

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Sept. 19 is plastic, glass and metal. Put items in blue bags and place them on the curb.



Concert parking

The PX will close at 4 p.m. and the Commissary will close at 3 p.m. Sept. 29 to allow more parking for the Montgomery Gentry concert.

Veterinary Clinic closings

The APG Veterinary Treatment Facility will be closed Sept. 18 for afternoon training and Sept. 28 for end of month inventory. For more information, call the VTF, 410-278-4604/3922.

Well-Being Council meets Sept. 20

The next Well-Being Council meeting is 9:30 a.m., Sept. 20, at the main Post Chapel.

MCSC welcomes Reva Robinson

The Military and Civilian Spouses' Club will welcome Reva Robinson, wife of Maj. Gen. Fred Robinson Jr., 11:30 a.m., Sept. 13, at Top of the Bay. Cost of the event is \$12 per person and includes oven roasted chicken or beef tips. Dress is informal and is open to all.

For more information call 410-272-7212.

Perry Point hosts veterans benefits seminar Sept. 20

The VA Maryland Health Care System and the Chesapeake Health Education Program will co-host a special VA Health Care Enrollment, Eligibility and Veterans Benefits Seminar for community social workers, care providers and health care professionals 8:30 a.m. to noon at the Perry Point VA Medical Center in the theatre, building 314.

Representatives from VAMHCS will discuss VA health care eligibility and enrollment, outpatient care, pharmacy benefits and other health care programs available

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Suicide: the most preventable cause of death

Army goal is to reduce number of Soldier suicides

U.S. Army Combat Readiness/Safety Center

"One suicide is one too many," according to Army Sgt. Maj. Kenneth O. Preston, and in concert with that sentiment, the Department of the Army has launched a suicide awareness campaign that encourages Soldiers to "Have the courage to seek help."

This is Suicide Prevention Week. DA is addressing a disturbing increase in the number of suicides among Soldiers, particularly those in combat arms units, since the start of the War on Terror.

The Army Suicide Prevention mission is to improve readiness through the development and enhancement of the Army Suicide Prevention Program policies designed to minimize suicide behavior; thereby preserving mission effectiveness through individual readiness for Soldiers, their Families and DA civilians.

Earlier this year, the Army Medical Department stood up the Army Behavioral Health Web site: <http://www.behavioralhealth.army.mil/>, which is intended to be a comprehensive venue for Soldiers and Family members to get information on a variety of mental

and behavioral health issues.

At the same time the AMEDD Suicide Prevention Office was established with the goal of translating the results of surveillance and intervention into prevention and treatment programs.

In addition, the Installation Management Command is working towards full implementation of a Community Health Promotion Council to synchronize and integrate programs, identify trends and make recommendations to commanders based on local trends and issues; and USACRC is facilitating information analysis and dissemination regarding this important issue.

Jareta Coyle, Aberdeen Proving Ground Alcohol and Drug Control Officer, advises supervisors who wish to have suicide prevention training conducted in their workplace for either civilians or Soldiers to contact the APG Chaplain's office, 410-278-4593, or the Behavior Health Department at Kirk U.S. Army Health Clinic, 410-278-1753, for assistance.

Supervisors of civilian employees concerned about what they have identified as potential suicidal ideation in an employee may also contact the

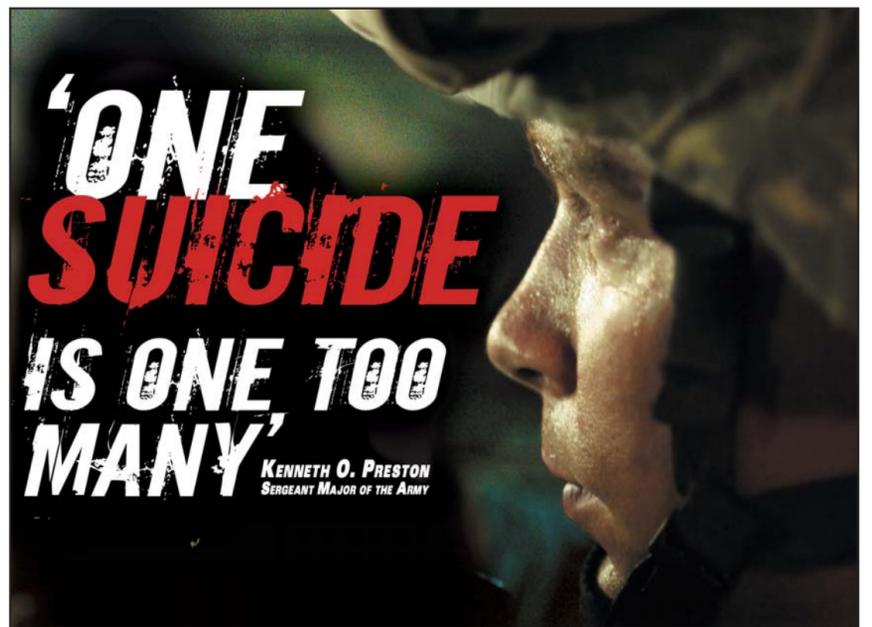


Illustration by NICK PENTZ

APG employee assistance program provider, Bill Sanchious, 410-278-3519, for guidance, Coyle said.

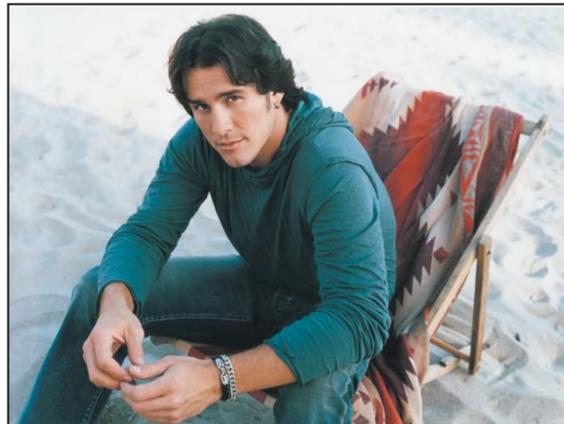
"As always, we are concerned about substance abuse and its correlation with suicides. Fully eighty percent of all suicide victims were using alcohol or drugs at the time they

attempted suicide," Coyle said. "Consequently, we are always working toward substance abuse prevention as a positive measure to reduce risk in this area for everyone. Unfortunately," she added, "we are seeing many returning Soldiers indulging in binge drinking to celebrate with suicide and acci-

dents being the outcome rather than stress reduction. All commanders with troops returning from overseas deployments are encouraged to contact us for substance abuse prevention training as soon as possible to address this risk factor as well."

See SUICIDE, page 14

Joe Nichols to make first visit to APG



www.joenichols.com

Story by YVONNE JOHNSON
APG News

Country recording star Joe Nichols will bring his classic country style to Aberdeen Proving Ground for the first time during the 2007 Army Concert Tour featuring Montgomery Gentry and special guest Shauna Bolton Sept. 29 at Shine Sports Field.

Tickets cost \$25 in advance and \$30 the day of the show. Gates open 6 p.m., and the show starts 7 p.m.

For tickets, visit the Morale, Welfare and Recreation Web site www.apgmwr.com; call 410-278-4907/4621/4011; TTY 410-278-4110; e-mail MWR-LeisureTravel@apg.army.mil; or call Ticketmaster at 800-551-SEAT.

The concert is lawn seating, rain or shine and no refunds.

About Nichols

"Real Things," Joe Nichols' fourth album for Universal Records South, presents the 30-year-old native of Rogers, Ark., at the top of his vocal game.

This is classic country from a singer who loves to tap the style's capacities for deep seriousness and deep fun. These songs, rooted and free, are something to hear.

Founded in the neo-traditional country styles Nichols said, "This is the only thing I cook. For the past year or so I've been kind of peeking at the next level," Nichols said, adding that "I'll Wait for You" and "Tequila Makes Her Clothes Fall Off," his two big hit singles from 2005, were just a taste of what was to come.

"I don't think we've put it all together on an album like this before," Nichols said. "Musically,"

See CONCERT, page 8

Garrison CSM committed to 'APG 2012,' teamwork on APG

Story by HEATHER TASSMER
APG News

Command Sgt. Maj. Pedro Rodriguez joined the garrison staff July 12 with 27 years of serving in the Army and many goals in mind for the installation.

Before his current position, Rodriguez served as the command sergeant major for the 22d Chemical Battalion.

He described the difference between his current position and former position at the 22d Chemical Battalion as "two different missions."

"Here I'm supporting everybody, and my mission, the way I see it, is making sure that Family and Soldiers and civilians are taken care of here on the installation," Rodriguez said.

"When I was in the Chemical Battalion we were focused on supporting the Warfighter. Here I'm supporting the Warfighter but I'm also supporting their Families so the Warfighter can concentrate on the war and not concentrate on what is happening with his Family back here."

He said his goals are the same as the commander's: providing the best quality of life to the APG community members.

"The term being used, 'APG 2012,' [by Garrison staff] not only has to do with BRAC [Base Realignment and Closure], it has to do with transformation," Rodriguez said. "It has to do with quality of life and making sure this installation is looking ahead and looking at the present, ensuring we're ready for this big transformation."

In addition to his commitment to "APG 2012," Rodriguez said one of his main priorities is updating the housing regulation, APG 210-8, that was updated eight years ago.

Rodriguez said that he wants to create a housing regulation handbook.

"We have a lot of policies that have been put into effect after the hous-



Photo by SEAN KIEF, APG PHOTO LAB
Command Sgt. Maj. Pedro Rodriguez

ing reg came out and I want it to be a one-stop shop manual," he said. "I want it to be something a resident can open up and everything's there -- the work order, what are the priorities of a work order, what are the right phone numbers, or what are the rules about unsupervised children. I want everything to be in that handbook so the resident doesn't have to go anywhere else to look for it."

He said he helped revise the housing regulation when he was the garrison command sergeant major for Dugway Proving Ground in Utah and is incorporating some of the ideas with the APG housing regulation.

In addition to serving as the garrison command sergeant major, Rodriguez is the adviser for Better Opportunities for Single Soldiers.

The BOSS program focuses on improving the well-being of Soldiers through recreational activities and participation in community service projects.

Rodriguez said his goal is to have every single Soldier on APG participate in BOSS, and that he and the BOSS members are working hard to

See RODRIGUEZ, page 2

Crosswalk safety goes both ways

Story by YVONNE JOHNSON
APG News

By now, observant drivers and pedestrians on Aberdeen Proving Ground may have noticed the repainting of all installation crosswalks. The Directorate of Safety, Health and Environment's Safety Division is directing efforts to highlight safe crossing areas and inform pedestrians and drivers that when it comes to crosswalks, safety is everyone's responsibility.

H. Mike Allen, DSHE occupational safety and health specialist, said that a recent Department of the Army study of Army, Navy and Air Force installations found that pedestrian error was a factor in most installation pedestrian injuries and deaths.

"A lot of close calls have been observed on the installation," Allen said. "We haven't had any major incidents and we don't want any, which is why we're putting the word out and asking pedestrians and drivers to be extra cautious at crosswalks."

"We want people to remember that being in a crosswalk doesn't

automatically mean that you are in the right. We are all responsible for our own safety," Allen said.

The study, conducted by the Army's Surface Deployment and Distribution Command, formerly the Military Traffic Management Command, states that in every pedestrian-vehicle accident investigated, the pedestrians were charged or would have been if they had survived.

The study further found that, "Most [people] crossed at painted crosswalks but did not look because [they believed] pedestrians have the right of way."

Allen said that the National Uniform Vehicle code, which the state of Maryland adheres to, states that "No pedestrian shall suddenly leave a curb or other place of safety and walk or run into the path of a vehicle which is so close as to constitute an immediate hazard."

"Pedestrians often do have the right of way but they have to do it prudently," Allen said.

They must take into account visibility, road conditions, distance and

See SAFETY, page 5

ATC hosts media MRAP Orientation Day



Photo by HEATHER TASSMER
Mine Resistant Ambush Protected vehicles help protect service members from improvised explosive devices and other attacks. Media had the opportunity to ride in the vehicles during the U.S. Aberdeen Test Center's MRAP Orientation Day Aug. 24. See article on page 3.



Deployment News

First Strike Ration heading to Warfighters

Soldier Systems Center – Natick

A new compact, eat-on-the-move assault ration is well on its way to Warfighters' hands.

"The First Strike Ration is intended for the first-on-the-ground, first-to-fight Warfighter," said Barbara Daley, food technologist and FSR project officer, Combat Feeding Directorate, U.S. Army Natick Soldier Research, Development and Engineering Center.

Usually when Warfighters are issued two or more Meals, Ready-to-Eat they "field strip" them to lessen the bulk and weight they are carrying.

Personnel at NSRDEC found that not only were Warfighters tossing what they considered extra weight, such as the flameless ration heater and Tabasco sauce, but they were also tossing food items. According to the Product Optimization and Evaluation Team at NSRDEC, if a Warfighter is given 3,600 calories, he or she will often strip it down to 2,500 calories.

The FSR attempts to reduce this stripping by providing a lighter, smaller package with eat-on-the-go items that also enhance performance. These items are calorically dense and provide appropriate nutritional content and energy to Warfighters for short durations of highly mobile, highly intense combat operations.

Items included in the FSR include pocket sandwiches, First Strike energy bars, Zapple-sauce™ - a carbohydrate-enhanced applesauce, high-energy drinks, pouches of tuna and chunk chicken and caffeinated gum.

