or who remain on active duty.

Agencies must contact their employees who are mobilized for active duty and ask them if they want their coverage extended, under guidance OPM issued in January. Discharged employees must request the additional coverage by providing their agencies with documentation showing their service dates.

If employees are currently receiving their health benefits through the military program TRICARE, extending FEHBP coverage for the additional six months will make FEHBP the primary payer of insurance claims during the extended period. TRICARE would be used to cover claims not paid by FEHBP, although employees could face higher out-of-pocket expenses as a result of the switch, OPM cautioned.

Although agencies have discretion as to whether to pay health care premiums for their reservist employees, all have committed to doing so, said Nancy Kichak, associate director of strategic human resources policy at the Office of Personnel Management.

"We are committed to doing everything we can for the people serving in the reserves, to make sure their families have access to this health care,"

Kichak said. "Even though this notice is just coming out, this has been in full operation."

Reservist employees who are called to active duty but not in support of a contingency operation — for example, manning the Southwest border — are eligible to continue their FEHBP coverage for up to two years, but they must pay for it.

OPM's final rule extends eligibility for federal health insurance from 18 months to 24 months for reservists who are mobilized for noncontingency operations. In those cases, they would pay only their portion of the health insurance premiums for the first year. Then they would pay both the employee and government shares of the premiums plus an additional 2 percent administrative surcharge for the second year.

About 160,000 federal employees currently serve in the National Guard or reserves, roughly 20 percent of the total contingent, federal records indicate. About 550,000 National Guard and reserve members have been mobilized since the Sept. 11 terrorist attacks in support of contingency operations, which would translate to roughly 110,000 federal employees.

Currently, nearly 84,000 Guard and reserve members are deployed around the world in support of contingency operations.

## 2007 Newman's Own Awards open for nominations

Story by  
**SAMANTHA L. QUIGLEY**  
Army News Service

Newman's Own, the Fisher House Foundation and the Military Times Media Group are inviting volunteer organizations that serve military families to compete for a share of \$75,000 in grants.

The Fisher House Foundation is a member of America Supports You, a Defense Department program that highlights and facilitates support among Americans and the corporate sector for the nation's service members.

The volunteer organizations are asked to present an innovative plan to support military families. The plan garnering the most votes from the judges will earn \$15,000 to put that plan into action. The judges will divide the remaining \$60,000 among as many groups as they like, James Weiskopf, Fisher House Foundation's vice president of communications, said, adding that the awards may not be the same for each group.

"We are looking for an organization where if we're able to give \$3,000 or \$5,000 or \$7,000, it means the difference between success and failure," he said. "We would especially like those organizations to submit entries, because they are comprised almost entirely of volunteers ... [and] we know that they're not particularly well resourced."

Nominations are now being accepted and must be postmarked by May 18, Weiskopf said.

Instructions for nominating a group, as well as full rules and eligibility requirements, can be found on the foundation's Web site, [www.fisherhouse.org](http://www.fisherhouse.org).

The awards are tentatively scheduled to be presented in August at the Pentagon, Weiskopf added.

Last year, 12 groups split \$75,000. A little detective work after the



awards had been presented revealed all 12 were America Supports You team members, he said.

"We would be delighted if they all would be participants in America Supports You, because America Supports You is the focal point for all of the nonprofits that are trying to do exactly what we recognize with the Newman's Own Award, and that is to help small volunteer organizations that are trying to improve the quality of life for members of the military and their families ... by either taking care of the families of the deployed service members or doing something to help the deployed service members," Weiskopf said.

Actor Paul Newman began his Newman's Own line of food products in 1982. Since then, he has donated all royalties and after-tax profits of the sales from the line - more than \$200 million - to educational and charitable organizations.

In 1997, the World War II Navy veteran decided he wanted to take his line of products to the military. It was suggested that the proceeds from those sales at military facilities go back to the military, and the Fisher House Foundation was chosen to make that happen. Newman's Own salad dressing, pasta sauces and salsas are sold in military commissaries worldwide.



# Law

## IRS announces "Dirty Dozen" tax scams



# IRS

IRS

The Internal Revenue Service identified 12 of the most blatant scams affecting American taxpayers Feb. 21 and warned people not to fall for schemes peddled by scamsters.

