

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for April 30 is plastic, glass and metal. Put items in blue bags and place them on the curb.



No walk-in service at Client Services Division today

The Office of the Staff Judge Advocate, Client Services Division, will not see walk-in clients for attorney consultation on April 24.

For more information, call 410-278-1583, Monday through Friday, 8 a.m. to 1 p.m.

RAB meeting tonight

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., April 24, at the Edgewood Senior Center on Gateway Road.

The topic of the meeting will be an update on the Other Edgewood Areas Study Area.

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

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

Discount ZZ Top concert tickets for APG personnel

For a limited time, APG community can purchase advance tickets for the ZZ Top concert June 22. The pre-sale discount price of \$20 is only available April 29 through May 2, at ITR, building 3326 and the Hoyle Gymnasium, building E-4210. The discount tickets must be purchased in person.

Starting May 5 ticket price will be \$25.

Gospel revival services

The APG Gospel Worship Service invites everyone of all denominations to attend its revival services, 7 p.m., April 30 through May 2, at the main Post Chapel.

For more information, call Chaplain (Maj.) Robert R. Thomas, 410-278-3976.

KUSAHC conducts weight management classes

Kirk U.S. Army Health Clinic will conduct weight management classes in the RTC room (B-6, second hallway to the right, first floor).

A Heart Healthy class dealing with high cholesterol and other factors will begin

See SHORTS, page 7

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Army transforming support to Army Family

Story by **MARGARET MCKENZIE**
FMWRC Public Affairs

The Army is transforming the way it provides services and support to the entire Army Family.

The Army Integrated Family Support Network establishes a comprehensive multi-component approach for Soldier and Family support and services. It meets the diverse needs of active Army, Army National Guard, Army Reserve Soldiers, Accessions Command Families, employers and the community.

The program integrates baseline services and resources traditionally found on installations into a network that supports Soldiers and Families, no matter where they live. Services include childcare and youth and Family program information and referrals, online resources, assistance with school transitions, mobi-

lization and deployment, information about Soldier programs, recreation and fitness programs, club systems, money management and much more.

"The Army intends to capitalize on the existing resources and integrate our programs across components," said Jean Mills, AIFSN program manager at the Family and Morale, Welfare and Recreation Command, in Alexandria, Va. "The goals are to ensure Families from all three components receive the same quality of service; provide better coordination and synchronization of support by the components to reduce redundancy; and ensure Soldiers have access to the same baseline services no matter where they live in relation to a military garrison."

Family Programs and Child and Youth Services directorates at FMWRC started the process by providing access to their services through a single access



Photo by YVONNE JOHNSON
Visitors look at displays by youths from Aberdeen Proving Ground youth centers and military vehicles from the U.S. Army Aberdeen Test Center, during the 90th anniversary Community Awareness Day Fall Fest in October 2007; one of several annual events the installation holds for its military Family members.

portal, www.MyArmyLifeToo.com. Through an on-going process with the Reserve and Guard headquarters, they are working

to establish baseline standards. The goal is to establish memorandums of agreement and other means to provide Soldiers

with those baseline services, no matter what component they are or where they live.

See FAMILY, page 3

Construction alert: Motorists asked to be patient

DIO

Construction, preparing for enhancing Aberdeen Proving Ground's information technology infrastructure and capacities, or I3MP, began Monday, April 21.

With the digging of trenches

along several of the post's main roads, motorists and pedestrians will have to be prepared to exercise extra caution, be prepared for occasional delays and plan for alternate routes.

The construction will begin at the Family, Morale, Wel-

fare and Recreation Recreation Center and extend down Erie Street to Susquehanna Avenue moving northeast toward Maryland Boulevard.

No roads will be closed; however, there will be significant delays on the affected roadways.

Motorists are asked to be cautious of construction activity and plan for delays.

Beginning April 28, construction will relocate adjacent to building 5256 on Service Road.

Beginning May 5, construction will continue to the intersection

of Boothby Hill Avenue and Service Road before moving to the intersection of Boothby Hill Avenue and Darlington Street.

For more information, call Linda Hogan, Directorate of Installation Operations, 410-278-5357.

Safety emphasized through 'Safety 101' campaign

Story by **RACHEL PONDER**
APG NEWS

Many people enjoy summer and spring because of the warmer weather and longer days, but there are risks involved that come with the changing of the seasons. The Aberdeen Proving Ground Garrison Installation Safety Office is promoting the U.S. Army Combat Readiness/Safety Center theme "101 Critical Days of Summer," through its "Safety 101" campaign.

The days between Memorial Day and Labor Day are designated the 101 critical days of summer for a very specific reason.

"Summer is the period of time when the accident rate seems to rise," said Robert McNabb, occupational safety and health specialist for the Installation Safety Office. "There is more activity, so there is increased risk. People need to think about the risk involved before engaging in any activity."

In April's Well-Being Action Council meeting Col. Jeffrey Weissman, APG Garrison and deputy installation commander, remarked, "Summer is a wonderful time, but it is also a dangerous time. Have fun but be safe."

The Army uses Composite Risk Management, or CRM, to determine risks.

McNabb recommends using that line of thinking for personal safety. According to the USACRSC Web site, <https://crc.army.mil/home/>, CRM is a five-step cyclical process:

1. Identify hazards
2. Assess hazards
3. Develop controls and make decisions,
4. Implement controls,
5. Supervise and evaluate.

The guiding principles of CRM are:

- Integrate CRM into all missions, operations, activities and processes.
- Make risk decisions at the appropriate level.

See SAFETY 101, page 10

USAMRICD establishes Office of Consultative Services

Story by **DR. MARGARET FILBERT**
USAMRICD

As the Department of Defense lead laboratory for the development of medical countermeasures against chemical threat agents, the U.S. Army Medical Research Institute of Chemical Defense is increasingly called upon to provide expert analytical and consultative services related to medical chemical defense research and to the medical management of chemical casualties.

The institute's growing national and international customer base includes other government agencies, academia, pharmaceutical companies and commercial enterprises.

To fulfill this expanding mission, the USAMRICD has established an Office of Consultative Services, or OCS. The OCS represents a core

capability of the institute and formalizes the consultative process by integrating the service into business operations. Fees for services are necessary to reimburse the institute for the time and effort required to research and answer queries.