The FSR is designed to be about half the size of the three MREs it replaces and it provides, on average, 2,900 calories per day.

"It is not intended to sustain the Warfighter for long periods of time," Daley emphasized.

Because of its lower caloric content, the FSR is classified by the Office of the Surgeon General as a restricted ration. As such, it can only be used as a sole source of food for 10 days or less in accordance with Army Regulation 40-25.

CFD conducted user evaluations on the FSR in Nevada and Germany in fiscal year 2004, and in Afghanistan and Iraq in FY 2005. When compared with a field-stripped MRE in Iraq in 2005, more than 70 percent of Soldiers said the FSR was more convenient to carry and consume than the MRE.

"The best feedback we have received to date has been from Warfighters participating in OIF/OEF in the mountains of Afghanistan and Iraq. They loved it," Daley said.

More than 6,500 FSRs have been used in theater in response to urgent requests by the 25th Infantry Division and the Marine Corps, and modifications have been incorporated based on Warfighter's feedback.

Lt. Col. David Exton, 25th Infantry Division, told CFD: "You have created something great here. Do not fail in this ration. Need to make these happen for the Soldiers who go outside the wire. Could not get enough of them into theater."

In July 2006, CFD conducted an operational test at Fort Bragg, N.C. With more than 100 Soldiers participating from an Airborne Infantry Battalion, one group consumed the FSR for three days while the other group consumed MREs for three days. Then the groups switched. From monitoring what the Soldiers



Photo by SARAH UNDERHILL

Two Soldiers look at the contents of the First Strike Ration during a recent evaluation at Fort Bliss, Texas.

ate and what they threw out, CFD saw less waste and greater consumption with the groups eating the FSR.

Based upon these successful tests and the introduction of this ration in-theater, the demand for the FSR is immense.

In November 2006, a Joint Services Decision Board consisting of the Army, Marine Corps and Defense Logistics Agency approved the

FSR for procurement and fielding.

NSRDEC was able to compress the acquisition process by nearly 30 percent while maintaining support for all other ration platforms in order to maintain the schedule of third quarter FY 2007 procurement by Defense Logistics Agency/Defense Supply Center Philadelphia, with delivery in fourth quarter FY 2007.

Camp lets kids of deployed parents be kids

Story by **ELIZABETH M. LORGE**
Army News Service

"He had to save us. He had to save all of us," said 10-year-old Savana Bucklewn of her father's three-year deployment to Iraq, a deployment so long she didn't recognize him when he did come home.

For Savana and more than 155,000 other military children, the War on Terrorism means long, often multiple, absences from dad or mom (or both), fear, loneliness, uncertainty and some very adult responsibilities.

But the National Military Family Association's Operation Purple has given 10,000 of them the opportunity to bond with other military kids at free summer camps where they can be kids again, where they can laugh, play games

and learn more about their parents' jobs in the military.

Created in 2004, Operation Purple comprises more than 34 camps in 26 states this year with an additional pilot program for children of wounded service members. This year's final camp ended Aug. 18 in Upper Marlboro, Md.

According to NMFA spokeswoman Michelle Joyner, camp activities vary by location and age and can include everything from horseback riding and whitewater rafting to campfires and health classes. Defense Department mental-health counselors are also on hand to provide any professional assistance the children might need.

"It's an absolute need right now," said Laura Carter, Army Reserve child and youth services regional coordinator for

Pennsylvania, Maryland, the District of Columbia, Virginia and West Virginia.

"The kids really need that connection - not with the adults who are here or with the counselors necessarily, but with other military kids. It's good for them to have a community that is sensitive to what they're going through."

That interaction is especially crucial for children like Carly and Cydney Rippel, who said their friends and classmates don't understand how it feels to have a parent in harm's way.

"They were like, 'You don't miss your dad at all, you've always seen him.' And I was like, 'Yeah, I really do miss him,'" said Carly, 10.

"We couldn't really relate to them," added Cydney, 12. "But when we come here, we can relate to people who have had

the same experiences. It's really important because all the kids here can talk to other people."

They can share how it feels to do extra chores and take care of siblings, celebrate a holiday or a birthday without a parent, or have a precious weekly phone call interrupted by an enemy attack like 10-year-old Ian Bridson.

"We were talking, then I heard a guy in the background saying 'Incoming! Incoming! Incoming!' I could hear the rockets exploding on the ground," he said, adding that he didn't know his father was safe until half an hour later.

Another time, Ian said, when his father was on the top of his High Mobility Multi-purpose Wheeled Vehicle [HMMWV] with the machine gun on a convoy mission, a sniper's bullet barely missed his throat.

"There was an angel with him who pushed him over," he said.

Just as hard for Ian and other children to understand is that the parent who returns from war may be different than the parent who left. His father's temper changed, Ian explained, but it was okay because he was getting used to it.

Like Savana, Carly and Cydney, Ian's face lit up when talking about camp.

"Now I know that it's not only me who has to go through this. It's lots of other kids, too," Ian said.

One of the highlights at the Upper Marlboro camp was a HMMWV brought by four members of the Army Reserve's 312th Psychological Operations Company, which is preparing to deploy in the next couple months.

"I grew up as an Army brat, and they did this stuff whenever my dad was deployed," said Sgt. Sean Eckhart. "Even though they're deployed, it puts you closer to your parents since you're seeing the kind of vehicles and equipment they're using. It just kind of builds morale for the kids."

"I have a two-and-a-half-year-old daughter and leaving her is going to be tough," added Spc. Erik Olson. "Knowing that this is here for our kids is great."

The children squealed and laughed as the Soldiers helped them climb through the HMMWV and use the loudspeaker.

"I miss you Daddy!" "Daddy, I love you," called some of the children, hopping the microphone was loud enough to reach Baghdad.

Anne Arundel Community College offers help for military Families struggling with life after deployment

Greater Baltimore Committee

Deployment to a foreign country during a time of war takes a tremendous toll on the men and women of the U.S. armed forces as well as their Families. Reintegration into the family and civilian life isn't always smooth.

"Reunited: Family Life After Deployment" is a free course offered for all service personnel and their spouses or significant others, under the Friends of The Parenting Center scholarship program. The course will meet from 7 to 9 p.m. Mondays, Oct. 1 to 22, on the Arnold campus.

The course tackles the tough issues that commonly arise when deployment ends and reintegration to society and the Family begins.

Leading the group will be Dr. Bruce Turnquist, a clinical psychologist in private practice since 1994 and a former Army psychologist and chief of psychology at Kimbrough Army Hospital at Fort Meade. Turnquist interned at Walter Reed Army Medical Center in Washington, D.C., and, while at Fort Meade, assessed and treated active duty members, retirees and their Family members. He also provided stress management training to units at Fort Meade and area installations. Continuing education units are awarded

to those completing the course.

Those attending will:

- Examine the signs and symptoms of post-traumatic stress disorder and how they affect veterans and their Families;
- Discuss the individual's and Family members' emotional responses to separation during service;
- Focus on common psychological reactions of children whose parents are deployed to war;
- Learn ways to adjust parenting styles to bring harmony in Family life;
- Explore how to balance disciplinary roles after the lengthy absence of a parent;
- Practice techniques for effective communication as a couple;
- Discover the best way to talk to children about deployment and challenges of the reuniting Family; and
- Develop a plan that prepares the Family for future deployment.

Space is limited, so register early. Registration is under way online, by phone, fax, and mail or in person. For course or registration information, call 410-777-2325 or visit www.aacc.edu/noncredit.

Rodriguez

From front page

increase participation.

"We want to be able to give Soldiers a different outlet, different things to do on their time off and also get them a little more involved in the community," he said.

He said he is pleased with what BOSS has been doing so far and the efforts of Sgt. Eugenia Richards, BOSS president.

"She is phenomenal," Rodriguez said. "She has done a lot with the program already, and I'm planning to support her as much as I can to get the program going."

He said sergeant majors and other senior commissioned officers are working hard to support the program.

Another project that Rodriguez said he is excited about is the start of a Command Sergeant Major Association at APG.

"Command Sergeant Major Eric Williams of the NCO [Noncommissioned Officer] Academy is working real hard to kick off this program," Rodriguez said. "It is a real good program like the Audie Murphy Club and will compliment the BOSS program."

He said that after the Command

Sergeant Major program is implemented, APG will have three organizations to "help the community out."

Rodriguez lives in Elkton with his wife, Marjorie, his youngest son, Bernardo and his dog, My Lady, and cat, Snowflake.

He has two other grown sons, Pedro Rodriguez Jr. and Sebastian who both serve in the Army.

In his spare time, Rodriguez said he likes to play volleyball and racquetball.

He is also a movie buff and said he owns more than 2,000 DVDs.

In addition to DVDs, Rodriguez said he collects dragon statues because the creature is the Chemical Corp symbol.

He said he is happy to be at APG and be part of a team.

"I'm happy for the opportunity to be part of the team. I don't want to say garrison team because to me there is no difference between the garrison and all the tenants here," Rodriguez said. "We are one team. The garrison cannot perform its duties without the tenants and the tenants cannot perform their duties without the support from the garrison."

He said being a part of a team is like being a part of a Family.

"Like all Families, there will be times where there will be disagreements but at the end we're still Family," Rodriguez said.

APG News

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

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

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

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ATC hosts media MRAP Orientation Day

Story and photo by
HEATHER TASSMER
APG News

Because of more and more threats and attacks from enemies in Iraq, producing protective equipment is a priority in the Army.

The U.S. Army Aberdeen Test Center shared some technological innovations with attending media during the Mine Resistant Ambush Protected Vehicle Day Aug. 24.

MRAPs help to protect Warfighters from improvised explosive devices, small arms fire and mines with their V-shaped hulls and raised chassis, according to an MRAP press release.

Col. John P. Rooney, commander of ATC, and Marine Brig. Gen. Michael B. Brogan, commander of Marine Corps Systems Command and MRAP program executive officer, informed the group of reporters about the MRAP vehicles.

The visitors had the opportunity to learn about the vehicles first-hand when they rode in them with ATC drivers.

Rooney said after receiving the MRAP orders in November 2006, he organized a workforce of 250 ATC employees and that the “dedicated team” performed testing and ballistics survivability testing on the vehicles.

He said that many ATC drivers “have sons and daughters in theater so they are aware of the urgency” of testing and learning about the vehicles.

Rooney said that ATC employees work in three 8-hour shifts, 24 hours a day, six days a week, and Sundays they work a 12-hour shift.

Most testing is performed during the day so the workers can capture it better on video, and maintenance is performed at night, he said.

“We continue to do everything we can to enable the Department of Defense to get as many MRAPs in theater,” Rooney said, “and [for the military to] understand and know very well the capabilities and limitations of these vehicles.”

He said after completing Phase I of the testing, ATC has reported the information to decision makers.

“Phase two of testing will give us a much greater understanding [of the vehicles],” Rooney said, adding that the testing is being conducted at APG and Yuma Proving Ground, Ariz.

Brogan welcomed the orientation attendees, spoke more on the reliability of the vehicles and answered some of the attendees’ questions.

He said that the vehicles

have exceeded the military’s requirements.

“From a performance standpoint, in protecting troops it’s done a tremendous job so far. From an operational reliability standpoint, it has exceeded our requirements,” Brogan said, remarking that the MRAPs have passed testing phases and are already being used in theater.

“One of the big things that MRAPs provide to the troops is that sense of confidence when they go out to do their mission that they’re going to come home safe,” Brogan said. “I think all the troops in theater are pleased to see these platforms arrive, and it will make them better and more proficient at accomplishing our mission.”

One of the attendees shared his experience on a Category III vehicle, also known as the Buffalo, which was featured in “Transformers.”

“I was impressed,” said Maj. Sheldon Smith, Army Public Affairs. “The ride was a lot smoother than I expected.”

He said he just returned from Afghanistan where he was used to riding in High Mobility Multipurpose Wheeled Vehicles and said, “You don’t get knocked around [in the Buffalo] like you do in the HMMWVs.”

The Marine Corp has awarded nine contracts for 36 initial MRAP test vehicles with initial delivery cost of more than \$34 million.

Category I: Urban combat operations (transport up to six personnel)

Category II: multi-mission operations such as convoy lead, troop transport, ambulance, explosive ordnance disposal, maneuver battalions and combat engineering (transport up to 10 personnel)

Category III: Mine/improvised ordnance device clearance operations and explosive ordnance disposal (transport up to six personnel, five with additional equipment installed)

-MRAP press release

More mine resistant ambush protected vehicles shipped to Middle East

Story by
SGT. SARA WOOD
Army News Service

U.S. troops serving in Iraq will have a little more protection soon, as two of the military’s newest armored vehicles are on their way to the theater.

Two Buffalo Mine Resistant Ambush Protected vehicles, known as “MRAPs,” were loaded onto C-5 Galaxy aircraft Aug. 16 at Charleston Air Force Base, S.C., to be shipped to Iraq. This latest shipment is part of the Defense Department’s push to get as many of the new vehicles to troops in combat as quickly as possible.

Defense Secretary Robert M. Gates has been pushing the production and delivery of MRAPs, which boast a V-shaped hull that deflects bomb blasts and protects troops inside better than the military’s current vehicles. The DoD awarded two more contracts for the vehicles the week of Aug. 10, which brings the number of vehicles on contract to 6,415. An estimated 3,500 MRAPs are expected to be shipped to Iraq by Dec. 31.