This year the "Dirty Dozen" highlights five new scams that IRS auditors and criminal investigators have uncovered. Topping off the list are fraudulent refunds being claimed in connection with the special Telephone Excise Tax Refund available to most taxpayers this filing season. The IRS is actively investigating instances of this scam involving tax preparers who are preparing inflated refund requests.

Also new to the Dirty Dozen this year are abuses pertaining to Roth IRAs, the American Indian Employment Credit, domestic shell corporations and structured entities.

"Taxpayers shouldn't let their guard down," IRS Commissioner Mark W. Everson said. "Don't get taken by scam artists making outrageous promises. If you use a tax professional, pick someone who is reputable. Taxpayers should remember they are ultimately responsible for what is on their tax return even if some unscrupulous preparers have steered them in the wrong direction."

Involvement in tax schemes leads to problems for scam artists and taxpayers. Tax return preparers and promoters risk significant penalties, interest and possible criminal prosecution.

The IRS urges taxpayers to avoid these common schemes.

### Telephone excise tax refund abuses

Early filings show some individual taxpayers have requested large and apparently improper amounts for the special telephone tax refund. In some cases, taxpayers appear to be requesting a refund of the entire amount of their phone bills, rather than just the three-percent tax on long-distance and bundled service to which they are entitled. Some tax preparers are helping their clients file apparently

improper requests. The IRS is investigating potential abuses in this area and will take prompt action against taxpayers who claim improper refund amounts and against the return preparers who help them.

### Abusive Roth IRAs

Taxpayers should be wary of advisers who encourage them to shift under-valued property to Roth Individual Retirement Arrangements. In one variation, a promoter has the taxpayer move under-valued common stock into a Roth IRA, circumventing the annual maximum contribution limit and allowing otherwise taxable income to go untaxed.

### PHishing

Phishing is a technique used by identity thieves to acquire personal financial data in order to gain access to the financial accounts of unsuspecting consumers, run up charges on their credit cards or apply for loans in their names. These Internet-based criminals pose as representatives of a financial institution — or sometimes the IRS itself — and send out fictitious e-mail correspondence in an attempt to trick consumers into disclosing private information. A typical e-mail notifies a taxpayer of an outstanding refund and urges the taxpayer to click on a hyperlink and visit an official-looking Web site. The Web site then solicits a social security and credit card number. It is important to note the IRS does not use e-mail to initiate contact with taxpayers about issues related to their accounts. If a taxpayer has any doubt whether a contact from the IRS is authentic, the taxpayer should call 1-800-829-1040 to confirm it.

### Disguised corporate ownership

Domestic shell corporations and other entities are being formed and operated in certain states for the purpose of disguising the ownership of the business or financial activity. Once formed, these anonymous entities can be, and are being, used to facilitate underreporting of

income, non-filing of tax returns, listed transactions, money laundering, financial crimes and possibly terrorist financing. The IRS is working with state authorities to identify these entities and to bring their owners into compliance.

### Zero wages

In this scam, which first appeared in the Dirty Dozen in 2006, a Form 4852 (Substitute Form W-2) or a "corrected" Form 1099 showing zero or little income is submitted with a federal tax return. The taxpayer may include a statement rebutting wages and taxes reported by the payer to the IRS. An explanation on the Form 4852 may cite statutory language behind Internal Revenue Code sections 3401 and 3121 or may include some reference to the paying company refusing to issue a corrected Form W-2 for fear of IRS retaliation.

### Return preparer fraud

Dishonest return preparers can cause many headaches for taxpayers who fall victim to their schemes. Such preparers make their money by skimming a portion of their clients' refunds and charging inflated fees for return preparation services. They attract new clients by promising large refunds. Some preparers promote filing fraudulent claims for refunds on items such as fuel tax credits to recover taxes paid in prior years. Taxpayers should choose carefully when hiring a tax preparer. As the old saying goes, "If it sounds too good to be true, it probably is." Remember that no matter who prepares the return, the taxpayer is ultimately responsible for its accuracy. Since 2002, the courts have issued injunctions ordering dozens of individuals to cease preparing returns, and the Department of Justice has filed complaints against dozens of others. During fiscal year 2006, 109 tax return preparers were convicted of tax crimes and sentenced to an average of 18 months in prison.