A request for consultative services can be initiated by sending an e-mail to mricd-taskerPOC@amedd.army.mil or by accessing the USAMRICD Web site, <http://usamricd.apgea.army.mil/>, and clicking on the link to Consultations. This link has a template for the preparation and submission of a statement of work. Upon receipt of a request, the OCS will prepare an estimate of the cost to respond. Once the customer accepts the estimate, a subject-matter expert is assigned to prepare the response.

For more information, call USAMRICD's OCS, at 410-436-3628.

A month all their own: America, TRICARE honor the military child

TRICARE

The youngest citizens often pay the greatest price when a nation is at war.

Each April since 1986, the Department of Defense has celebrated the "Month of the Military Child" in recognition of the many challenges children face by having a parent or parents serve in the uniformed services.

"They undergo hardships and face many obstacles when their parents deploy for long periods of time," said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activ-

ity. "Our warriors in the Global War on Terror are making great sacrifices and one of the best things we can do back home is to make sure Families, especially the nearly two million beneficiaries age seventeen and under, are cared for."

Granger says that technology such as the Internet, along with the American people's resolve to support the troops and by extension their loved ones back home, makes a difference in the lives of children of service members. There are also many organizations who work to ensure that children

have a chance to connect with loved ones overseas.

Throughout April, military installations, military support organizations and TRICARE will place a special emphasis on supporting the children of service members in communities across the nation.

"There's no doubt that we need to focus on our children every day, not just during April," Granger said. "But this is a special way of calling attention to an important part of our uniformed service Family. They take no oath but in their own way, they are serving too."



Photo by TIM HIPPS, FMWRC
The cast of the 2008 U.S. Army Soldier Show: front row, left to right: Spc. Katherine Schaefer, Pfc. Casey Long and Spc. Shirley Dirden; middle row: Pfc. Leroy Bradley III, Spc. Marlaina Cutter, Spc. Yovonnie Mills, Spc. Joan Usyk, Pfc. Jokia Goshen and Sgt. 1st Class Earnest Baskin; back row: Sgt. Kevin Lynum, Cpl. Amber Jones, Sgt. 1st Class Dendre Wright, 1st Lt. David Drew and Sgt. Joshua Hamilton.

Soldier Show comes to APG this weekend

Story by **YVONNE JOHNSON**
APG News

The U.S. Army Soldier Show returns to the Aberdeen Proving Ground post theater April 26 and 27. The April 26 show is for active duty military only. The 7 p.m., April 27, show is open to the public.

Emphasizing the working motto of "Entertainment for the Soldier, by the Soldier," the 2008 Soldier Show uses a simulated deployed setting to celebrate its 25th anniversary.

"The impression we want the audience to get is that they've been transported to the Middle East to a combat area," said Soldier Show director Tim Higdon. A former performer himself, Higdon replaced Victor Hurtado in the director's chair this year.

"Since we're not taking the show to Baghdad, we're bringing Baghdad to the show," Higdon said.

Wherever possible, visual effects, from the sand-brown color of the stage floor to the field manual layout of the printed program, are designed to simulate a field environment, Higdon said.

"The goal is to give the sense that we are watching the Soldiers return from a mission, who then take the time to put on a show for the audience," he said.

Nearly half of the cast and crew have been deployed during the War on Terror and just getting an opportunity to perform on a seven-month tour of entertaining Soldiers and military Families will fulfill a lifelong dream for most of them, Higdon said.

"We touch on the [past] twenty-five years, but the show isn't focused on that," Higdon said. "The show is still relevant to today's Soldier and to Family members in the communities. We have some fun with period pieces, as we always do, but there's no conscious effort to really drive home 'twenty-five years' throughout the show. It's really more about the Soldier and the environment they serve in today."

The shows will tribute the coincidental 25th anniversary of Michael Jackson's 'Thriller' the best-selling album of all time on Billboard's charts, as well as AC/DC, a hard-rock band from Sydney, Australia.

In addition, video screens will add visual elements to the performances. For example, the cast will honor the modern era of the show's 25th anniversary with a World War II tune:

See SHOW, page 5

First U.S.-Asian international technology demonstration nets results

Story and photos by
LARRY D. MCCASKILL
U.S. Army Research, Development and Engineering Command

Activities during the first U.S.-Asian workshop for the demonstration and assessment of micro aerial and unmanned ground vehicle technology were all abuzz as the vehicles took to the overcast Asian sky and crossed the dusty Agra, India, terrain, March 18 through 22.

Hosted by the U.S. Army Research, Development and Engineering Command's International Technology Center-Pacific along with the India's National Aerospace Laboratory and the Aerial Delivery Research and Development Establishment, the week-long event was attended by more than 200 scientists and engineers from various international governmental, academic and industrial organizations. Twelve teams from eight countries showcased various next-generation, commercial-off-the-shelf enabled prototype systems of micro aerial and unmanned ground vehicles.

"Success does not always have one meaning," said Col. James D. Bass, commander, RDECOM, ITC-PAC. "Attracting so many organizations and research institutions to come and display their use of the technology is the first big step. That and demonstrating them in a realistic scenario provides a lot of insight and knowledge on the technology and its capabilities. The Indian government has been very hospitable, and I look forward to continued collaborations with them in future research efforts."

RDECOM has nine technology centers in worldwide locations each with the mission of locating and investigating foreign technologies that can be transitioned in the American military arsenal. Advantages of the MAV technology are its use in urban reconnaissance operations, target recognition and identification as well as the potential to detect, conventional, chemical and improvised explosive devices.

Bass said the next step forward is clarification of the most critical technologies presented at the conference. Once that is accomplished, they would pursue research grants to fund higher level research in order to mature the technology. The final step of the research effort would involve transferring the technology into the military arsenal.

"Conferences like this provide opportunities that are critically important to helping researchers understand how their technologies will be applied in operational environments," said



A member of Chiba University's team holds up their quad-rotor micro aerial vehicle in preparation for launch. Chiba University was one of 12 international teams to compete in the competition.

Lt. Col Eric J. Stierna, commander, Southern Asia Office, ITC-PAC.

According to Stierna, demonstrations allow researchers to become better informed on basic user requirements which help them to develop capabilities that deliver better value to the Warfighter.

MAV08 researcher teams demonstrated a deep understanding across a wide range of MAV capabilities and limitations using a variety of COTS technologies.