The MRAPs are shipped to Iraq by the 437th Airlift Wing, out of Charleston. The vehicles are part of the 300 tons of cargo the unit moves on a daily basis. It typically takes two days to airlift the MRAPs to Iraq, said Cynthia Bauer, a public affairs officer with U.S. Transportation Command, which oversees the movement of the vehicles. A small number of MRAPs are taken by sea, which takes between 22 and 30 days, she said.

As of Aug. 9, Transportation Command had shipped 701 MRAPs and MRAP-like vehicles to the Central Command area, Bauer said. The command will continue to ship the vehicles as military commanders in theater request them, she said.

MRAPs come in three categories: Category I vehicles are designed for urban combat operations and can transport six people; Category II vehicles have multi-mission capabilities, including convoy lead, troop transport, ambulance, explosive ordnance disposal and combat engineering, and can transport up to 10 people;

Category III vehicles perform mine and IED clearance operations and explosive ordnance disposal and can transport six people, or five with additional equipment. The Buffalos that were shipped Aug. 16 fall under Category III.

The troops who participated in loading the vehicles told local media that they feel their job is important, because the MRAPs have been proven to save lives in combat.

“It’s absolutely critical. It saves lives every day when they have them,” Air Force Master Sgt. Jared Breyer, with the 437th Airlift Wing, told ABC News.



Law

Service members, DoD civilians eligible for full replacement value

Surface Deployment and Distribution Command

Effective in fall 2007, Department of Defense customers (service members and civilians) will be eligible for Full Replacement Value protection on most DoD funded personal property shipments.

FRV coverage will apply to personal property shipments with a pickup date on or after:

Oct. 1, 2007 for International shipments (to/from OCONUS)

Nov. 1, 2007 for Domestic shipments (within CONUS)

March 1, 2008 for Non-

Temporary Storage shipments

March 1, 2008 for Local Move/Direct Procurement Method shipments

Under the FRV program, the Transportation Service Provider/Carrier is liable for the greater of \$5,000 per shipment or \$4 times the net weight of the shipment (in pounds), up to \$50,000.

Providing prompt notice of loss and damage will still be an essential part of the process.

The customer must submit the DD Form 1840 (listing all damage discovered AT deliv-

ery) or the DD Form 1840R (listing all damage discovered AFTER delivery) to the TSP within 75 days of delivery. The TSP has the right to inspect the damaged items once the notice forms are received.

There is no additional cost to the customer for FRV coverage, but the customer must file the claim directly with the TSP within nine months of delivery by using the DD Form 1844 to receive FRV. The TSP will settle the claim by repairing or paying to repair damaged items. The TSP will

pay FRV cost on items that need replacing or have been lost or destroyed. When the claim is filed directly with the TSP, the TSP will be responsible for obtaining all repair and replacement costs.

If the TSP denies the customer's full claim, makes an offer on the claim that is not acceptable, or does not respond within 30 days, the customer may transfer the claim to the Military Claims Office. If a customer files a claim with the TSP after nine months, but before the two year time limit

for filing the claim, the TSP is only liable for depreciated value of lost or damaged items.

If the TSP does not respond to the claim within 30 days, or makes an offer that the customer does not accept, the customer may transfer the claim to the MCO within nine months of delivery. If the customer transfers the claim, the MCO will only be responsible for depreciated replacement cost on the claims. The MCO will then attempt to recover FRV from the TSP. If the MCO recovers FRV, the MCO

will then pay the member the difference between the depreciated cost already paid and the FRV cost.

The Military Surface Deployment and Distribution Command has published a detailed set of guidelines that governs FRV coverage on its website. DoD Customers can find the Web site at <http://www.sddc.army.mil/> by clicking on Full Replacement Value Protection. Also, more FRV information can be found on the various Military Claims Offices Web pages.

It's the law - Relief act directs lower loan interest rates

Story by
BRIAN EVANS
Turret News, Fort Knox

An important protection guaranteed to service members under the Service Members Civil Relief Act permits certain loan rates to be reduced to 6 percent. This protection continues as long as the service member is serving on active duty.

There are certain qualifications in order to receive this benefit.

First, the obligation has to be one entered into before beginning active duty. Obligations incurred after coming on active duty cannot be reduced to 6 percent under the SCRA. Also, obligations entered into before coming on active duty and re-negotiated after coming on active duty cannot be reduced to 6 percent under the SCRA.

Charges on a revolving credit account are at whatever rate the account is set up for.

Second, the obligation cannot be a government Guaranteed Student Loan. Even pre-active duty government Guaranteed Student Loans cannot be reduced to 6 percent under the SCRA. However, a service member may still be entitled to other protections under the terms of your student loan agreement or federal law. For exam-

ple, financial institutions must cancel up to 50 percent of a National Direct Student Loan or a Perkins Loan for service in an area of hostilities that qualifies for special pay under 37 U.S.C. Section 310. Check with the agency or financial institution managing the student loan to learn if other protections are available.

Third, the obligation must be one entered into by the service member exclusively or jointly with a spouse. A dependent who enters into an obligation in his or her own name is not entitled to the SCRA's 6 percent protection.

In order to obtain the 6 percent interest cap, the service member must request it in writing and provide a copy of orders calling the service member to active duty or extending the service member on active duty. The request can be made up to 180 days after the service member's termination or release from military service.

The Aberdeen Proving Ground Office of the Staff Judge Advocate has a form letter available for those who wish to request the protection.

Once the creditor receives the written request, it is required to reduce the interest rate to 6 percent effective as of the date on which the service member was called

to active duty. The only way a creditor can avoid reducing the interest rate is to obtain a court order stating that the service member's ability to pay interest above 6 percent is not materially affected by the service member's military service. Since this involves a potentially expensive and time-consuming lawsuit, most creditors do not take this step.

In the past, some creditors attempted to "hide" the interest or otherwise avoid the loss by keeping the monthly payments the same or by attempting to back-charge interest after the service member left active duty. Congress revised the rules on the 6 percent interest cap to stop these practices.

Under the current version of the SCRA, creditors are required to forgive any interest above 6 percent, and the amount of the monthly payment must be reduced to reflect the actual interest rate being charged while the service member is serving on active duty. Additionally, Congress has broadly defined the term "interest" to include service charges, renewal charges, fees, or any other charges with respect to an obligation or liability.

For more information, call 410-278-1583.

Applying for law school at government expense

OSJA

The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education program. Under this program, up to 15 Army officers may be selected to attend law school at government expense while on active duty. Because of possible funding limitations participation will be contingent on availability of funds.

Selected participants in the FLEP will attend law school at either their state's-supported

school or a school that grants military members in-state tuition beginning the fall of 2008 and remain on active duty while attending law school.

Interested officers should review Chapter 14, AR 27-1 (The Judge Advocate General's Funded Legal Education Program) to determine their eligibility.

This program is open only to active duty commissioned officers in the rank of second lieutenant through captain and must have at least two but not more than six years of active

duty at the time legal training commences.

Further eligibility requirements are governed by statute (10 U.S.C. 2004) and are non-waiverable.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test.

Applicants must send their request through command channels, to include the officer's branch manager at Army Human Resources Command, with a copy furnished to the

Office of the Judge Advocate General, ATTN: DAJA-PT (Yvonne Caron-10th Floor), 1777 North Kent Street, Rosslyn, VA 22209-2194, to be received before Nov. 1. Submission of the application, well in advance of the deadline, is advised.

Interested officers should contact Maj. Richard Hatfield, deputy staff judge advocate, or Nora L. Farrell, paralegal specialist at 410-278-1112/1107, respectively.

Spouse pens book on Army wives

Story by
ANNA STAATZ
Army News Service

Hoping to share the everyday moments of ordinary [life], Janelle Mock penned the book, "Portraits of the Toughest Job in the Army: Voices and Faces of Modern Army Wives."

Mock, who is married to Sgt. Steven Mock of the 1st Infantry Division's 1st Battalion, 16th Infantry Regiment, 1st Brigade, currently lives in Sammamish, Wash., a Seattle suburb where she grew up. The book details the stories of Army wives - their fears, hopes, anger, frustration and job - [who she] has met while her husband has been in the Army.

"What they felt was so ordinary I saw as moving and poignant moments that deserved to be shared," Mock said. "One such moment was while I was on a walk, watching a neighbor carefully kiss and hold the letter to her husband one last time before sliding the decorated envelope through the mail slot. These are real life moments of this time of war unseen beyond the post gates."

The book tells the stories of 20 wives who come from various backgrounds and were married, engaged or seriously dating Soldiers of all ranks, jobs and aspirations. Mock's own story concludes the book.

Mock said by writing the

book, she hoped to help military wives find comfort in knowing they are not alone.

"I want them to read it and know that the feelings, their experiences, are okay," she said. "It is okay to be depressed and frustrated at times. It is okay to support your husband and what he does."

She said she also hoped to bridge the gap between military and civilian readers.

"It is a way of intercultural communication, a way to express and clear up misconceptions about the military life," Mock said. "It's also a way to let people know during this time of war what it's like to be a military wife."

Mock and her husband have been married three years and have a daughter, Ellie.

Writing has always been a creative outlet for her, though she said this book carried particular meaning.

"On a very personal level this book has affected the Army wife that I am today," she said. "I carry a piece of them and their stories through every moment while I am away from my husband and raising our child in the absence of her father. They taught me so much of what it means to be an Army wife with grace."

For more information, visit www.janellemock.com. A portion of the book's proceeds are donated to the Fisher House Organization.

(Editor's note: Anna Staatz writes for the Fort Riley "Post.")



Your health is KUSAHC's goal



RC health care benefits improve with TRICARE Reserve Select changes

TRICARE Management Activity

A streamlined TRICARE Reserve Select health care program launches Oct. 1, 2007. The revamped version is affordable and simpler, with one premium level instead of the current three-tier system.

TRS, a premium-based health plan that qualifying National Guard and Reserve members may purchase, was first authorized by Congress in 2005. The plan has improved every year, but changes for 2007 are the most significant yet.

"There have been many improvements in Reserve Component pay and benefits in the past few years," said Assistant Secretary of Defense for Reserve Affairs Thomas F. Hall. "TRS is a robust health care plan. It represents a substantial benefit avail-

able to our Reserve and National Guard Service members and their Families."

"We're extremely excited about the enhancements to TRICARE Reserve Select," said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. "The 2007 National Defense Authorization Act eliminates the complicated three-tier system as of Oct. 1. All qualified members of the Selected Reserve who purchase health care coverage under the new TRS will pay the same low monthly premium."

Monthly premiums are \$81 for the service member and \$253 for member and Family coverage. TRS offers coverage comparable to TRICARE Standard and Extra.

Members of the Selected Reserve

can find out more about TRS and locate their TRICARE regional contractor contact information by entering their profile at the "My Benefits" portal at www.tricare.mil.

The revamped TRS also includes expanded survivor coverage, continuously open enrollment and much more. Gone are service agreements and differing qualifications for each of the three tiers.

There are now only two qualifications for TRS under the restructured program. First, the member must be a Selected Reserve member of the Ready Reserve. Second, the member must not be eligible for the Federal Employee Health Benefits program or currently covered under FEHB (either under their own eligibility or through a Family

member with FEHB).

National Guard and Reserve members can contact their Reserve Component points of contact if they have additional questions about their eligibility for TRS.

It is also critical to note that all current participants in the three-tier TRS program must renew their coverage if they want it to continue past Sept. 30, 2007. In essence, the old TRS ceases to exist and the new TRS starts Oct. 1, 2007. A letter from Hall was sent to the approximately 11,500 members currently covered by TRS. The letter explained the program changes and how to continue TRS coverage under the restructured program.

All qualified members of the Selected Reserve who wish to purchase TRS under the restructured

program must fill out the new form and forward it to the appropriate TRICARE regional contractor. If the member is new to TRS, or currently mails the monthly premium payment, then one month's premium must be sent with the form.

Two forms, for the old TRS program in effect through Sept. 30 and the new TRS program beginning Oct. 1, are available to eligible members of the Selected Reserve from the National Guard and Reserve Web portal located at <https://www.dmdc.osd.mil/appj/trs/index.jsp>. Since the current Tier program is in effect until Oct. 1, eligible members who wish to purchase TRS coverage now, and then continue under the new program, will need to send in both forms.



Commentary: Back to school with a lunch box full of food safety

By
KAY BLAKLEY
DeCA

With the budding Einsteins at your house settling into their daily school routine, take a few minutes to refresh yourself on the rules of keeping food safe, especially as they apply to bag lunches.

Start by keeping it clean: This applies to the countertop where the lunch items are prepared, as well as to the hands that do the preparation. Wash both well with hot soapy water, and dry completely before preparation begins. Use clean cutting boards, dishes and utensils, and keep Family pets away from kitchen counters. We love them dearly, but pets can carry some nasty germs on their feet and fur that you don't want included in your bag lunch menu.

Encourage children to wash their hands before eating their bagged lunch at school, but be aware those words may fall on deaf ears. Make it easy for them by slipping an individually wrapped hand-sanitizing wipe into the top of the bag.

Don't cross-contaminate: At lunchtime, discard any leftover food, and all used food packaging including plastic sandwich bags, aluminum foil and paper bags. While it might seem frugal to reuse them, it's actually one of those "penny-wise and pound-foolish" ideas. Even tiny specks of leftover food from the first use can con-

taminate and cause food borne illness the second time around. Use washable or dishwasher-safe, hard plastic containers instead, but discard these, too, when they show signs of wear such as scratches or cracks.