### American Indian employment credit

Taxpayers submit returns and claims reducing taxable income by substantial amounts citing an American Indian employment or treaty credit. Although there is an Indian Employment Credit available for businesses that employ Native Americans or their spouses, there is no provision for its use by employees. In a somewhat similar scam, unscrupulous promoters have informed Native Americans that they are not subject to federal income taxation. The promot-

ers solicit individual Indians to file Form W-8 BEN seeking relief from all withholding of federal taxation. A recent "phishing" variation has promoters using false IRS letterheads to solicit personal financial information that they claim the IRS needs in order to process their "non-tax" status.

### Trust misuse

For years unscrupulous promoters have urged taxpayers to transfer assets into trusts. They promise reduction of income subject to tax, deductions for personal expenses and reduced estate or gift taxes. However, some trusts do not deliver the promised tax benefits. There are currently more than 150 active abusive trust investigations underway and 49 injunctions have been obtained against promoters since 2001. As with other arrangements, taxpayers should seek the advice of a trusted professional before entering into a trust.

### Structured entity credits

Promoters of this newly identified scheme are setting up partnerships to own and sell state conservation easement credits, federal rehabilitation credits and other credits. The purported credits are the only assets owned by the partnership and once the credits are fully used, an investor receives a K-1 indicating the initial investment is a total loss, which is then deducted on the investor's individual tax return. Forming such an entity is not a viable business purpose. In other words, the investments are not valid, and the losses are not deductible.

### Abuse of charitable organizations, deductions

The IRS continues to observe the use of tax-exempt organizations to improperly shield income or assets from taxation. This can occur when a taxpayer moves assets or income to a tax-exempt supporting organization or donor-advised fund but maintains control over the assets or income. Contributions of non-cash assets continue to be an area of abuse, especially with regard to overvaluation of contributed property. In addition, the IRS is noticing the return of private tuition payments being disguised as charitable contributions to religious organizations.

### Form 843 tax abatement

This scam rests on faulty interpretation of the Internal Revenue Code. It involves the filer requesting abatement of previously assessed tax using Form 843. Many using this scam have not previously filed tax returns and the tax they are trying to have abated

has been assessed by the IRS through the Substitute for Return Program. The filer uses the Form 843 to list reasons for the request. Often, one of the reasons is: "Failed to properly compute and/or calculate IRC Sec 83-Property Transferred in Connection with Performance of Service."

### Frivolous arguments

Promoters have been known to make the following outlandish claims: the 16th Amendment concerning congressional power to lay and collect income taxes was never ratified; wages are not income; filing a return and paying taxes are merely voluntary; and being required to file Form 1040 violates the Fifth Amendment right against self-incrimination or the Fourth Amendment right to privacy. Don't believe these or other similar claims. These arguments are false and have been thrown out of court. While taxpayers have the right to contest their tax liabilities in court, no one has the right to disobey the law.

### IRS ever watchful

Five of last year's Dirty Dozen tax scams rotated off the list for 2007. While the IRS has seen a decline in the occurrence of some of these scams — abusive credit counseling agencies, for example — other problems, such as offshore abusive transactions continue to be an area of particular concern for the agency. The absence of a particular scheme from the Dirty Dozen should not be taken as an indication that the IRS is unaware of it or not taking steps to counter it.

### Reporting suspected tax fraud activity

Suspected tax fraud can be reported to the IRS using IRS Form 3949-A, Information Referral. Form 3949-A is available for download from the IRS Web site, [IRS.gov](http://IRS.gov), or by mail by calling 1-800-829-3676. The completed form or a letter detailing the alleged fraudulent activity should be addressed to the Internal Revenue Service, Fresno, CA 93888. The mailing should include specific information about who is being reported, the activity being reported, how the activity became known, when the alleged violation took place, the amount of money involved and any other information that might be helpful in an investigation. The person filing the report is not required to self-identify, although it is helpful to do so. The identity of the person filing the report can be kept confidential. The person may also be entitled to a reward.

# CHILDREN ACT FAST... SO DO POISONS



DSHE

Every 15 seconds, a Poison Control Center somewhere in the United States gets a call. More than half of these calls are from an adult tending to a child who has swallowed a potentially poisonous substance. These substances include medicine, household chemicals and pesticides.

In addition, lead-based toxins also pose a serious health threat to children in this country.