"This conference opened our eyes [ITC-PAC] as to the potential for collaborations between the Army and the Indian government in the areas of micro aerial vehicles," he said.

Balraj Gupta, director, Aerial Delivery Research and Development

Establishment, said being able to assess the capabilities is the most important aspect of the demonstration.

"Some of my expectations were met but more importantly, all the teams made very good attempts. All the teams tried their hardest, but each had shortcomings," he said.

During the event, teams exhibited their systems, presented the technology and theories of use to a panel of judges and participated in course navigation/recognition maneuvers.

The mission scenario mixture of operational and developmental flight test maneuvers and mission were combined to create a unique and challenging demonstration environment for the prototype systems. The objective was to demonstrate how combinations of MAV and UGV systems controlled by a team of human operators can effectively conduct a simulated hostage rescue mission.

Teams maneuvered their systems through a one-kilometer course, which consisted of various obstacles that included simulated mines while avoiding detection by hostile combatants.

According to Gupta, the technology is attractive because of both its military and civilian applications. He said he believes there is a need for more cooperation between the United States and the Indian Ministry of Defense.



Advantages of the micro aerial vehicle technology are its use in urban reconnaissance operations, target recognition and identification as well as the potential to detect, conventional, chemical and improvised explosive devices.



Some of the micro aerial platforms included unmanned ground vehicles to assist in the reconnaissance of the terrain.

"I am encouraged that both sides are interested in continuing collaboration," he said.

Teams participating were: Massachusetts Institute of Technology, USA; Delft University of Technology and Wageningen University & Research Center, Netherlands; Drone Aerospace Systems Pvt Ltd, India; University of Arizona, USA; Micro Aerial Vehicle for Search, Tracking and Reconnaissance (MAVSTAR), Australia; ENAC, France; ABES Engineering College Ghaziabad, India; Chiba University, Japan; Universitat Pompeu Fabra /ICREA, Spain; Martin Mueller Engineering, Germany; Indian Institute of Technology, Bombay (IITB), India; and the National Aerospace Laboratories, Bangalore, India.

Awards were given to the following teams based on evaluated mission performance, technical paper review

- and static judging:
- Best Mission Performance**
 - ENAC, France
 - Martin Mueller Engineering, Germany
 - Massachusetts Institute of Technology, U.S.A.
 - University of Arizona, U.S.A.
 - Best Hover Performance/Rotorcraft**
 - Indian Institute of Technology, Bombay (IITB), India
 - Massachusetts Institute of Technology, U.S.A.
 - Best Autonomous Micro Air Vehicle**
 - ENAC, France
 - Best Exotic Design Micro Air Vehicle**
 - University of Arizona, U.S.A.
 - Best UGV Performance**
 - Micro Aerial Vehicle for Search, Tracking and Reconnaissance (MAVSTAR), Australia

<https://armysuggestions.army.mil>

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Lt. Col Eric J. Stierna, commander, Southern Asia Office, RDECOM ITC-PAC, provides additional guidance to a MAV 08 participant. Stierna said opportunities like MAV 08 help researchers understand how their technologies will be applied in operational environments.

APG News

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'Babies Bundles' service project benefits Soldiers' Families

Story and photo by
RACHEL PONDER
APG NEWS

U.S. Army Ordnance Center and Schools Basic Ordnance Officer Leadership Course III students raised \$1,600 in items and dollars for a class community service project called 'Baby Bundles' and delivered the bundles to Army Community Service April 2.

"Many military Families are living far away from their extended Family," said Diana Hayes, Army Community Service Information Referral/Outreach coordinator. "'Baby Bundles' will give these military Families support away from home, and it welcomes them to the community. On behalf of Army Community Service, I want to thank the OBC III class for helping military Families at Aberdeen Proving Ground."

About the project

The class comprised of 21 students who donated 60 hours of their time.

"We wanted to do a project that would directly help Soldiers and their Families," said 2nd Lt. Caleb Crouch.

The students set up donation

booths and/or collection boxes displaying pamphlets and a poster explaining their project at Wal-Mart, the commissary, Swan Creek Inn, the APG Athletic Center and PX. They received money donations and items.

The students then made up baskets filled with items for babies, like blankets, bottles, teething rings, pacifiers and diapers.

"We had a good response from the community," said 2nd Lt. Catherine Hand, project leader. "Many people saw our booth and went inside the store and bought items for our project."

The items will go to enlisted Soldiers' Families needing assistance, according to Lt. Cmdr. Karen Jordan, 16th Ordnance Battalion commander.

"This was the best community project presented to me since I have been in command. You are taking care of others who can't take care of themselves," Jordan said. "You have really raised the bar."

The Baby Bundles will be given to military Families with Soldiers ranked E-5 or lower, who recently had a baby or are expecting a baby.

To request a Baby Bundle, call Hays, 410-248-4372.



Basic Ordnance Officer Leadership Course III students deliver baby bundles to Army Community Service building for distribution to Soldiers that need assistance obtaining baby products. From left 2nd Lts. Graham Gustafson, Minnesota National Guard; Catherine Hand, New York State Army Reserve; Donald Grantham, Alabama National Guard; Daphne Leach, New York State Army Reserve and Denis Hynes, New Jersey National Guard.

Family

From front page

The two directorates brought together representatives from all three components to conduct training on how to provide standardized baseline services. The training also provided networking opportunities for staff members within state and region boundaries and components.

"Since Oregon doesn't have any active component base or post, it's important for me to attend training like this and meet all the different state and local agencies located around me that offer support services," said Dianne Gooding, director of Family Programs for the Oregon National Guard. "Now I can link up with them and potentially help any active component or reserve folks here in Oregon."

"We really try to work together

through the Inter-Service Family Assistance Committee, and it was really important to come here and meet these folks face to face," Gooding continued. "This training really opens up the networking opportunities for us. We have many programs in place and we have made partnerships within our local communities. The active component and the Reserve can only benefit from what we have to offer them. We can only get stronger with everyone in partnership."

The course provided 134 representatives from all components an overview of what AIFSN is about and how it will impact all the components and the customers they serve.

This AIFSN Basic Institute Course demonstrates the Army Family Covenant's commitment to provide Soldiers and Families a quality of life that is commensurate with their service, according to Brig. Gen.