Keep hot foods hot and cold foods cold. Temperatures between 40 and 140 degrees Fahrenheit are referred to as the "Danger Zone" for perishable foods. Harmful bacteria can multiply rapidly within this temperature range, so take precautionary steps to avoid it. Prepare cooked foods far enough in advance to allow for thorough chilling in the refrigerator before packing in the lunchbox. Meat and cheese sandwiches can be frozen overnight to keep them cold until lunchtime, but not those containing mayonnaise, lettuce or tomato. Pack these items separately and add them to the sandwich at mealtime.

Insulated, soft-sided lunch boxes or bags do the best job of keeping foods cold, but metal or plastic lunch boxes and paper bags can also be used. Paper bags will insulate better if you create layers by double bagging.

Whatever your choice, use an ice source like a frozen gel pack, frozen juice box, even a frozen bottle of water (leave at least an inch of expansion room in the bottle before freezing). Pack your bag or box with the ice source on top – remember, warm air rises and cold air falls.

Use an insulated thermos to keep lunch box items like soup, chili and stew hot. Fill the thermos with boiling water, let it stand a few minutes, then empty and fill with piping hot food. Keep the container tightly closed until mealtime.

Other handy tips and tricks: Rely often on sturdy, healthy foods that require no refrigeration. These include whole fruits and vegetables like, apples, oranges, red and green grapes, cherry or grape tomatoes, baby carrots and sugar snap peas. Canned meats and fish, as well as small cans of baked beans or spaghetti, are all appropriate lunch box fare, and all keep well at room temperature; so do hard cheeses, breads (try to make it whole grain now and then), crackers, peanut butter, jelly, mustard and pickles.

Try to pack just the right amount of perishable food that will be eaten at lunch. That way you avoid any problems with throwing out what seem to be perfectly good leftovers. Children eat different amounts of food according to their growth patterns – for smaller appetites make smaller portions and vice versa.

Remember, the food safety factor for bag lunches begins at home – and remember, the place to find healthy food at healthy savings is your very own commissary.

I wish you a school year's worth of safe and healthy lunch box lunches, and I'll see you at the commissary.

Safety

From front page

most importantly ask themselves, "Does that driver see me," he said.

In addition, the study states that many people have problems seeing pedestrians during the winter months when there are more hours of darkness; when it's raining due to glare from vehicle headlights and water on windshields; and when pedestrians are dressed in BDUs or dark clothing.

"Never assume a car is going to stop," Allen said. "Wait for physical acknowledgement from the driver that he or she sees you and even then be cautious. Ice on the road could hamper a driver's ability to stop or even slow down."

Additionally, pedestrians crossing in unmarked areas have no claim to right of way at all, he said.

"They have to look both ways and wait until it's safe to cross, which is the same thing they should be doing at marked crosswalks."

Allen said that driver impatience is another factor contributing to crosswalk dangers.

"I've had drivers breeze right by me while I was in the middle of the crosswalk right in front of my building," he said. "Drivers have to realize that the state of Maryland requires drivers to stop for pedestrians in crosswalks and that that is enforced on the installation."

As the study concludes, "Simple physics [dictates that] pedestrians will always lose because of [vehicle] mass and velocity. As always, [individuals] are responsible for their own safety and well-being."

Pedestrian safety, rights and responsibilities Federal Highway Administration

The Uniform Vehicle Code and Model Traffic Ordinances is the model traffic ordinance

for most states, although each state may have its own traffic ordinances. The traffic model ordinance states that pedestrians have certain rights and duties.

Regarding un-signalized crosswalks, both drivers and pedestrians have responsibilities. The driver must yield to pedestrians; however, pedestrians should use caution when entering crosswalks. At unmarked, non-intersection locations, the pedestrian should yield to motorists.

Excerpt from Article V – Pedestrians' rights and duties

11-502 – Pedestrians' right of way in crosswalks

- When traffic-control signals are not in place or not in operation, the driver of a vehicle shall yield the right of way, slowing down or stopping if need be to a pedestrian crossing the roadway within a crosswalk when the pedestrian is upon the half of the roadway upon which the vehicle is traveling or when the pedestrian is approaching so closely from the opposite half of the roadway as to be in danger.

- No pedestrian shall suddenly leave a curb or other place of safety and walk or run into the path of a vehicle which is so close as to constitute an immediate hazard.

11-503- Crossing at other than crosswalks

- Every pedestrian crossing a roadway at any point other than within a marked crosswalk or within an unmarked crosswalk at an intersection shall yield the right of way to all vehicles upon the roadway.

- Any pedestrians crossing a roadway at a point where a pedestrian tunnel or overhead pedestrian crossing has been provided shall yield the right of way to all vehicles upon the roadway.

- Between adjacent intersections at which traffic-control signals are in operation, pedestrians shall not cross at any place except in a marked crosswalk.

- No pedestrian shall cross a

roadway intersection diagonally unless authorized by official traffic-control devices; and when authorized to cross diagonally, pedestrians shall cross only in accordance with the official traffic-control devices pertaining to such crossing movements.

11-504 Drivers to exercise due care

- Notwithstanding other provisions of this chapter or the

provisions of any local ordinance, every driver of a vehicle shall exercise due care to avoid colliding with any pedestrian or any person propelling a human powered vehicle and shall give an audible signal when necessary, and shall exercise proper precaution upon observing any child or any obviously confused, incapacitated or intoxicated person.

Community Notes

THURSDAY

SEPTEMBER 13 SUNSET CRUISE

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

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

FRIDAY

SEPTEMBER 14 BASKET BINGO

Help take a bite out of crime. Crime Solvers Fourth annual Basket Bingo will be held 7 p.m. at the Bel Air Armory located on 37 North Main Street. Doors open 6 p.m. Tickets cost \$12 in advance or \$15 at the door.

For more information or to purchase tickets, call Helga Barnes, 410-557-7096, Wendell Baxter, 410-638-4520 or Kerry Fritz, 410-838-4101.

WINE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer

a Wine Cruise, 6:30 to 8 p.m., on the Skipjack Martha Lewis. Tickets cost \$35 per person (21 years of age or older). The ship will cruise around the Susquehanna. Wine, soda, beer, cheese and fruit tray will be served. Reservations can be made with credit card.

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

SATURDAY

SEPTEMBER 15 HIGHTEA GARDEN TOUR

This event will be held 10:15 to 11:45 a.m. Children should bring a special older person and a favorite cup that has a story associated with it. For ages five through adult; cost is \$2 per person.

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

BASKET BINGO

Basket Bingo to benefit the Cecil County Ladies Auxiliary to the Fireman's Association will be held at the VFW Post 8185, Route 222, Port Deposit. Bingo starts at 7 p.m., doors open 6 p.m. Tickets cost \$10 for all paper cards. Cost includes food, beverage, baked goods, door prizes and raffles. No smoking is allowed.

For more information or to purchase tickets, call Anne Gibson, 410-378-3338 or Linda Slicer, 410-287-9672.

SATURDAY AND SUNDAY

SEPTEMBER 15 AND 16 2007 MARYLAND LIGHTHOUSE CHALLENGE

The Chesapeake Chapter of the U.S. Lighthouse Society and the Maryland Lighthouse Organizations will host the

2007 Maryland Lighthouse Challenge – 5th Anniversary Celebration, 8 a.m. to 6 p.m. The public is invited to participate in this event showcasing the state's land-accessible lighthouses to include the Chesapeake Lightship (moored at Baltimore's Inner Harbor), Concord Point, Cove Point, Drum Point, Fort Washington, Hooper Strait, Piney Point, Point Lookout, Seven-Foot Knoll and Turkey Point. Tickets cost \$55 per person and the boat will sail out of Annapolis City Marina.

For more information, call Karen and Dave Rosage, 410-437-0741, e-mail dkrosage@comcast.net or visit Web site www.cheslights.org.

Throughout the September weekend, the annual challenges are held to promote awareness and visitation to these historic structures. The 'Challenges' are the only time of year these lighthouses are open simultaneously for public access, and climbing wherever possible. To lighthouse enthusiasts this is a highly anticipated event.

This award-winning driving tour will take participants along the Chesapeake Bay to some of the most scenic spots in the state. At the first lighthouse visited, participants will receive the Maryland Lighthouse Challenge promotional brochure, which includes driving instructions from one lighthouse to the next. At each lighthouse stop along the route, they will receive a complimentary souvenir depicting that lighthouse. Participants are welcome to visit as many or as few of the lighthouses as they choose, and in any order. Those participants who "meet the challenge" and visit every participating lighthouse within the allotted twenty hours (8 a.m. to 6 p.m. both days) will receive a special commemorative souvenir to mark their accomplishment. Similar events are held annually in New Jersey and Long Island. Additional souvenirs are available for participants who complete two or three of the 2007 Lighthouse Challenges. Lighthouse lovers, start your engines.

(Editor's note: APG News would like to do an article on someone who works on APG who participates in this event.

APG offers basic, experienced, refresher rider's courses

The Basic Rider Course and Experienced Rider Course is free and mandatory for any Soldier, civilian, retiree, Family members or contractor who wants to operate a motorcycle on post. Basic and Experienced Rider Courses are scheduled through the next several months at building 5442, Range at Susquehanna and Havre de Grace Street, across from building 3073.

BRC, 8 a.m. to 4 p.m., is designed for the novice rider who holds a learner's permit and has his/her own motorcycle. Dates are: Sept. 5 and 6; Oct. 2 and 3; Nov. 12 and 20.

ERC, 7 a.m. to 1 p.m., is designed for the licensed motorcyclist who wants to sharpen his/her riding skills and has thier own motorcycle. The motorcyclist should have at least been riding one season. Dates are: Aug. 2 and 3; Sept. 7; Oct. 2, 3, 4 and 5; Nov. 1, 2 and 23

A new training class geared for the motorcyclist, "Refresher Motorcycle Safety Training," will be presented 9 a.m., Sept. 18 at building 4403 (in the Hazardous Waste classroom). A minimum of 10 people is required to hold this class.

The course will teach Proper Motorcycle Personal Protective Equipment and Surviving Safely on a Motorcycle and includes discussion on DOD policy on PPE, motorcycle accidents, surviving the mean streets, discussion and conclusion.

A 25-minute video, "Surviving the Mean Streets" will also be shown. The video includes a discussion on problems group riding presents and how to avoid those problems.

Tips will also be given on riding in the rain, gravel, and long distance touring.

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

Please contact editor@apg.army.mil and reference this calendar event.)

FAMILY FUN WEEKEND

In celebration of Harford Community College's 50th Anniversary, HCC will hold a Family Fun Weekend, 10 a.m. to 8 p.m., Sept. 15 and 11 a.m. to 5 p.m., Sept. 16, on campus. This event is family-friendly and features two fun-filled days for kids of all ages. Admission is free and includes carnival games, rides, laser tag, a rock climbing wall, kite making and flying, children's activities, crafts, music, storytellers, food, performances and more.

For more information, call 410-836-4111 or e-mail 50years@harford.edu.

SUNDAY

SEPTEMBER 16 FESTIVAL FORTHE ARTS

The Bel Air Recreation Committee will sponsor the 42nd Festival for the Arts, 10 a.m. to 5 p.m., at Shamrock Park, located on Hickory Avenue behind the Bel Air Town Hall.

There will be 350 booths of fine art, photography and juried crafts, live entertainment, roving entertainment, food and more. Free shuttle bus service will be available from the MVA parking lot on Route 24, 9:30 a.m. to 5 p.m. Admission to the festival is free. This is a rain or shine event.

For more information, call 443-616-6708.

MONDAY

SEPTEMBER 17 STORYTIME CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Storytime Cruise, 6 p.m., on the Skipjack Martha Lewis. Tickets cost \$10 per person. Passengers can board the ship at Tydings Park, Havre de Grace for a 90 minute cruise around the Susquehanna Flats area while enjoying snacks and stories for youngsters. Reservations are required.

For more information or to purchase tickets, call 410-939-4078. Credit cards will be accepted.

WEDNESDAY

SEPTEMBER 19 BOORDY VINEYARD WINE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Boordy Wine Cruise, 6:30 to 8:30 p.m., on the Skipjack Martha Lewis. Tickets cost \$30 per person (21 years of age or older). The ship will cruise around the Susquehanna. Wine from Boordy Vineyards, soda, beer, cheese and fruit tray will be served. Reservations can be made with credit card.

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

'THE WAR' AT HCC

Maryland Public Television will present an hour-long preview of the documentary film "The War" by Ken Burns, 7:30 p.m., Sept. 19, at the Amoss Center for Performing Arts, Harford Community College, 401 Thomas Run Road, Bel Air.

"The War" is a 14-hour documentary set to be broadcast nationwide on PBS for seven nights starting Sept. 23. The film recounts the experiences of several individuals during World War II as they served in the Pacific and European theaters. Maryland veterans are featured in the film.

The event is free and open to the public.

To RSVP or for more information, call MPT at 410-581-4242 or e-mail thewar@mpt.org.

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

POST SHORTS

through VA. Representatives from the VA Cemetery and VA Regional Benefits Office also will be available to discuss VA benefits available to veterans and their Family members.

Attendees will learn about VA health care services, the process for referring veterans to VAMHCS and eligibility criteria for VA health care. This free event is open to all community health providers, veterans or interested persons who want to learn more about VA health care benefits. To register, call 410-642-2411, ext. 6096.

BJ's membership sale

BJ's Wholesale Club offers a 15-month membership, to include two cards for \$35 for all civilian and military personnel, retirees and contract employees.