According to the Centers for Disease Control, there are approximately 2 million poison exposures in the United States every year - 57 percent among children under the age of six. Tragically, approximately 30 children die every year due to accidental poisonings.

The most common exposures for children are ingestion of household products, such as cleaning substances, medications, cosmetics, personal care products, foreign bodies and plants. The majority of these accidental poisonings - 90 percent - occur in the home.

## When a poisoning occurs

It only takes a moment for a small child to find and swallow something poisonous. Many poisonings happen because of minor household distractions - the telephone, the doorbell, something cooking on the stove.

When that happens, said Dr. Allison A. Muller, clinical managing director at The Poison Control Center at The Children's Hospital of Philadelphia, "There is only one number to call: 1-800-222-1222. This is the new national toll-free number that will automatically route your call to your local Poison Control Center. That is the 9-1-1 for poisoning. The number works 24 hours a day, seven days a week. It should be posted near the phone at all times in case of emergency."

When calling a Poison Control Center, Muller said, "It is crucial to have the label from the potentially toxic substance in hand. We have had parents tell us that their child has ingested aspirin, but when we ask them to read us the label, it turns out to be acetaminophen. One parent told us a child swallowed nail polish remover, but it turned out to be nail tip remover, which is very toxic. It's important to have the label in front of you so we know exactly what we're dealing with."

### Other information to have on hand:

- The victim's age
- The victim's weight
- The victim's existing health conditions or problems
- The substance involved and how it contacted the person (was it swallowed, inhaled, absorbed through skin contact or splashed into the eyes?)
- How long ago they swallowed or inhaled the substance. Any first aid which may have been given
- If the person has vomited
- Patient's location, and how long it will take to get to a hospital

Muller recommends that every household have one bottle of Syrup of Ipecac for every child in the house under the age of 5. Syrup of Ipecac induces vomiting.

"However," she adds, "don't use it until you have spoken to a specialist at The Poison Control Center."

In addition, Muller strongly recommends that emergency instructions on the labels of suspected poisons not be followed. Sometimes, those instructions can be ineffective, and even dangerous.

"And, just because a label does not have a skull doesn't mean it's not poisonous," she said. "Sometimes there are no warnings," she says, stressing it is best to err on the side of caution and call the Poison Control Center. "There are no questions too small for us."

It is better to prevent a poisoning than to treat the aftermath.

## The medicine menace

Many of the calls that come into Poison Control Centers concern children who have swallowed over-the-counter pain relievers or prescription medicines.

The Poison Prevention Week Council strongly urges adults to use child-resistant packaging for medications; even if there aren't any children in the house. Poisonings have happened when children visit homes, or when people have carried medicines into homes in their pockets or purses.

A study conducted by the American Association of Poison Control Centers found that 23 percent of the oral prescription drugs that were ingested by children under 5 belonged

to someone who did not live with the child. Overall, 17 percent of the medicines ingested belonged to a grandparent or great-grandparent. The data suggest that grandparents - and all adults - need to use child-resistant packaging and keep medicines properly secured, away from young children.

"The caps to medicine bottles are child-resistant, not childproof," warns Muller. "Eventually, a child will figure out how to get it open."

### Other safety recommendations are:

- Don't allow a child to play with a bottle of medicine, even if it has a child-resistant cap.
- Always leave the light on when giving or taking medicine. Check the dosage every time.
- Avoid taking medicine in front of children. Refer to medicine as "medicine," not "candy." Explain to children what medicine is for, and why it is dangerous if taken by anyone but for whom it is prescribed.
- Clean out the medicine cabinet periodically, and safely dispose of unneeded medicines by pouring contents down the drain or toilet.
- Never leave a child unattended with a bottle of medicine - take it, or the child, with you if you need to leave the room.
- Don't leave pocketbooks unattended if there is medication inside.

## Household hazards

Children under the age of 5 are natural "explorers." Unfortunately, many of the things children see and reach go directly into their mouths. Even young children in the "crawling" stage are at risk. They are at just the right height to find products such as drain cleaners and other toxic household cleaners under sinks or on the floor.

In addition, adults should never leave household chemicals unattended while in use; children act fast and can get hold of a product and swallow it in the time it takes to answer the phone or open the door. Always take the child or the potentially hazardous product with you - never leave them alone together.

"Another precaution is to always store products in their original containers," Muller said.