John [JD] Johnson, deputy commander at FMWRC.

"This conference is designed to help Family programs and Soldier programs help the people who need it the most," Johnson said.

"Soldiering is about heart. The covenant is a reflection of that heart," he continued. "It is a contract with the leadership, Soldiers and their Families that says we understand what you need, and we are signing up to provide standardized, predictable service to you at a high quality."

When fully implemented, the global network should make that goal a reality. Many military members and Families don't live close to a National Guard assistance center, an Army Reserve readiness center or an installation. This system should enable them access to the same benefits and services they'd receive on a garrison through online

services or referrals to local and state community agencies where they can receive equivalent services and support.

"It's all about readiness," Johnson said. "It's all about making sure Soldiers and Families are ready. Because the one thing we cannot control is when they are going to be called on to go forth and do what they sign up to so. That's a piece we don't control."

"We want Soldiers and Families to know the Army cares. We want Families and loved ones to know we can take care of them and do it in such a way that they feel they are in control of what is going on in their lives," he said.

Soldiers and Families will be linked through AIFSN to local community services and programs in their geographical areas, not just those on the nearest installation.

"The whole idea behind this program is to develop and

use all the various systems to come together so that anyone can enter the network to find out where they can get help, no matter where they live," Johnson said. "They can take advantage of all the great things that are being offered out there – whether in the government, private sector or public sector – by accessing the network."

Currently, each component functions independently, and access to services is dependant on unit resources. For a Reserve unit with three or four personnel in the rear detachment hundreds of miles from an active component garrison, providing support is as difficult as it is critical. Local community support is the key to making AIFSN work, and AIFSN will level the field as much as possible.

"We are working on things we can change," said Kathy Classe-Friend, Child and Youth Service coordinator for both the National Guard and

Reserve components at a Combat Support Training Center in California.

"I think the training gives a general overview of how the National Guard operates, and I think it is up to us to merge our services and address the needs. For me the National Guard is our community, so we have been working with the community for a long time. I believe it will be a newer process for the active duty component because their community has always been inside the fence, and everything they need is right there. The National Guard members live out in the community and have always used the community resources. That is our life."

"As AIFSN rolls out," Mills said, "we will make every effort to make sure Families know they can go to the Web, the phone, or to a brick and mortar facility closest to where they live and receive the same baseline services."

ANCOC students mentor Freestate ChalleNGe Academy students

Story and photo by
RACHEL PONDER
APG NEWS

Students from the U.S. Army Ordnance Center and Schools Advanced Noncommissioned Officers Course discussed military life with the cadets from the National Guard Freestate ChalleNGe Academy April 4.

All ANCOC students are required to complete a community service project before they graduate and class 16-08 felt that they could educate the

Freestate ChalleNGe Academy cadets about military life because they actually live on Aberdeen Proving Ground in a military environment while attending the academy.

“Being here is unique opportunity because it allows them to live like a Soldier,” Bandy said. “The students take pride in being recognized in a positive way. The program doesn’t demean any kid; they [their instructors] just want them to try.”

The ANCOC class held a question and answer session to cadets in four different class periods.

“The students see Soldiers every day, but they might not know much about the life of a Soldier, or they might have misconceptions,” said ANCOC student Staff Sgt. Terrance Bandy. “The sergeants felt that the questions and answer forum would provide an open platform to give them more information for those thinking about a career in the military. It was also a chance to dispel some myths about the military.”

Bandy added that the ANCOC students also discussed “backwards planning,” which is setting a goal, and then thinking of all the necessary actions to achieve that goal.

The ANCOC students wanted the academy students to start planning for life after graduation, according to Bandy.

“Having ANCOC students come here provided a positive model for the students,” said Col. Richard Young, the director of the Freestate ChalleNGe Academy. “The ANCOC students, with their military and personal knowledge, provided a guiding light to our students.”

Young added that many students have progressed in life as a result of going to the ChalleNGe Academy.

Susan Weirzbici, who is the deputy director of the academy, said that the mission of the academy is working under a military motto to provide discipline, structure and education.

The academy provides students ages 16 through 19, with a second chance to finish their high school education, for those that have dropped out of school. The program offers a fresh start for students and a safe environment. The students live at the school while they are getting an education in a military atmosphere, which gives them a chance to be surrounded by positive influences.

During one class session in the afternoon, in addition to answering questions the



Advanced Noncommissioned Officers Course students Staff Sgt. Tony Brunson, middle, watches as Staff Sgt. Gary Stone Jr., right, salutes Tasmaiea Mckall, left, a 17 year-old Freestate ChalleNGe Academy cadet from Prince Georges County after watching her lead a platoon of cadets in marching drills.

ANCOC students watched the ChalleNGe Academy students do their cadences, and then the ANCOC students taught the academy students new cadences.

“I liked getting the chance to show them how we march,”

said Tasmaiea Mckall, a 17-year-old cadet from Prince Georges County, who held the title of Platoon Sergeant. McKall who led the students in marching. She plans to go to college to major in education after graduation.

“I thought that the class

was great, they made a lot of good points about what you could do in the military and how it could benefit your life,” said Steve Worrell, a 17 year-old cadet who plans to work for the Baltimore City Water Department after graduation.