Sign up for membership Sept. 14, at the Aberdeen Recreation Center, building 3326.

This offer is good for new customers and for membership renewals.

Renewal membership holders should bring their current card with them.

Sign Language Class scheduled

American Sign Language Class will be held 11:30 a.m. to 12:30 p.m., Sept. 25 through Dec. 18, on Tuesdays, building E-2100 Conference Room.

Goals include learning the alphabet, numbers, finger spelling, everyday terminology, nouns, greetings, become aware of what is accepted in deaf culture as opposed to hearing culture and more. The class is offered for beginners and more advanced students. Students may submit DD Form 1556 if credit is desired.

Purchase of a sign language book is optional - "Talking with Your Hands, Listening with Your Eyes-A Complete Photographic Guide to American Sign Language," author, Gabriel Grayson.

Ten sessions must be completed in order to receive credit.

For more information, call Beth Ann Cameron, 410-436-7175.

'Retired Federal Employees' meets Sept. 18

Susquehanna Chapter 1522 of National Active and Retired Federal Employees Association for Harford and Cecil Counties will meet 11:30 a.m. in Havre de Grace United Methodist Church social hall, 101 Union Avenue, Havre de Grace. A light lunch with potluck will be served.

Guest speaker Chad Tate will discuss "How Mortgage Brokers Work," which includes sub-prime loans, what they are and what is the danger; what is the source of the money; and who "holds the bag" if the borrower can't pay.

The business meeting will follow at 1:15 p.m.

For more information, call 410-939-3973.

RAB meeting Sept. 27

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Sept. 27, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Westwood Study Area.

Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line, 410-272-8842 or 800-APG-9998.

Disability Employment Training Conference scheduled

The Federal Executive Board is sponsoring the annual Disability Employment Training Conference 8:30 a.m. to 3:30 p.m., Nov. 8. The conference is being hosted by and at the Centers for Medicare and Medicaid Services Complex, 7500 Security Boulevard,

Baltimore (Woodlawn).

This one-day conference is for federal, state and local managers, supervisors, professionals, special emphasis program managers and employees, who work in the disability arena. The conference fee of \$50 includes a continental breakfast, lunch, breaks and a conference pad-folio and materials.

For additional details and registration information, visit the FEB Web site <http://www.baltimorefeb.us> or send an e-mail to Baltimore.feb@verizon.net.

Thrift Shop to disburse funds

The APG Thrift Shop will accept requests for donations from service organizations and military units through Oct. 31.

The request should include the name of the organization, point of contact, address, telephone number, amount requested and specific details on what the funds will be used for.

In the past, donations have been granted to area Boy Scouts, Army Community Service, the APG Fire Department and veterans' organizations.

Mail or drop off requests to APG Thrift Shop, building 2458, APG, MD 21005-5001. For more information, call the store during operating hours, which are 11 a.m. to 6 p.m., Wednesday; 10 a.m. to 2 p.m., Thursday; 10 a.m. to 1 p.m., the first Saturday of the month, 410-272-8572. Consignments are only taken 11 a.m. to 2 p.m. and 4:30 to

5:30 p.m., Wednesday and 10 a.m. to 1 p.m., Thursday.

Everyone is reminded not to use the area in front or to the back of the shop as a dumping site. The Thrift Shop only wants items that are in good as new condition.

CBRNIAC offers technical inquiry service

The Chemical, Biological, Radiological and Nuclear Defense Information Analysis Center, or CBRNIAC, provides a technical inquiry service. The service offers up to four hours of technical analysis service at no cost to authorized users from Department of Defense agencies, other federal government agencies, DoD and federal contractors, state and local governments and emergency response organizations. The service covers the full range of CBRN defense and related homeland security topics.

To take advantage of CBRNIAC's Inquiry Service, complete the "Submit an Inquiry" form on its Web site, <http://www.cbrniac.apgea.army.mil/info/inquiry.php>, or call James M. King, 410-676-9030.

NFFE Local 178 holds monthly meetings

The National Federation of Employees NFFE-IAM, Federal District 1, IAMAW, AFL-CIO, NFFE Local 178 invites all bargaining unit members to attend monthly meetings 11:30 a.m. to 12:30

p.m., building E-4415 (RDE-COM, ECBC, ECBC matrixed employees, MRICD, 22d Chemical Battalion and Acquisition Center government employees). Meetings will be held Sept. 20 and Oct. 18.

Topics include union health benefits, union member rights/benefits, legislative update and NSPS (National Security Personnel System) update.

For more information, call 410-436-3942 or e-mail local178@apg.army.mil.

Harford County job fair

The Army Community Service Employment Readiness Program and the Susquehanna Workforce Network will join Harford County in presenting a job fair 2 to 6 p.m., Oct. 4, at the Richlin

Ballroom, Ramada Inn and Conference Center on Van Bibber Road in Edgewood. Industry leaders in health-care, food service, finance, education, emergency services, manufacturing, and other fields, as well as the APG Civilian Personnel Office and several government contractors will be on hand.

Dress for success, bring plenty of resumes and be prepared to fill out applications.

For more information, call Marilyn Howard, ERP manager at 410-278-9669, or visit the Susquehanna Workforce Web site, <http://www.swnet-work.org>.

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



MORALE, WELFARE & RECREATION

Activities/Events

Sesame Street Live

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

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

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

Do-it-yourself New York City tours

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

Trips will take place Sept. 15, Oct. 20 or Nov. 17. Cost is \$40 per person. The bus will depart 8:25 a.m. and will return 10:30 p.m. Open to all

DoD card holders.

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

Orioles Baseball tickets available at MWR Leisure Travel Services

All game seats are located in Section 40 Row WW seats 11 and 12, Row XX seats 11 and 12. Tickets cost \$49 each.

Call 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

• New York Yankees, Friday, Sept. 28, 7:05 p.m.

Dover 400 Nextel Cup Race

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

Tickets cost \$86 each for reserved grandstand seats (section 199 turn 2, rows 18-24); value seats (section 199 turn 2, rows 5 through 10) cost \$57 each; and the Busch Series general admission for the Sept. 22 race costs \$39 each (children 11 and under get in free with each paying adult).

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

Choose Phantom of the Opera or Les Miserables

MWR Leisure Travel Services has tickets for Phantom of the Opera or Les Miserables on Broadway, 2 p.m., Oct. 13. Tickets cost \$130 each for Les Miserables or \$115 each for Phantom of the Opera. Cost includes bus transportation and admission into each play. There will be time for shopping before and after each show.

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

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

Scrapbooking Crop

The Civilian Welfare Fund will sponsor a Scrapbooking

Crop, 9 a.m. to 5 p.m., Oct. 20, at Top of the Bay.

For any seasoned scrapbooker or those who would like to try scrapbooking, come and "Crop Till You Drop."

Cost is \$22 per person and includes lunch, door prizes and everyone will receive a goodie bag. Vendors will have items for all scrapbooking needs and a massage therapist will be available for an optional massage. A stress-free day for all with plenty of pampering.

For more information or to make a reservation, call Angela Keithley, 410-278-4603.

Hairspray at the Hippodrome

Tickets are available for Hairspray, 2 p.m., Oct. 20. Tickets cost \$28.30 to \$64.30 each and are available through Sept. 23. Cost includes show ticket only, no transportation is provided. All DoD ID card holders can purchase tickets. To order tickets visit www.eventusher.com; enter the special password, 105MWRAPGMD and follow the instructions on the ordering page.

For more information, visit the MWR Leisure Travel Office located in the Aberdeen Recreation Center, building 3326, call 410-278-4011/4907 or e-mail MWR-

LeisureTravel@apg.army.mil.

Disney High School Musical on ice

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

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

Tickets available for Toby's Dinner Theatre

Toby's Dinner Theatre has two locations: Best Western Hotel and Conference Center located on 5625 O'Donnell Street, Baltimore and 4900 Symphony Woods Road, Columbia, Md. (South Entrance Road between Route 29 and Little Patuxent Parkway). Shows are open to all DoD ID card holders.

Baltimore shows

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

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

son for adults and \$45.25 for children.

Columbia shows

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

Lyric Opera House

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

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

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

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

Concert

From front page

we've done what we've wanted to do."

What makes Nichols extraordinary is that along with his classic tonality and flow, he wields a terrific balance of power and restraint.

According to Nichols, his fourth album, 'Real Things,' is the album he would have made from the beginning, if he'd had the skills time has helped him accumulate.

"Anything I do musically," he said, "is a reflection of what I am doing personally. When I released my debut, I was trying to get my foot in the door wearing a big old huge steel-toed boot. With 'Revelation,' my second album, I had gotten stuck in a little bit of a party mode."

After dealing with depression, drugs and the death of his father, Nichols said he recaptured himself with his third album, 'III.'

"From playing and singing live, I've learned that when I look at people's faces when I'm singing, what touches them most -- what gets them to lean forward rather than lean back -- is when you show personality," Nichols said.

He said that on 'Real Things' his persona comes through on songs like 'Who Are You When I'm Not Looking,' a country soul tune in which a man ponders the far recesses of feminine identity,

and the stormy yet elegant ballad 'My Whiskey Years,' in which he addresses the curse of addiction as though singing to an evil lover.

One of his favorites on the CD is the Merle Haggard song 'If I Could Only Fly,' done as a duet with Lee Ann Womack.

"When I sing 'I wish you could come with me/When I go again,' lines like that offer the opportunity to let people get to know you," he said.

"With 'Real Things,' I think I've recaptured some of the little boy who moved to Nashville, who had no opinion about how he would present himself to people. It was a boyish kind of naiveté. This album's not naïve, but it's getting back to the purity I had before I had ever made a record."

'Real Things' should stand very little chance of being taken the wrong way. A honky-tonkish song up front and witty as 'Let's Get Drunk and Fight' offers the same sort of serious clarity as does a song such as 'If I Could Only Fly,' which works in an area beyond wit.

"Showing the restraint singing 'My Whiskey Years,' for example, without bawling, that's part of my growth," Nichols said. "I'm just describing a story, and I know all the good parts. The whole album is like that. It's not like I'm oversensitive or stone-faced. It's just that I'm telling a story, speaking from experiences that I know very, very well."

(Editor's note: www.joennichols.com was used for reference.)

Sports

Senior Club Championship this weekend

Ruggles Golf Course will hold a Senior Club Championship for ages 55 and older, Sept. 15 and 16, with an 8 a.m. start. There will be men and ladies divisions. The championship is open to all annual patrons. The entry fee costs \$40 and includes range balls, cart, prizes and continental breakfast on first day, hot dog with soda on the turn both days, and appetizers with beverages after second day play. The tournament will be flighted according to handicap. Participants must have a USGA handicap to enter.

For more information or to register, call 410-278-4794, or visit the Pro Shop at Ruggles.

Senior Golf special

Ruggles Golf Course is offering a Senior Golf Special to golfers age 55 or older: play Monday through Thursday until 2:30 p.m. for \$33. This special may not be used with any other discounts. Tee time registration is recommended.

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

Fall, winter leagues forming

Bowlers don't have to be good to have fun. All leagues are based on a handicap system. Teams establish a handicap after they bowl the first three games. Handicaps are 90 percent of 200.

Monday Nite Mixed League is limited to the first eight teams, three members per team, any combination. Bowling starts 6 p.m., Sept. 24, for \$10 per person per week for 12 weeks. Cash prizes are awarded at the end of league.

The Monday Nite Football Widows starts 6 p.m., Sept. 24, three members per team, for \$10 per person per week for 10 weeks. Cash prizes awarded at the end of league.

Tuesday Intramural meets 5 p.m., Jan. 8 and starts Jan. 15. Cost is \$6 per person per week for 10 weeks. Trophies awarded at the end of league.

Wednesday Mixed will start at a time to be determined. Teams include two men and two women.

Thursday National Guard includes three men and one woman, two men and two women, or three

women and one man. The league begins bowling 7 p.m., Sept. 13.

Friday Fun Bunch includes three men and one woman, three women and one man, or two men and two women. The cost and start time will be determined.

Sunday Trio is limited to the first 10 teams, any combination, two men and one woman, two woman and one man, three men, or three women. Bowling starts 1 p.m., Sept. 23, for \$10 per person per week for 10 weeks.

Lunch is served daily. Weekly lunch specials are advertised in the APG News every week.

For more information, call the APG Bowling Center, 410-278-4041.

Ruggles holds Customer Appreciation Tournament

Ruggles Golf Course will hold a Customer Appreciation Tournament, 8 a.m., Sept. 29. The tournament will be an 18-hole, two-person scramble. Minimum team handicap is 12. A continental breakfast will be served prior to the start and refreshments and awards upon completion of event.

Cost is \$20 for annual patrons; \$33 for authorized patrons; and \$40 for guests.

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

Units are set to duke it out in October

Another Amateur Boxing Night is set for 6 p.m., Nov. 17, in the parking lot of Hoyle Gymnasium, building E-4210. The 16th Ordnance Battalion will defend their title against the 143rd Ordnance Battalion.

Tickets cost \$5 for active duty military, \$10 for civilians and \$20 for ringside seats. Admission is free for children 6 and younger. The event is open to the public. Doors open at 4 p.m.

The event will be held inside the gym in case of inclement weather.

Purchase tickets at MWR Leisure Travel Services building 3326, 410-278-4011/4907 or Hoyle Gymnasium, 410-436-3375/7134.

Upcoming Civilian Welfare Fund events/trips

Sept. 15 — Spend the day in New York City at your leisure. Cost of \$35 per person includes bus transportation.