To a young person, a cup or soda bottle means something to drink. Therefore, you should never use cups or soda bottles to store paint thinner, turpentine, gasoline or other household chemicals.

"There are people who store look-alike poisons in containers," Muller said. "Anti-freeze looks an awful lot like Gatorade, so storing it in a Gatorade bottle is extremely dangerous. Even one swallow could be fatal to a child."

Milk jugs also pose a hazard, as many pesticides have a "milky-white" appearance, she adds.

"Storing pesticides in milk jugs is just asking for trouble," Muller said.

### The Poison Prevention Week Council suggests these procedures to prevent poisonings:

- Keep all chemicals locked up and out of sight.
- When products are in use, never let young children out of your sight, even if you must take the child or product along when answering the phone or doorbell.
- Keep items in original containers.
- Leave the original labels on all products, and read the label before using.
- Do not put decorative lamps and candles that contain lamp oil where children can reach them because lamp oil can be very dangerous if it is aspirated.

Hazardous chemicals don't just come from a bottle. Many household and garden plants, if ingested in large enough quantities, can be toxic.

"Plants such as Lily of the Valley, foxglove, oleander and azalea are very toxic," said Muller, who suggests labeling all houseplants and keeping a close eye on children when outdoors.

## Pesticide perils

In addition to household chemicals, outdoor chemicals such as pesticides pose a danger. A study performed by the Environmental Protection Agency found that almost half of all households with children under the age of five had at least one pesticide stored in an unlocked cabinet within the reach of children. In addition, the study also found that 75 percent of households without children under the age of 5 also stored one pesticide within reach of children. This number is significant because 13 percent

of all pesticide poisonings occur in homes other than the child's home.

### Adults should take the following steps to safeguard children from exposures to pesticides:

- Always store pesticides away from children's reach, in a locked cabinet or garden shed.
- Read the label first and follow the directions to the letter, including all precautions and restrictions.
- Before applying pesticides (indoors and outdoors), remove children and their toys from the area and keep them away until it is dry or as recommended by the label.
- Never leave pesticides unattended when you are using them - not even for a few minutes.
- Never transfer pesticides to other containers - children may associate certain containers with food or drink.
- Use child-resistant packaging properly by closing the container tightly after use.
- Alert others to the potential hazard, especially grandparents and caregivers.

## Get the lead out

Another threat to young children in this country is lead poisoning, which can cause learning disabilities, behavioral problems, and at very high levels, seizures, coma and even death.

Childhood lead poisoning affects approximately one million children in this country, according to the CDC. Although lead poisoning can affect nearly every system in the body, it often occurs with no obvious symptoms and can go unrecognized for a long period of time.

The major source of lead exposure in the United States is lead-based paint and lead-contaminated dust found in older buildings. Although lead-based paints were banned for use in housing in 1978, approximately 24 million housing units in this country have deteriorated leaded paint and elevated levels of lead-contaminated house dust. The older a house is, the more likely it is to contain lead-based paint and a higher concentration of lead in the paint.

Young children are at greatest risk for lead poisoning because their growing bodies absorb more lead and their brains and nervous systems are more sensitive to the damaging effects of lead. In addition, young children

## Hazardous household items

Buy small quantities. Discard unneeded extras. Make sure they are always out of a child's reach.

- ⊗ antifreeze
- ⊗ windshield washer solutions
- ⊗ drain cleaners
- ⊗ toilet bowl cleaners
- ⊗ insecticides
- ⊗ artificial nail removers
- ⊗ medicines
- ⊗ topical anesthetics (i.e. Products that may be used for sunburn pain)

### Poisonous to children

- ⊗ detergents
- ⊗ automatic dishwasher detergents
- ⊗ furniture polish
- ⊗ perfume & aftershave
- ⊗ mouthwash
- ⊗ gasoline, kerosene, and lamp oil
- ⊗ paint and paint thinner
- ⊗ mothballs
- ⊗ alcoholic beverages
- ⊗ miniature batteries
- ⊗ flaking paint
- ⊗ cigarettes, tobacco products
- ⊗ rat and mouse poison

tend to put their hands in their mouths frequently. Paint chips and lead dust can be easily ingested by toddlers and children.