The Big Swan takes the stage

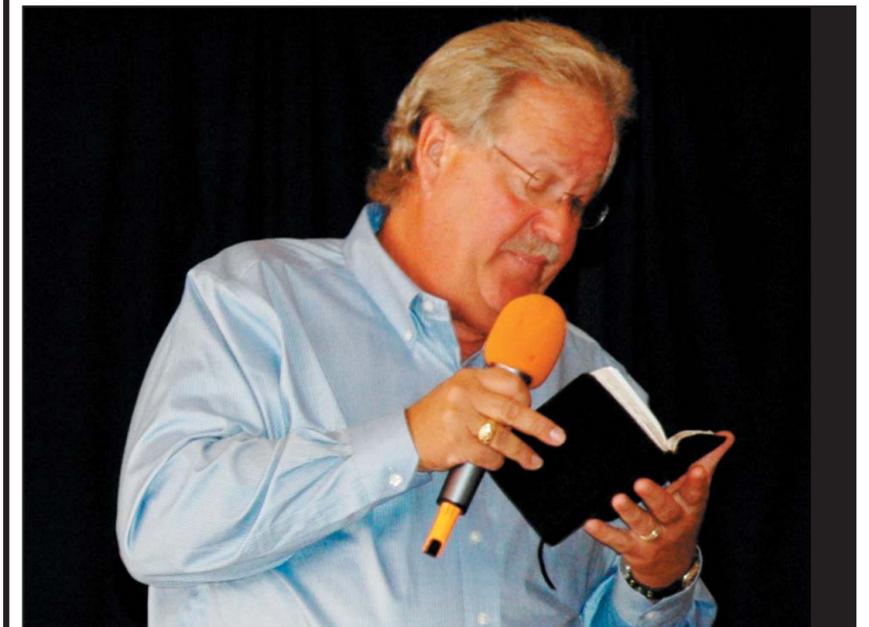


Photo by ROGERTEEL, USAOC&S Entertainer/evangelist Dennis Swanberg, a.k.a. The Big Swan, takes a pensive look at his Bible during the 61st Ordnance Brigade Prayer Breakfast April 16 at the APG Recreation Center. After being introduced by brigade commander Col. Bobby Towery, Swanberg led the 600 Soldiers attending on a humorous and enlightening journey of faith and forgiveness. His impersonations were believable, and ran the gamut from television characters and politicians to Mohammad Ali, whom Swanberg said he once sat next to on a flight. U.S. Army Ordnance Center and Schools commander Brig. Gen. Rebecca Halstead invited Swanberg to appear, knowing The Big Swan’s humor and message would be well received.



APG Outdoor Journal

Gearing up for boating in APG waters

By
BILL ARMSTRONG
APG Wildlife and Marine Law
Enforcement Division

Although it's still a little early for recreational boating, now's the time to be taking an inventory on your safety equipment and making sure your paperwork is all in order. There's nothing more embarrassing than being out on the bay over the Memorial Day weekend with your friends or Family and being told by the marine police or the Coast Guard that your outing has been terminated because of faulty safety gear or an expired boat registration.

As I'm sure most of you know, boat registrations expire Dec. 31, but sometimes the Maryland Department of Natural Resources forgets to send out the renewal applications, or, if you're like me, I renewed my registration but misplaced the new decals. So there I was, wanting to take the boat out but couldn't, because I didn't have the proper paperwork.

Boaters are treated the same way as automobile owners: if your boat isn't properly registered, you may end up with a ticket.

Also, as a gentle reminder, all boat operators, and that includes those operating personal watercraft or jet skis, who were born after July 1, 1972, must show proof of having attended a mandatory boater education course.

In addition, Maryland state law requires that every marine vessel must be equipped with a minimum of proper safety equipment, for instance; life jackets or PFD's (personal flotation devices) for everyone on board the vessel, fire extinguishers, navigational lights, daytime/nighttime signaling devices (horn, whistle or bell, orange distress flag, flares, etc.)

Safety equipment requirements vary with the size of the boat, so for a complete list of

required equipment, or if you have a specific question, be sure to check with the U.S. Coast Guard, the Maryland Natural Resources Police, or the APG Wildlife and Marine Law Enforcement Office, 410-278-3305, or 410-436-4357.

Be absolutely sure to give your life jackets or PFD's a thorough inspection prior to putting them in the boat. These items must be in good condition and serviceable (no tears, no mildew or rotten straps, no punctures), and please, remove them from their plastic bags and place them where they are readily accessible to those on the boat. Remember this also, children 7 years of age or younger, must be wearing their life jackets or PFD's while the vessel is underway.

On another note, we, and I include the U.S. Coast Guard and the Maryland Natural Resources Police, take boating under the influence of drugs or alcohol very seriously. If you're going to drink and drive, be prepared to hire a lawyer and get ready to stand before the judge. We have zero tolerance when it comes to operating a vessel while under the influence. If there's alcohol on board, make sure you have a "designated boat operator." It's just the same as if you were operating a motor vehicle out on I-95.

And lest I forget to mention, APG is a military installation,

and the waters surrounding APG are active test ranges with certain areas designated as "Restricted Areas," prohibiting entry by unauthorized personnel. These restricted areas have been buoyed off and clearly marked for a good reason, and that's to protect you and the boating community. Unauthorized entry into those areas will

result in another one of those embarrassing moments I mentioned earlier, and more than likely end up with someone making an appearance before a federal magistrate. So, if you see an area marked with "Restricted Area" signs, it's best to turn the boat around and go the other way.

The recreational boat-

ing season is just around the corner, so let's start thinking about it now and getting your boat "ship-shape."

For those of you who enjoy the out-of-doors and appreciate the wildlife of the Chesapeake Bay, you might want to take a minute to mark your calendars. The 26th Annual Decoy and Wildlife Art Festival will take

place in Havre de Grace May 4, 5 and 6. This is an excellent get-together with art exhibits, children's activities, retriever demonstrations and plenty of food. If it's a nice weekend outing you're looking for, this is it.

If you would like some more information, give the Havre de Grace Decoy Museum folks a yell, 410-939-3739.

Show

From front page

"This is the Army, Mr. Jones," which was written in 1942 by the show's founder, Irving Berlin for his Broadway show, "This is the Army." During that number, a video montage of photographs, posters and video clips will chronicle a quarter century of Soldier Shows.

Higdon said that at the end of the show, troops will don their battle gear as they exit the stage.

"From the opening montage to the finale, visual and song elements will focus on the strength of our Soldiers, tying into "Army Strong,"" he said. "We never want the audience to forget that these aren't professional singers and dancers, that they're Soldiers," Higdon said.

"We will have a well-balanced mix of everything," he added. "There will definitely be something for everybody."

U.S. Army Soldier Show

The U.S. Army Soldier Show is a high-energy 90-minute review showcasing the talents of active duty Soldiers who were selected by audition throughout the Army. They are amateur artists who have a passion for music, dance and performing and they come from aviation, biological, infantry, medical, musical, signal, transportation and other tactical units. The show is assembled in five weeks and then tours for six months.

This year's show will tour installations throughout the United States and in Germany, Korea and Belgium.

The 2008 U.S. Army Soldier Show is sponsored by multi-year lead sponsor and partner, the U.S. Army National Guard, www.arng.army.mil; first-time partner Freedom Team Salute, www.freedomteamsalute.com; and longtime corporate sponsor AT&T, www.usa.att.com.