Oct. 5 — Trip to Sight and Sound to see "In the Beginning" dinner at Hershey Farms

Oct. 20 — Scrapbooking Crop at Top of the Bay

Nov. 9 thru 12 — Trip to the Grand Canyon by railway

Nov. 23 thru 25 — A weekend in New York City to see Radio City Music Hall Christmas Spectacular with hotel accommodations

Nov. 24 — Trip to New York City for the Radio City Music Hall Christmas Spectacular

Dec. 1 — Ice skating, 5:45 p.m. to 7:45 p.m., at Ice World is free to APG military, civilians, contractors, retirees and their Families. A limited number of tickets are available, so reservations should be made in advance. Skate rentals are not included.

For more information or to make reservations, call Angela Keithley, Civilian Welfare Fund Office, 410-278-4603/4771.

APG Bowling Center Snack Bar specials

Building 2342

Week of Sept. 10

Special #1: Chicken filet salad served on lettuce, tomato, onions, cucumbers, green peppers, cheese, pickles on the side, potato chips, one cookie and soda for \$5.45.

Special #2: Tuna salad served on lettuce, tomato, onions, cucumbers, green peppers, cheddar cheese, one cookie and soda for \$4.35.

Week of Sept. 17

Special #1: American hero sub with mayonnaise, lettuce, tomato, pickles, onions, ham, bologna, cheese, potato chips, one cookie and soda for \$5.45.

Special #2: Buy one meal with a soda at regular price, get second meal 40 percent off (meal with soda only, no substitution).

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



Army Entertainment and Aberdeen Proving Ground MWR present

ARMY CONCERT TOUR

MONTGOMERY GENTRY

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Joe Nichols and Shauna Bolton

Saturday, September 29 ON SALE NOW

Aberdeen Proving Ground, MD TICKET OUTLETS:

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

\$25 Advance **\$30 Day of Show**

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For more info 410-278-4907/4621/4011 TTY 410-278-4110

No refunds, concert is rain or shine, lawn seating

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Army News

Army takes issue with payday loans

Story by
TAMIKA MATTHEWS
Army News Service

Everyone's heard the familiar radio spots cajoling people to take out a payday loan, which is paid back when the paycheck arrives. It sounds easy enough.

In reality, these loans are dangerous and damaging, requiring sky-high interest rates and often sending people into a downward financial spiral.

The Defense Department considers payday lending one of the top 10 key issues impacting the quality of life of Soldiers, and a Pentagon report summary posted on the Center for Responsible Learning's Web site estimates that about 17 percent of service members use payday loans.

President George W. Bush signed the 2007 National Defense Authorization Act in October 2006, which takes effect this October. The law caps interest rates for military personnel at 36 percent and prohibits the use of a personal check or other method to access a borrower's bank account.

The law won't stop Soldiers from using payday loans, said Leonard Toyer, a financial counselor with Army Community Service, but it will lessen the amount of debt service members carry as a result.

Payday loan requirements are simple: a bank account and steady source of income. The loan recipient writes a post-

dated check to the lender for cash. Interest rates are extremely high, usually around 300 percent or more. Repayment is usually required within two weeks.

If the recipient cannot pay the loan off when it's due, he or she must deal with late and bounced check fees and possible legal action. To avoid default, the borrower must roll the debt into a new loan with the same high rates.

"Unfortunately, seventy five to ninety percent of people can't pay it back in the prescribed time," Toyer said. "They're constantly rolling over two or three times trying to get out of the hole. Generally, unless they come into some kind of windfall where they can plunk a good chunk of money down, they're stuck. When everything shakes out, you're talking about people paying anywhere from 400 to 600 percent in interest for those loans, and that's ridiculous."

According to Toyer, the reasons Soldiers use these loans, or even how many are using them, are hard to pin down.

"Since finances are so tied to careers nowadays, a lot of Soldiers are reluctant to come forward and say they used a payday loan," Toyer said. "They know a lot of times, units don't look favorably on that and might consider it irresponsible."

The director of the Financial Readiness Program, Toyer helps teach Soldiers

how to handle their money, and the Army offers alternatives to payday lending to help Soldiers in financial need.

According to Trina Reliford, the Army Emergency Relief officer for ACS, Soldiers can fill out an application for an interest-free loan and receive a check the same day with a commander's approval under the Commanders Referral program. Soldiers may receive up to \$2,000 a year in two loans and the first loan must be repaid before seeking Commanders Referral again.

The timeline for paying back the funds is prorated depending on budget and current finances, Reliford said. Either way, the terms are much more flexible than those of a payday lender.

She hasn't seen many Soldiers come in seeking the assistance, but encourages it.

"We try to get Soldiers educated and tell them to come to us first and stay away from payday lending," she said.

The Army also offers an emergency food program that helps Soldiers buy food when funds are tight.

"If it's a choice between paying your bills or buying food, pay your bills and then come to us," Toyer said. "We'll help you with that rather than you going to a payday lender and ending up deeper in debt."

Many of these businesses stay "just under the wire of being legal," he said.

Army takes further action to fight fraud

Army News Service

Throughout 2007 the Army has undertaken a rigorous effort to remediate weaknesses in contracting. Today, the Secretary of the Army has established two efforts to broaden the Army's ongoing efforts to ensure policies and procedures are in place for all joint, expeditionary contracting operations in Iraq, Afghanistan and Kuwait and better prepare the Army for acquisition and logistical support of combat operations in the future.

First, a Special Commission on Army Contracting has been given a broad charter to examine current operations as well as to ensure future contracting operations are more effective, efficient and transparent and report back in 45 days.

Second, an Army Task Force has been stood up to reinforce and immediately address existing contracting issues and aggressively implement fixes as problems are identified.

The Special Commission on Army Contracting will be led by Jacques Gansler, former under secretary of defense for Acquisition, Technology and Logistics. The commission will fully examine the theater acquisition and program management processes; review management controls to prevent fraud, waste and abuse; assess legislative needs; and recommend changes in policies and procedures.

"The Commission will take a big picture look and ensure we are properly organized to support Army and Joint Force expeditionary operations in an era of persistent conflict," said Secretary of the Army Pete Geren. "The commission will look at how we currently are doing things and how we should be doing things, and examine policies and procedures in the world of contracting and logistics - even the way we promote those who are serving in our contracting forces."

Gansler, a professor at the University of Maryland, has vast experience with contracting issues and is one of the most respected members of the nation's acquisition community. From 1997 to 2001 he served as the Under Secretary for Defense for Acquisition, Technology, and Logistics where he led the department's work in acquisition reform. He also served as vice chairman, Defense Science Board; chairman, Board of Visitors, Defense Acquisition University; director, Procurement Round Table; member of the Federal Aviation Administration Blue Ribbon Panel on Acquisition Reform; and senior consultant to the "Packard Commission" on Defense Acquisition Reform. Other members of the commission include David Berteau, former assistant secretary of defense for Production and Logistics; retired Gen. Lester Lyles, former commander, U.S. Air

Force Materiel Command; retired Gen. Leon Salomon, former commander, U.S. Army Materiel Command; George Singley, retired former Science Applications International Corporation Group president and career Army acquisition official. Col. George A. Sears, commander, Contracting Center of Excellence, is serving as executive officer for the commission.

The Department of the Army began audits and the U.S. Army Criminal Investigation Command, commonly known as CID, increased investigative activity into allegations of corrupt contracting in Southwest Asia in late 2005. Deployed commanders also expressed their concerns and requested the Department send in additional CID Special Agents, auditors and contract specialists from the Army Audit Agency and from CID. In 2005, CID established the Iraq Fraud Detachment and in 2006, CID established the Kuwait Fraud Office - both staffed with specially-trained CID Special Agents. Throughout the investigation, the Army has provided timely updates to Congress and has taken corrective actions as warranted.

In February 2007, after then Secretary of the Army Dr. Francis Harvey was briefed on the matter, he directed action to correct deficiencies. Harvey tasked the Assistant Secretary of the Army for Acquisition, Technology, and Logistics to assess contracting activities throughout Central Command and to implement a Contracting Action Plan.

In response, in March 2007 ASA(ALT) deployed a senior contracting Operations Review Team to review all contract operations and in April began implementing a Contracting Action Plan which reorganized the Kuwait Contracting office, installed new leadership, established a joint logistics procurement support board, increased staffing and deployed senior contracting professionals and attorneys to Kuwait, and provided ethics training and organic legal support.

"We've been doing quite a lot in this area for over a year, and now we're doing more," Geren said.

A second independent, but complementary effort is an Army Internal Task Force led by Lt. Gen. N. Ross Thompson, military deputy to the assistant secretary of the Army for Acquisition, Logistics and Technology, and Kathryn Condon, executive deputy to the commanding general, AMC.

"The Army Task Force will take an intensive look at current operations and implement reforms and corrections immediately," Geren said. "Based on earlier findings, the Army already has taken several actions and will continue to implement a number of recommendations, including transferring contracting authority for major contracts from Kuwait to Army Materiel Command, reviewing past contract actions and establishing Requirements and Contract Teams in Kuwait by September 30."

As of Aug. 28, there are 76 ongoing criminal investigations involving contract fraud committed against the U.S. military in the Iraq, Afghanistan and Kuwait theater of operations.

As the scope and scale of contracting in Southwest Asia has evolved, the Army has recognized the need to assess its contract management capacity. The Army went from supporting one Kuwait base camp in 2002 to supporting eight in 2007. Contracts increased from \$150 million in 2002 to nearly \$1 billion in 2006. While 20 military and civilian Army employees have been indicted on charges of contract fraud, the vast majority of Army contracting professionals fulfill operational requirements everyday for Soldiers serving in harm's way.

"With no exceptions, we continue to expect every Soldier and Army Civilian to reflect Army Values and the high standards to which the entire Army adheres, regardless of its mission area," Geren said.

Aberdeen Proving Ground 90th Anniversary Gala

November 10, 2007

Ripken Stadium
Club Level
7-11 p.m.

open to the public
Music, Food, Entertainment

Advanced tickets on sale from Aug 21 - Sep 30

Advanced tickets are \$45
Regular tickets are \$50

Call 410-278-4603 for more information.

No endorsement by US Army implied.

To purchase tickets for the APG 90th Anniversary Gala
7 to 11 p.m., Nov. 10 at Ripken Stadium

Name _____

Address _____

Telephone _____ Credit card number _____

Expiration Date _____ Signature _____

Pay by check. Make payable to Civilian Welfare Fund.

Mail to the Civilian Welfare Fund, ATTN: Angela Keithley, Building 2727, Aberdeen Proving Ground, MD 21005-5001, or call 410-278-4603.

Four retire during August ceremony

Story by
YVONNE JOHNSON
APG News

One Soldier and three civilians with 110 combined years of government service retired before coworkers, family and friends during the Aberdeen Proving Ground Retirement Ceremony at Top of the Bay Aug. 29.

The retirees included Chief Warrant Officer 3 Brian L. Stevens, U.S. Army Ordnance Mechanical Maintenance School; Shirley A. Kelly, U.S. Army Contracting Agency; David G. Williams, Directorate of Installation Operations; and Beverly C. Hartgrove, Directorate of Morale, Welfare and Recreation.

Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander, hosted the ceremony and presented awards assisted by Garrison Command Sgt. Maj. Pedro Rodriguez.

Janet Dettwiler, APG Adjutant General served as the narrator.

"Today we honor four individuals with over one-hundred years of dedicated service," Dettwiler said. "These individuals represent dedication, commitment and selfless service to the United States Army."

Weissman thanked all guests and family members and congratulated each retiree.

"Thanks to each and every one of you for the years of loyal service you have given to our Army," he said.

Reviewing each retiree's accomplishment, Weissman offered his personal congratulations to each one.

"Although he is retiring from his military career, he will continue to serve Soldiers as a defense contractor," Weissman said of Stevens. "Thank you Chief Stevens for twenty-one years of dedicated service to our nation and to Aberdeen Proving Ground."

Weissman said that Kelly "made strides" during the A76 Commercial Activities studies in the late 90s and environmental impact programs in the 80s.

"Thank you Mrs. Kelly for forty

years of dedicated service to our Army," Weissman said.

Commenting that Williams takes pride in a removable bomb cradle he designed, Weissman said, "Enjoy your retirement and thank you for thirty-two years of dedicated service to our nation, the Army, the Navy and to APG."

He commended Hartgrove for her many achievements in improving Child Development Center and Family Child Care services.

"Her many awards are a testament to her many accomplishments," he said. "Thank you, Mrs. Hartgrove for all you have done over the years for our most precious assets – our children."

Weissman thanked the Family members in attendance and said the retirees "truly made a difference."

"You have set standards for others to follow," he said. "We are proud to have known and served with all of you. On behalf of a grateful nation, the U.S. Army and Aberdeen Proving Ground, thank you for your many contributions."

The program included the invocation by Chaplain (Maj.) Fred MacLean and music by the 389th Army Band (AMC's Own) Brass Quintet, led by Sgt. 1st Class Robert Bauerle.

Chief Warrant Officer 3 Brian L. Stevens

Stevens officially retires Nov. 30. He leaves the Army as an instructor/writer in the Directorate of Instruction, Advanced Automotive Recovery, OMMS.

Stevens was awarded the Legion of Merit, the Department of the Army certificates of retirement and appreciation and the Presidential Certificate of Appreciation. His wife Penny received the DA Certificate of Appreciation signed by Gen. George W. Casey Jr., Army Chief of Staff.