While the damage caused by lead poisoning can be irreversible, a simple blood test can determine if a child is at risk. The key to preventing lead poisoning is to stop children from coming into contact with lead, and treating children who have elevated blood levels.

If you think your home might be contaminated, there is a simple test kit available for about \$8 at Home Depot and other home improvement stores. In addition, state or local health departments can be called to test the paint and dust from the home.

For more information, talk to a pediatrician or call the National Lead Information Clearinghouse toll-free at 800-424-LEAD or 800-424-5323.

The Maryland Poison control number is 800-222-1222.

# Poison Prevention Checklist

## The kitchen

- Have you posted the National Poison Control Hotline number (1-800-222-1222) next to every phone in the home?
- Are caustic and potentially poisonous products kept in their original and labeled containers?
- Are child locks installed on all cabinets?
- Are pesticides, cleaning products, medications and all other poisonous, toxic or caustic products kept in a locked cabinet, away from food?
- Do dangerous products, including cleaning products, medications and chemicals, have child-resistant closures?
- Have you read product use, storage directions and safety recommendations for kitchen products in your home?
- Have you installed a working carbon monoxide (CO) alarm near the bedrooms in your home?
- Are all trash cans covered with a lid?

## The bathroom

- Do medications, including vitamins, prescription drugs and over-the-counter drugs, have child-resistant caps?
- Have you locked these and all medicines and medical supplies in a secure cabinet?
- Have you removed medicine from purses, nightstand drawers, or other locations easily accessed by children?
- Have you flushed unidentified and out-of-date medicines down the toilet?

- Are medicines kept in their original containers with the original labels intact?
- Have you read product use, storage instructions and safety recommendations for cosmetic, personal care and cleaning products?
- Have you installed child safety locks on cabinets where medication, cosmetics and personal care products are stored?

## The garage or storage area

- Do dangerous products such as pesticides, automotive fluids, charcoal lighter fluid, paint thinner, antifreeze, ice-melting products, and turpentine have child-resistant caps?
- Are all dangerous products locked in a secure cabinet?
- Is gasoline stored in a garage or shed in a container approved for gasoline storage?
- Are flammable items such as fertilizers kept in their original containers and locked in a storage area separate from the home?
- Are products stored in original containers with original labels legible?
- Do you keep household products out of children's sight and reach?
- Are you careful not to use gasoline for any purpose other than as a motor fuel?
- Do you immediately clean up any automotive fluids that spilled/dripped on the floor? (Remember that antifreeze is highly toxic to animals.)



## 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

Around the Services, 8 a.m.  
Focus on the Force, 10 a.m.  
Army Newswatch, 11 a.m.  
Freedom Journal Iraq/AF Prime Time, 1 p.m.  
AFN Europe, 6:30 p.m.  
Around the Services, 8 p.m.  
Focus on the Force, 10 p.m.

### Tuesday

Around the Services, 8 a.m.  
Freedom Journal Iraq/AF Prime Time, 10 a.m.  
Focus on the Force, 1 p.m.  
Around the Services, 5:30 p.m.  
Army Newswatch, 7 p.m.  
Freedom Journal Iraq/AP Prime Time, 10 p.m.

### Wednesday

Around the Services, 8 a.m.  
Army Newswatch, 9:30 a.m.  
Focus on the Force, 2 p.m.  
AFN News Europe, 6:30 p.m.  
Around the Services, 8 p.m.  
Army Newswatch, 9:30 p.m.

### Thursday

AF Prime Time/Freedom Journal Iraq, 10 a.m.  
Around the Services, Noon  
Focus on the Force, 1 p.m.  
Around the Services, 8 p.m.  
Focus on the Force, 9:30 p.m.

### Friday

Around the Services, Noon  
Freedom Journal Iraq/AF Prime Time, 2:30 p.m.  
Army Football, 4 p.m.  
AFN News Europe, 6:30 p.m.  
Around the Services, 8 p.m.

### Saturday

Focus on the Force, 9 a.m.  
Around the Services, 10 a.m. – 12:30 p.m.  
Freedom Journal Iraq/AF Prime Time, 4 p.m.  
Army Newswatch, 7:30 p.m.  
Focus on the Force, 9 p.m.

### Sunday

Focus on the Force, 11:30 a.m.  
Army Healthwatch, 2 p.m.  
Army Newswatch, 4:30 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.