AAFES NEWS

Shoplifting, resulting costs to military community up in '07

AAFES

Despite upgraded camera systems with digital video recorder capability, educational campaigns focused on the consequences of stealing and a 2002 amendment allowing federal retailers to pursue losses and administrative costs related to shoplifting, theft at base and post exchanges rose last year, from 7,542 incidents in 2006 to 7,635 in 2007.

While occurrences were up barely one percent, the average cost of products in detected cases went up AAFES-wide more than 8 percent, from \$119 per incident in 2006 to \$129 in 2007.

Shoplifters focusing on

designer purses and perfumes, name brand electronics and other high-end items created increased costs for the military community as the amount of merchandise involved went up nearly 10 percent, from \$898,851 in 2006 to \$985,244.

With a dual mission to provide quality goods and services at competitively low prices and generate earnings to support Family, Morale, Welfare and Recreation programs, AAFES, which has contributed more than \$2.4 billion to military quality of life programs in the past 10 years, continues to focus its efforts on reducing theft.

"Shoplifting at the exchange results in a reduced return on investment to our primary shareholders -- the military community," said AAFES' Vice President of Loss Prevention Gerald Danish. "Because AAFES is a command with a mission to return earnings to FMWR activities, shoplifting at the BX or PX is essentially the same as taking money directly from the pockets of the military Families exchanges serve."

In an effort to protect the FMWR dividend AAFES provides annually and further reduce shoplifting incidents, loss prevention associates are stepping up education efforts to help highlight the cost and perils of stealing through local anti-shoplifting campaigns.

AAFES is also testing intelligent video analysis solutions that are expected to further reduce losses. Capable of alerting personnel to crucial incidents as they happen, the new systems will allow store

personnel to intervene before merchandise even leaves the store.

In addition to these measures, AAFES' Loss Prevention team continues to proactively identify store display areas that tend to have high theft rates.

"No one likes catching shoplifters," Danish said. "In fact, one of our major objectives is to deter shoplifting before it ever happens by educating shoppers of all ages on the exchanges' ability to monitor and record activity throughout the store. It's our hope that individuals who might be considering theft will see the security measures, think twice and make the right decision for their Family and career."

If shoplifting is suspected, AAFES loss prevention associates turn the issue over to local law enforcement. In addition to possible disciplinary action and/or criminal prosecution, the Federal Claims Collection Act, which began

March 1, 2002, allows AAFES to enact a flat, administrative cost (Civil Recovery) of \$200. There may be further fees, in

addition to the Civil Recovery Program, depending on the condition of the stolen merchandise.

AAFES offering military shoppers more than \$2,000 in stress relieving prizes

AAFES

With Mother's Day just around the corner, the Army & Air Force Exchange Service, Goody Products and Watt/Spohn Universal have partnered to offer military moms the opportunity to win one of 10 fabulous spa packages.

From April 18 through 24, authorized shoppers can register to win a \$250 spa package at their nearest AAFES main store and Shoppette.

"What better way to thank mom for all she's done than treating her to a refreshing, relaxing and rejuvenating spa getaway," said Chief Marketing Officer Richard Sheff. "In addition to all of the great Mother's Day deals available at the exchange, this sweepstakes is yet another reason to stop by and see what's 'in store.'"

No purchase is necessary to enter the AAFES spa package giveaway. Winning entrants will be announced on or about May 30. Personnel with exchange privileges can find the PX/BX nearest them by logging on to the store locator link at www.aafes.com.



Commissary News

Commissary Patron Council brings benefit into focus

Story by
CARRIE WILLIAMS
DeCA

"Perfection is not attainable, but if we chase perfection we can catch excellence," said Rick Page, acting director of the Defense Commissary Agency, quoting Vince Lombardi on the subject of excellence. Page kicked off his "state of the benefit" briefing at the agency's recent Patron Council meeting with these words to emphasize DeCA's pursuit of an excellent commissary benefit.

The meeting, held at the Association of the United States Army Headquarters, in Arlington, Va., brought together senior DeCA leaders and

council members to share commissary information and customer concerns. Council members represent active duty, Guard and Reserve members, retirees and military Families.

The big news from the meeting is the ground the agency has gained in taking the benefit on the road. DeCA has taken the commissary benefit to Guard and Reserve members and their Families at remote locations, conducting on-site sales out of warehouses, aircraft hangars, armories, tents in parking lots and even the back ends of semitrailers.

Page said the agency has about 100 of these on-site sales planned for 2008.

"Remember, we're not interested in being good," he said. "We want to be excellent. That means bringing the benefit to customers in out-of-the-way locations so that they, too, can reap the savings only the commissary can deliver."

While the focus is on Guard and Reserve, the on-site sales are a boon to all authorized shoppers living near them. All

customers are welcome, Page noted.

Randy Chandler, DeCA's sales director, briefed council members on future trends and changes to product mix. He talked about the new "Go Green" promotion and explained that the agency is encouraging customers to purchase eco-friendly products that are now available in commissaries worldwide, such as compact fluorescent light bulbs, recycled paper products, "green" cleaning supplies and reusable grocery bags. Made of sturdy green cloth and costing 70 cents each, the bags have been so popular DeCA's supplier has had difficulty keeping them in the stores.

"We've sold about half a million in four months," Page said. "Customer demand is greater than we expected, but rest assured we are working to get additional shipments to all commissaries as soon as possible."

Sallie Cauthers, DeCA's marketing chief, discussed the agency's latest promotional campaigns, including "Discover Your Benefit."

This is a big, year-long campaign designed to encourage customers to discover all that their benefit has to offer, not just in the store, but also on www.commissaries.com, where customers can check out Kay's Kitchen and Ask the DeCA Dietitian; sign up for Commissary Connection, an e-mail newsletter; print coupons; and register for shopping sprees, to name just a few of its features, Cauthers said.

DeCA dietician Maj. Karen Fauber delivered information about the agency's newest health and wellness initiatives. These include a new online forum called "Ask the DeCA Dietitian" and many store-level programs such as "Walk into Wellness," health screenings and commissary tours that focus on nutrition education.

One result of the recent meeting is an expanded Patron Council page on <http://www.commissaries.com>. Council members can now log in and get the latest commissary news digested and formatted for use in newsletters and publications they distribute to their respective military audiences.