Stevens enlisted in the Army in 1986. During his 21-year career he served in numerous stateside and overseas assignments including combat deployments to Iraq and Panama and humanitarian deployments to Kosovo and Cuba.

His military education includes numerous logistical and tactical training and his highest awards include the Bronze Star Medal, the Meritorious Service Medal, the Army Commendation Medal and eight Army Achievement medals.

Stevens thanked his mentor, Chief Warrant Officer 4 Angel Acevedo as one of several who "took me under their wing," when I got here.

"All of my success can be attributed to them," he said, adding that he enjoyed his years as an instructor/writer at APG.

"It was a great experience to take all the knowledge I gained in nineteen years and give it to those young Soldiers," he said.

"Most importantly, I thank my wife and my three children for their support," he added. "My family is my most important treasure."

Shirley A. Kelly

Kelly retired Aug. 3 as a supervisory contract specialist, at the U.S. Army Contracting Agency after 40 years of service.

She received the DA certificates of retirement and appreciation signed by Joann H. Langston, director, U.S. Army Contracting Agency - Northern Region.

Kelly began her civil service career as a dental assistant at Fort Holabird, Md., in 1964. She left federal employment then returned in 1973 as a clerk in the Procurement Directorate, APG. Through the AMC Contracting Intern Program she became a contract specialist in 1986. Kelly's most noteworthy accomplishment was her work with the A76 Commercial Activities studies from 1997 to 2000 during which she served as contracting officer and primary negotiator for four studies.

Her numerous awards include several commanders awards as well as commendations and letters of appreciation.

Kelly's husband, Bill also served the Army in the logistics field until his death in 1995. She said her plans include spending more time with her family which includes two daughters,

a son, four grandchildren and one great-grandchild.

"I had a wonderful job I enjoyed every minute," Kelly said. "You couldn't ask for anything more than to have a job you look forward to. I want to thank all my family and friends for supporting me over the years. I worked with some very good people and talented professionals. I'm going to miss APG."

David G. Williams

Williams retired Aug. 31 from the Directorate of Installation Operations. He received the DA certificates of retirement and appreciation signed by Weissman and his wife Janis received the APG Certificate of Appreciation also signed by Weissman.

Williams joined the Navy in 1960 and served until 1964. He began working for the Wiley Manufacturing Company in Port Deposit, Md., in 1966 where he served as a ship fitter, assistant superintendent and project manager on construction sites such as the Fort McHenry Tunnel. He came to APG in 1984 where he designed and fabricated a movable bomb cradle for the Big Eye Bomb Project and supervised numerous other projects requiring writing and monitoring specifications, maintenance and repair and cleaning and removal. He retires with 27 years of service.

"I've had a great time and I appreciate the government and contract personnel," Williams said. "I couldn't have done anything without them."

He said he was particularly proud of removing all the underground tanks and replacing old pipes on the proving ground.

"I worked at least one-hundred contracts a year," William said. "But I'll be sixty-six in November and it's time to go."

"I'm looking forward to having him around," added Janis Williams. "I already have a few jobs for him."

Williams and his wife have one son, one daughter, a daughter-in-law, a son-in-law and five grandchildren.

Beverly C. Hartgrove

Hartgrove retired as the Family

Child Care training and curriculum specialist, MWR, on Aug. 31 after 22 years of service.

She received the DA certificates of retirement and appreciation signed by Weissman, and her husband Woody received the APG Certificate of Appreciation also signed by Weissman.

Hartgrove holds a bachelor's in home economics education from the University of North Carolina – Greensboro and master's in management from the Florida Institute.

She began her civil service career at APG in 1985 in Child Development Services, Directorate of Community and Family Activities. She eventually served as outreach worker for Family Child Care, as CDC director then as early childhood training and curriculum specialist for FCC.

In addition, she co-authored and manages the APG Child Youth Services – Harford Community College articulation agreement which allows CYS employees to convert child development training into college credit. Hartgrove has served as advisor to more than 60 FCC candidates and 16 National Accreditation candidates who are CYS employees.

Hartgrove and her husband Woody have two daughters, one son-in-law and two grandsons. She said that after retirement she plans to spend more time with her family, gardening and traveling.

"It's been a great job and I've enjoyed the twenty-two years I've been here," Hartgrove said. "I found my niche in a job I could be passionate about."

She said that Child Youth Services "always had great vision."

"They always knew which direction to work toward," she said.

She thanked Regina Dannenfels, MWR chief, for her support and her many friends within "the FCC Family."

"She's been the forerunner and very supportive," Hartgrove said. "It's so heartwarming to have so many of my friends come see me off."



APG Forum

Letter to the Editor:

To whom this may concern:

My name is George Harrison (really), and I am a retired Air Force lieutenant colonel living in Bel Air. I have used the Aberdeen Proving Ground PX for many years.

[On Aug. 27] I went to get a haircut at about 9:30 a.m. To my surprise, the barber shop was closed. A sign taped on the door said it was closed because of heat, i.e., no air conditioning.

The main PX was already hot as well. I looked up the PX manager and was told she does not work on Mondays (a poor day to be regularly absent as the head of anything). So, I spoke to one of her assistants who was most helpful in answering my questions.

I found out, for example, that the vendors with contracts can close their shops if the temperature gets above 86 degrees Fahrenheit.

All summer long, the AC has been acting up. I have often gone in and found it stifling this year.

Apparently, it costs too much to remove and replace the one unit that services the whole building. However, constant temporary repairs that fail do not seem to be a problem.

This one unit services the whole building and, consequently, it's all or nothing.

One lady who overheard my conversation said that it was also this way this past Saturday. Her son is an employee of the PX; evidently, the heat made him sick.

I have personally dealt with cashiers who where on their last leg at times this year because of this. There are many elderly retired military who use this facility.

As I am sure you know, within the last year or two, the PX was remodeled, as was the bar-

ber shop, a process that was presumably not cheap. Why was the air conditioning also not upgraded? If nothing else, it should have been accomplished first.

This should be an embarrassment, but it seems to now be an accepted practice (I base this on the old axiom of actions speak louder than words).

I understand funding; I also understand priorities. The staff and customers (uniformed or not) are obviously not a priority.

As a taxpayer and retired military, I would like to know if or when this situation might be resolved. Please do not blow me off. I would like a straight forward answer, hopefully, without all the bureaucratic [wording] that can accompany an inquiry like this. If there is some compelling reason that is not being shared, now would be a good time to share it with those whom it affects.

This is a good way to loose large numbers of folks to off-base facilities permanently; Wal-Mart just down the road is cheaper on many items, with more selections.

The current PX situation is also a real inducement for future BRAC transplants.

I believe in supporting the PX/Commissary systems, but it is hard when they become inaccessible and unpredictable.

From APG's Web site, I close with: The mission of the U.S. Army Garrison APG is "To provide the highest quality installation management, operation and support services in a timely manner through the full involvement and commitment of our people."

George Harrison
donegalgeorge@comcast.net

Response:

"The air conditioning is an appropriated fund responsibility and AAFES has been working with DPW and the installation to get this corrected," said Debbie Armendariz, AAFES store manager. "We are committed to the Soldiers' needs, and the APG Main Store will weather the heat to accommodate them."

The AC and the cooling tower unit in the PX was funded for replacement in fiscal year 2007. A decision was made to wait until after the 'AC' season before starting the project so not to impact the PX during the summer season.

The York and in-house mechanics will keep the units functional until replacements can be

made. Work will start in October and finish by January. Temporary units have been purchased and installed in the Barber Shop and other areas where needed. As can be expected with any old unit, failures will occur and they have, but the mechanics do respond to make repairs. Parts are not normally readily available off the shelf and take time to locate. The unit should have been replaced during the PX renovation, however due to budget cuts, the garrison did not have adequate resources available.

Hopefully, after unit replacement the next air conditioning season will result in more comfortable conditions.

Harry Greveris
Chief
Directorate of Installation Operations

Commentary: The circle of life

By
JOHN P. KING
Special Contributor

I have been called many things in my life, engineer, science advisor and now Soldier.

As I sat in the desert in Kuwait waiting my turn to enter Iraq as a UH-60 pilot, my past and my present intersected.

From January 1998 to January 2000 I had the privilege to serve as the science advisor to the Southern European Task Force in Vicenza Italy. During my tenure I worked on various programs that I hoped would find their way into the U.S. Army.

With the assistance of labs from all over the United States, I introduced multiple Soldier systems projects to the user. These systems were tested by the Soldiers of the 173rd Airborne, and comments and suggestions were sent back to the various sponsors of the test article.

I felt that the suggestions from the field were important but I never saw any impact of my work. That was until I was called up by my National Guard unit, duty station Mosul, Iraq.

Once I was properly trained on the combat techniques I would use in a war zone, my unit was sent to a staging area in Kuwait. Dressed in an Army combat uniform, my life before my call up seemed non-existent.

Days before our movement to Mosul, we were issued new equipment under the Army's Rapid Fielding Initiative. There were three items issued that held special meaning to me. The first was a set of Wyle sunglasses. I can still remember the first sergeant coming to me when I was a science advisor and stating the need for sunglasses (Though I will admit I thought it was more Hollywood than I needed.) I made the request to Headquarters, AMC-FAST for possible study. I never got funding during my tenure, but somewhere someone did.

I wore the sunglasses every day while deployed in the desert, I still think it was one of the best pieces of equipment ever bought.

The second item was a set of dual usage earplugs. These earplugs were designed so a Soldier's hearing is protected from high impact, intermittent noise (weapons firing) and still prevent low impact noise from being filtered (talking). The use of the earplugs is invaluable for those in house-to-house searches. If the Soldier is experiencing continuous noise (aircraft), all he has to do is flip them over and he is protected. This was one of my projects.

The U.S. Army Research Laboratory

came to FAST and asked if we could run field testing on these earplugs. SETAF was selected and they got rave reviews. As a user I can attest to their value.

The last item of interest to me was a Camelback Hydration System. When I saw this system I was a little surprised. In the testing I did on hydration systems, the Soldiers panned it. They had two primary complaints. First was that the hole where you fill the system with water was too small and did not allow for proper cleaning. The second was the 'straw leaked.' These comments were captured and sent back on my report.

What we do in life echoes in eternity

-Maximus, Gladiator, 2000

After signing for my camelback I took a closer look at it. The hole was bigger and it had a shutoff valve for the straw. It also had a protective cover over the mouth piece. I guess someone did listen.

While in country I saw other examples of AMC-FAST projects that were being used by the Army, i.e. the Gator. I wondered how many other pieces of equipment I didn't know about that started out as an AMC-FAST program. As a Soldier I had a greater appreciation of the hard work the current science advisors are doing.

I would like to say this to anyone who has the opportunity to become a science advisor: Grab it. It is one of the most rewarding and important assignments offered. I have worked many programs in my 'engineering life,' none have been more satisfying.

And for those in the labs who interface with the AMC-FAST program, thoroughly throw your support behind it. As a Soldier I, can tell you that it provides an almost immediate impact on the quality of life in the field.

(Editor's note: John P. King was the science advisor for the Southern European Task Force, Vicenza, Italy, from January 1998 to January 2000. In August 2004, King became Chief Warrant 3 King and served in Iraq as a UH-60 pilot until November 2005. He can be reached at john.p.king@us.army.mil.)

Youth centers provide educational, entertaining activities during summer

Story by
HEATHER TASSMER
APG News

From games to science projects, the installation youth centers offered plenty of educational activities to keep children and youths entertained this past summer.

Some of the Aberdeen Proving Ground North Youth Center children played "Are You Smarter than a ...?"

Gail Stone, facility director of the APG North Youth Center, said she came up with the idea for "Are You Smarter than a ...?" while watching "Are You Smarter than a Fifth-grader?" this summer.

"I like to do different activities with different age groups," Stone said, adding that the event was a competition between fourth- and fifth-graders and program assistants or counselors. "The kids get excited when they participate in challenges against the counselors."

Stone said she used lifelines like on "Who Wants to be a Millionaire?" in the game.

The counselors sat next to the youths with a divider separating them and answered questions about math, english, geography and a variety of trivia questions.

Pam Evelyn, one of the four counselors that played the game with the youths, said that Stone "came up with a good idea."

"The kids loved it," Evelyn said. "There were a couple of difficult questions asked, but we won. We're not as dumb as the people on the TV show."

The children said they had fun even though they lost.

"It was fun because you got to go up against the summer counselors," said 10-year-old Lezlee Brown.

Ten-year-old Matthew Merchants said, "It was kind of challenging."

He said that some of the questions were choosing the definition of a word after the players were given several choices.

Nine-year-old Kary Francisco said the hardest questions were about math.

Francisco said her favorite part about the game was acting out commercials while Stone was preparing questions.

Stone said that after the game was finished, the children



Photos by RENEE MAIN AND NORMA WARWICK, CYS Benjamin Michaels and Kelly Hendrick listen to Gail Stone, APG North facility director, ask a question at "Are you smarter than a...?" at the APG North Youth Center this summer.

received ice cream as a treat.

She said they also held a spelling bee against the counselors and the youths won.

During the spring and beginning of summer, youths watched tadpoles grow into frogs at the APG South Youth Center, said Norma Warwick, facility director of the APG South Youth Center.

"From what started out as a large clump of eggs, or frog spawn, children got to witness one of the most amazing transformations in all of biology, the metamorphosis of a tadpole into a frog," Warwick said.

She said Angie Chronister, Child and Youth program lead, "started the adventure when she brought the frog spawn into the center."