Council members are nominated as official representatives of their respective service or association and are then selected by DeCA's director. They work throughout the year with DeCA officials to provide factual commissary information to their constituents and to relay customer concerns and issues back to DeCA.

Community Notes

SATURDAY APRIL 26 YOU CAN KAYAK

Come out to the Anita C. Leight Estuary Center and give kayaking a try. Review the basics of flat-water kayaking and then take a quick tour of the marsh.

This program will be held 9:30 a.m. to 12:30 p.m. for ages 8 to adult. Cost is \$10 per person. Registration is required.

For more information, to register or for directions to the center, call 410-612-1688 or 410-879-2000, ext. 1688.

PROJECTS FOR A GREENYARD, SCHOOLYARD

Teachers and parents can learn to assess a home turf or schoolyard for potential green improvements. Make a rain barrel to take home and learn about rain gardens and composting systems. This is a great program for Green School Certification. This program will be held 1 to 4 p.m. for adults. Cost is \$20 per rain barrel. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Cen-

ter, call 410-612-1688 or 410-879-2000, ext. 1688.

BASKET BINGO

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

For more information or to purchase tickets, call Anne Gibson, 410-378-3338 or Joanne Bierly, 410-378-3320.

GREAT TRAIN ROBBERY BAND

American Legion Edgewood Service Post 17, located on 415 Edgewood Road, Edgewood, will hold a dance, 9 p.m. to 1 a.m. Doors open 8 p.m. The Great Train Robbery will perform.

Tickets cost \$25 per person or \$40 per couple and includes draft beer, soda, cold cuts (beef and ham), potato chips and pretzels. Proceeds will benefit American Legion Post 17 programs.

For more information or to purchase tickets, call Carol Carden, 443-506-6561, e-mail countrycamper@mris.com.

SUNDAY APRIL 27 MEET A CRITTER

Check out one of the live critters up close while discovering what makes that animal special. This free program begins at 12:30 p.m. for all ages. No registration required.

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

WHAT'S IN THE WATER

Spend some time splashing around in the water before getting down to the business of looking for microscopic life and testing the estuary water with some cool equipment. This free program will be held 2 to 3:30 p.m. for ages 7 and older with an adult. Registration is required.

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

FOLLOW THAT FISH - CANOE TRIP

As surely as spring follows winter, herons and eagles follow the spring fish migration up the creeks. Paddle the marsh using the birds as

fish finders and then try to catch some of their prey.

This program will be held 10:30 a.m. to 1 p.m. for ages 8 to adult. Cost is \$10 per person. Registration is required.

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

SATURDAY APRIL 29 IAC SMALL BUSINESS INDUSTRY DAY

The Defense Technical Information Center will hold a Small Business Industry Day, 7 a.m. at the Federal Gateway Conference Center located at 1100 New Jersey Ave. SE, Washington, D.C.

This event is specifically geared towards the small business industrial base to

introduce small businesses to the DTIC Information Analysis Center program, inform small businesses of current and future business opportunities within the DTIC IAC program, and provide small businesses with an opportunity to interface with the DTIC IAC Program Management Office, the 55th Contracting Squadron, and the current IAC prime contractors.

For more information call Heather Gatta, 410-306-8651 or register online at <http://www.SBID2008.com>. Registration is required through the Industry Day Web site. Registration deadline is April 18.

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

SCHOOL LIAISON

High school student exchange program

American Field Service-USA, or AFS-USA, is a worldwide, nonprofit organization that has been a leader in high school student exchange for 60 years. There is still time to apply for several programs, including programs this summer, that offer students the opportunity to learn about another country, become part of a local community, and see the world.

Let AFS provide advice or connect students with other students who have just returned. Financial aid is still available, especially if students let AFS suggest destinations for them.

For more information, call Grant Moser, AFS-USA, e-mail gmoser@afs.org or call 1-800-AFS-INFO or visit http://usa.afs.org/usa_en/home.

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

Post Shorts

at 8:30 a.m., April 24; a second class on diabetic nutrition will be held at 10 a.m. These classes are open to all military Family members.

Weight management class for active duty service members only will be held 9 a.m., April 29.

Classes are mandatory for active duty members needing to lose weight.

Future classes will be scheduled pending participation levels.

To register large groups or units needing weight management training, call Tanya Kenney, 410-278-1749.

APG Arbor, Earth Day Celebration April 29

Col. Jeffrey S. Weissman, Aberdeen Proving Ground Garrison and deputy installation commander, and the environmental staff will sponsor "A Tree Breathes Life," an APG Arbor and Earth Day celebration, 1 to 2 p.m., April 29, at the BRAC re-forestation planting area located on Gadsden Road, located across from Garden Drive on Aberdeen Boulevard in the Aberdeen Area.

Everyone is invited to attend. Tree City USA will recognize APG for its ongoing commitment to the environment.

Events include an awards presentation for the youth poster contest, ceremonial tree plantings and APG's environmental business partner displays.

For more information or to RSVP, call Judy Ratledge, 410-436-4817, e-mail judy.ratledge@us.army.mil.

ARL hosts Days of Remembrance May 7

The U.S. Army Research Laboratory will host the annual Days of Remembrance program 10 a.m. at the post theater May 7.

This year's theme is "Do Not Stand Silent: Remembering Kristallnacht, 1938." The guest speaker will be Rubin Sztajer, a Holocaust survivor from Pikesville, Md.

For more information, contact Sheryl Coleman, 410-278-5964.

Installation Volunteer Recognition ceremony

The APG community will formally thank volunteers at a recognition ceremony and reception 7 p.m., May 15, at Top of the Bay.

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

Army holds qualify- ing Combatives Tournament

An Army Combatives Tournament is scheduled for 6:30 p.m., May 2. Final elimination matches will be held 2 p.m., May 3. A weigh-in for the event will take place 5 to 7 a.m., April 29, at the Aberdeen Area Athletic Center, building 3300 and the Edgewood Athletic Center, building E-4210.

The tournament is open to all military men and women, including Army, Navy, Marines, Air Force and any Coast Guard personnel assigned to APG. Weight classes for men include Flyweight at 139.9 pounds and below to Super Heavy Weight at 225 pounds and above. Weight classes for women include Lightweight at 119 pounds and below to Heavyweight at 150 pounds and above.