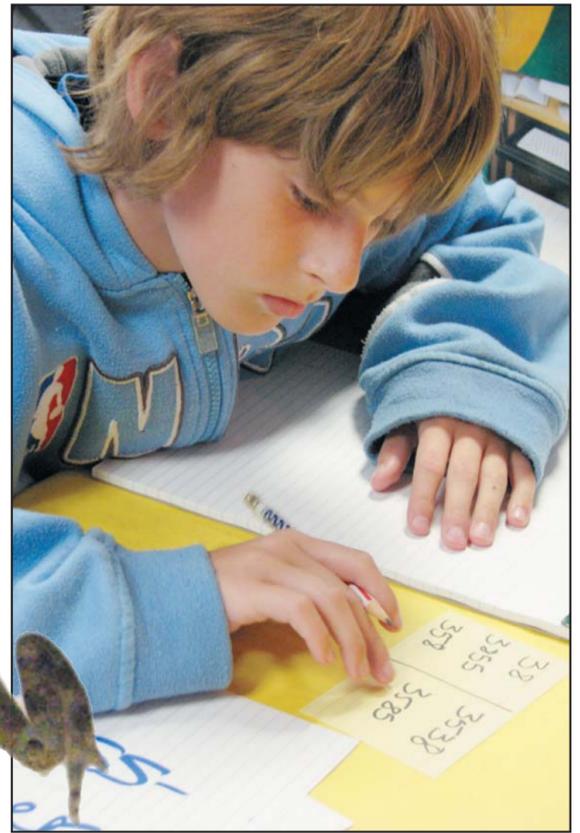
"The children and staff alike watched the changes take place in the tiny bowl," Warwick said. "From when the tadpoles initially emerged from the eggs, to their increase in size, growth of hind legs and forelegs, to one day seeing tiny, fully-developed, oxygen-breathing frogs, it was a life-cycle lesson the youths will never forget."

Chronister said the youth

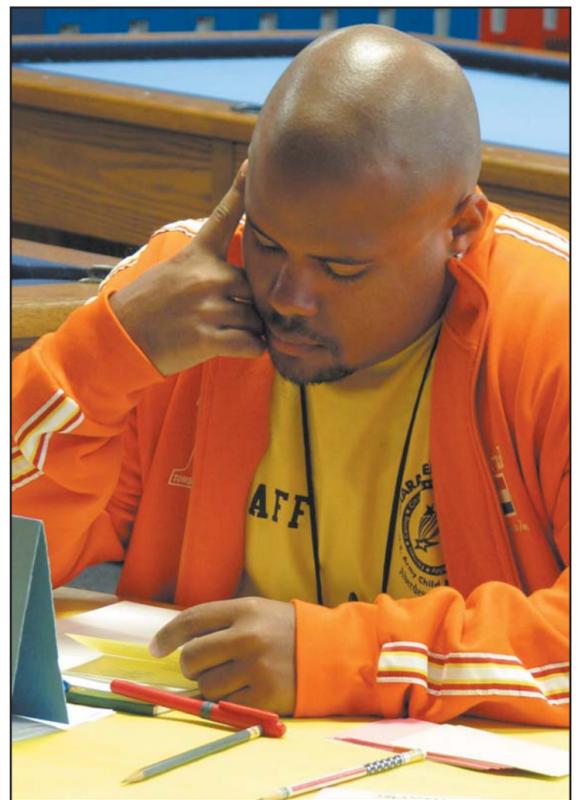
center children also visited the Maryland State Fair in Timonium and made rock candy.



Counselor Marc Bolden, left waits his turn, while Melinda King, counselor, center, and Michael Scales figure out their answers.



Casey Collins works on his answer to a math question.



Bolden reviews his response to a question.

USAF Detachment wins post softball championship

Story by
YVONNE JOHNSON
APG News

The U.S. Air Force Detachment burst out of the loser's bracket to win the intramural softball post championship with back-to-back wins over Headquarters and Headquarters Company 16th Ordnance Battalion, 6-5; 13-12, Aug. 15.

The Airmen won in dramatic style scoring a much-needed run in the bottom of the 7th inning to break a tie after HHC 16th scored four runs to tie it up in the top of the inning.

USAF coach Christopher Moreau, said the season had its ups and downs.

"We rely a lot on our students, and we won our first six or seven games then lost some students and started losing," he said.

"Luckily we got some good players in after that and we won the rest of our games."

The team finished second in its division behind the U.S. Marine Corps Detachment then fell behind in the post season tournament which forced them into the two must-win games.

"They played well together," Moreau said of his team. "I'd say our infield is our strength but we also have some good bats."

He said that HHC 16th was the toughest team they faced all season.

"They beat us in the regular season and again in the playoffs so they actually beat us twice before we came back and beat them twice," Moreau said.

A longtime ball player who played at installation level while stationed in Oklahoma, Moreau, also pitched for the team.

Lt. Col. Karen Jordan, commander, 16th Ordnance Battalion and APG Garrison Command Sgt. Maj. Pedro Rodriguez presented championship trophies after the game.



Photo by Members of the U.S. Air Force Detachment softball team pose with their trophies after winning the intramural softball championship at Shine Sport Field Aug. 15. From left, bottom, Jeffrey Parker, David Zelaya, Seth Koval, Melanie Land, Gary Nelson and Kendal Schwering. From left, top, George Green, Benny Garcia, Vincent Marinelli, Travis Snyder, Dave Land, Daniel Salzgeber, Clint Haynes, coach Chris Moreau and Joel Wheaton.

Commander's Cup point standings



The Commander's Cup is awarded by the APG Garrison commander each December to the unit that scores the most points in intramural sports during the year. Units accumulate points by participating in basketball, the bench press competition, the 3-on-3 basketball tournament, racquetball, volleyball, softball, golf, the deadlift competition, dodgeball, bowling, tennis, soccer and flag football. Points are awarded for unit participation and division and post championship wins. The following is the current Commander's Cup point totals.

UNIT	POINTS
USMC.....	144
HHC 16th.....	107
Company B 143rd.....	84
Company C 143rd.....	68
USAF.....	68
ATC.....	36
MRICD.....	26
Company A 16th.....	22
Company A 143rd.....	20
Company E 16th.....	19
Company B 16th.....	17
Nat. Guard.....	17
20th SUPCOM.....	15
CHPPM.....	15
JPED.....	14
Company C 16th.....	12
203rd MI.....	10
AML.....	10
389th AB.....	10
NCOA.....	3

For inquiries about statistics, contact the APG Sports Office, 410-278-3929.

OIF veteran returns home to help Army recruiters

Story by
LEE ELDER
U.S. Army Recruiting Battalion, Nashville

An Operation Iraqi Freedom veteran made good use of his experiences working alongside U.S. Army recruiters in his hometown for two weeks in August.

Spc. Paul D. Workman, a human resources specialist with Headquarters and Headquarters Company, 159th Aviation Brigade, 101st Airborne Division, just wrapped up a tour in Bowling Green, Ky., participating in the Special Recruiter Assistance Program. The SRAP program offers Soldiers who have served on the front lines the opportunity to convey their experiences back in their local communities.

"I've got a newfound respect for these recruiters," Workman said. "This job is not easy."

Recruiters put Workman to work right away. He accompanied three different recruiters throughout the Bowling Green area to various stops,



Photo by LEE ELDER, U.S. ARMY RECRUITING BATTALION, NASHVILLE
Spc. Paul D. Workman, from Fort Campbell, interviews a would-be Army applicant while serving in the Special Recruiter Assistance Program.

and was not confined to sitting in a recruiting station.

"We wanted him to be out prospecting as much as he could," said Sgt.

1st Class Timothy Salloum, one of the station's recruiters. "These younger Soldiers who have gotten deployed can probably better relate to the com-

munity and to young people."

Workman, 22, attended McNeil High School before moving to Nashville, Tenn., with his father, Mark. He graduated from Brentwood High School in 2004 and joined the Army one week afterwards. He said the attacks on Sept. 11, 2001, had started him thinking about military service.

"[9-11] was probably my whole reason for joining," Workman said.

Workman deployed to Iraq last year with the Screaming Eagles at nearby Fort Campbell, Ky. He was stationed at Logistics Support Area Anaconda, which is near Balad in northern Iraq. His service in Iraq generates a lot of questions.

"If they ask about Iraq, I tell them," Workman said. "I try to let them know what it is like over there. They ask me if I ever killed anybody over there and if it's really that hot in Iraq."

After returning from Iraq, Workman said a friend told him about the SRAP program. He registered online to participate and was told he was accepted.

The recruiting station's assistant commander, Sgt. 1st Class Jesse Allen, said it was great having Workman at the Bowling Green station.

"He helped us with our recruiting efforts and was able to communicate with the younger generation a little easier than the rest of us," Allen said.

Workman, who stayed with his mother, Velma, while on SRAP duty, netted the station 16 potential recruits, five of whom have already had appointments with recruiters.

Workman said he is leaning toward reenlisting; a hefty reenlistment bonus and a stable future are the big factors driving this decision.

"I want a Family one day," Workman said. "Nobody takes care of a Family like the Army can in my opinion."

A tour as a recruiter is also an option, Workman said.

"I would be open to it," he said. "I've certainly learned the importance of the mission of putting people in boots."

Suicide

From front page

The increased focus on suicide prevention is due to disturbing numbers regarding suicide among Soldiers.

Army suicide rates for the past four years have gone from 12.2 per 100,000 Soldiers in 2003 to 17.3 in 2006 (calendar year).

Total numbers are even more disturbing. In CY 2003 there were 79 total suicides, 26 during which the service member was deployed. These numbers dropped in CY 2004 to 67 total; 13 deployed then increased in CY 2005 to 87 total; 25 deployed, with CY 2006 being the highest at 99 total, 30 deployed. (Two suspected CY 2006 suicides are pending final determination by the Armed Forces Medical Examiner. Their inclusion would bring the total number to 101).

Army researchers say the main indicators leading to suicide during this time frame were failed relationships, legal/financial issues and occupational/operational issues.

Additionally, the 2005 Soldier suicide profile listed the typical candidate as being regular Army, white male, age 21 to 30, private to spe-

cialist with an 11-series Military Occupational Specialty.

In response, the Army has taken the following additional actions to ensure the adequacy of suicide prevention programs:

- Established a HQDA-led Suicide Prevention Task Force to integrate and synchronize initiatives and resources across the Army; identify trends and provide recommendations to senior leaders as appropriate.

- Developed new suicide prevention training tools, incorporating real world vignettes depicting military personnel and introducing training support packages that focus on intervention skills for use at the small unit level, where it has the greatest impact.

- Provided Soldiers and leaders deployed and at home with training to recognize warning signs, intervention techniques for at-risk Soldiers, and referral processes to support agencies for appropriate follow up care.

- Another prevention technique is called "Buddy Care" which strongly encourages Soldiers to confide in and talk to friends and members of their units particularly when personal problems arise. Soldiers with suicidal tendencies give clues and try to reach out, even if they don't directly state they are considering suicide. It is then the commander's responsibili-

ty to ensure that these individuals are sent to support agencies for appropriate help.

- Deploying Soldiers undergo pre-deployment health assessments, post-deployment health reassessment three to six months after redeployment. Additionally, screenings are done throughout the deployment phase to make sure all health needs are met.

In the new DA suicide awareness training aid for Soldiers, SMA Preston states, "Not all wounds are visible. If you are feeling depressed or suicidal, seek help. We need you on the Army team."

Steps to intervention using Buddy Care

1. Ask your Buddy. Have the courage to ask the question, but stay calm. Ask the question directly, e.g. Are

you thinking of killing yourself?"

2. Care for your Buddy. Remove any means that could be used for self-injury. Calmly control the situation; do not use force. Listen actively to provide relief.

3. Escort your Buddy. Never leave your buddy alone. Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.

CHPPM sponsors Suicide Prevention Poster Contest

CHPPM

The U.S. Army Center for Health Promotion and Preventive Medicine's Directorate of Health Promotion and Wellness is sponsoring a Suicide Prevention Poster Contest.

Soldiers in grades E-1 thru E-4 are eligible to submit one poster by Sept. 30. Submissions may be by individual or teams not larger than five members.

Posters must be original and must not contain any copyrighted material.

Winners will receive the Sergeant Major of the Army coin which will be presented by the SMA at their unit. The winning poster will be distributed Army-wide and published in the Army media.

Posters should be creative, attractive and employ a dynamic message. Entries may focus on general suicide awareness or a specific issue related to suicide such as stigma, depression, getting help, helping a buddy, etc.

Winners may be asked for additional materials including a high-resolution JPEG image of the poster.

Computer-generated poster winners will be asked to provide all poster files.

Artists/teams may not submit multiple posters.

All submissions become the property of CHPPM and may be used for educational purposes.

The CHPPM reserves the right to alter all poster designs. No entries will be returned. Posters can be submitted electronically via the AKO Suicide Prevention Web site, <https://www.us.army.mil/suite/page/334798> or mailed to Chaplain (Lt. Col.) Wayne Boyd, DHPW, USACHPPM, 5158 Blackhawk Road, Building E-1570, APG, MD 21010-5403.

Submitters should include AKO contact information along with unit chaplain information. Any medium can be used to create the poster, e.g. painting, drawing, computer software, etc. Posters must be submitted by Sept. 30. Winners will be announced Dec. 3.

For more information visit the DHPW Web site, <http://chppm-www.apgea.army.mil/dhpw/default.aspx>.