The first and second place finishers in each weight class will go on to compete in

the 61st Ordnance Brigade versus the 59th Ordnance Brigade, Redstone Arsenal, Ala., 1 p.m., May 8, at the Athletic Center. If first and second place finishers graduate before May 8, the tournament will be held at APG on orders so that they can compete.

For more information, call 2nd Lt. Jeremy Stearns, 520-559-7221 (cell phone), or e-mail jeremy.stearns1@us.army.mil.

New arrivals required to attend Newcomers' Orientation

All newly arriving Soldiers and civilian employees are required to attend the APG Newcomers' Orientation, 1 p.m., May 21, at the Aberdeen Area Recreation Center, building 3326. Sponsors are encouraged to bring their Family members, and all members of

the APG community are welcome to attend.

More than 50 APG community activities and organization representatives will welcome arrivals with handouts and literature and will answer questions regarding their programs. Each unit/activity is requested to report the number of attending personnel to Phyllis Ethridge, Army Community Service, building 2754, 410-278-9669/7572, fax 410-278-9685 or e-mail Phyllis.ethridge@us.army.mil

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

Army recognizes military children throughout special month

Story by
**MARGARET
MCKENZIE**
FMWRC Public Affairs

April marks a special month in the lives of military Families.

The Army Family and Morale, Welfare and Recreation Command joins the military community in recognizing April as the "Month of the Military Child," a time to honor military Families and their children for the sacrifices they make and challenges they overcome every day of the year.

In 1986, Secretary of Defense Caspar Weinberger recognized the importance of military children and their role in military Families when he established April as "Month of the Military Child" in a Defense Department commemoration.

Active duty military Families move almost every two or three years, uprooting children, changing schools, and saying goodbye to friends. The children learn to adapt with each transition as they gain new experiences in their new environment.

"Sometimes we forget



Photo by RACHEL PONDER

Throughout the month of April, Aberdeen Proving Ground hosted special programs and events to salute military children, like Spring into Action, which was hosted by Family, Morale, Welfare and Recreation's Child Youth Services Sports. From left to right: Alexander Stovall, 7, Nishika Stovall, retired military, and Brianna Stovall, 3, relax and enjoy refreshments after participating in sports activities during the Spring into Action event on April 19.

that military children 'serve' as a result of a parent's military career," Director of Army Child and Youth Services M.-A. Lucas said. "A military Family averages nine moves through a twenty-year career, and in doing so, their children must say

goodbye to friends, change schools and start all over again."

Deployments are difficult for everyone involved – from Soldiers who are being deployed, to the children who are left behind, to the community of Fam-

ily and friends who must take on new responsibilities and provide support and services.

Military children undergo hardships and face many obstacles by having a parent deployed for long periods at a time. These children make sacrifices and serve their country as much as anyone in uniform. By doing their part quietly, they make their parents realize that what they do is just as important.

According to the "Month of the Military Child" Web site, more than one million American children have at least one parent actively serving in the military.

Throughout the month of April, Aberdeen Proving Ground activities hosted special programs and events to salute military children to include tree plantings, a youth talent show, a D.A.R.E. graduation ceremony, red/white/blue day, a partnership signing with Cecil County Public Schools, yellow ribbons for troop days and more. Spring into Action Day hosted more than 350 parents and chil-

dren and focused on health, nutrition, sports and fitness.

Even though April is also Child Abuse Prevention Month, efforts to focus on this are promoted throughout the year, said Aida Rivera, Army Community Service Family Advocacy Program manager.

ACS hopes parents and children will participate in one or all of the upcoming events remaining in April.

April 24: Child Safety Puppet Show, Aberdeen Area Child Development Center

April 26: Child Abuse Information Booth, APG Commissary

April 29: Child Safety Puppet Show, Edgewood Area CDC

"We encourage the entire community to come out and participate in FAP programs and activities, not just during April, but throughout the entire year," Rivera said. "The more we know about child abuse, the more we will be equipped to prevent it."

For more information on events, call Rivera, 410-278-7478.

Traffic Safety

STOP

SPEED
LIMIT
25



ONE WAY

DO NOT
ENTER

Commentary: Riding the 'iron horse'

By
JOSEPH L. DAVIS
DLES

Spring has arrived and many of us are preoccupied with thoughts of planting, grass cutting and firing up grills. A much smaller demographic are shining chrome, kicking tires, disconnecting batteries from tenders and getting ready for riding season. It's here and with the upward spiraling price at the pumps, many that utilized motorcycles for recreation only are finding that it's a much more economical alternative for the daily commute to work.

DOD regulations require specific equipment and training to ride motorcycles on military installations. And while we two-wheeled motorists endeavor to comply with these regulations, our four-wheeled brethren with whom we share the road are somewhat lax in that area.

The Hurt Report, which the Department of Defense utilized along with other motorcycle safety reports to create its own safety requirements, was compiled decades before the advent of cellular phones, onboard GPS systems and stereo systems that can rival those of on-stage rock bands. Throw in a little

daily stress from work and home, and you have a recipe for disaster for the poor guy or gal trying to save a buck by riding a motorcycle to work. Even with the high visibility safety garb motorcyclists are required to wear, too often are the words "I didn't see him" uttered after a very preventable accident.

Here's a little food for thought the next time you see a motorcyclist on the road.

- Motorcycles accelerate faster than cars
- Motorcycles decelerate faster than cars
- It's very difficult to judge the speed of an oncoming motorcycle given its relative size to the surrounding environment, so look twice before proceeding in front of one.

Just remember, spring is here, and motorcycle riders will become a more frequent sight. A little extra attention to your surroundings will make the commuting experience a little more enjoyable for all.

As many of you are aware a new motorcycle policy went into effect on APG March 27. The purpose of the new policy is to ensure all military personnel, civilian personnel in a duty status, contractors, retiree's,

dependents and visitors who operate a motorcycle on APG are in compliance with all Army, DOD, state and local regulations and command directives pertaining to motorcycles.

Each operator of a motorcycle must have a valid state license with a motorcycle endorsement. Each operator must complete the mandatory Army approved motorcycle safety course and carry the Motorcycle Safety Foundation course completion card whenever operating a motorcycle on Aberdeen Proving Ground. The card must be presented along with a valid identification card (driver license) upon arrival at APG entrance gates.

Each motorcyclist and passenger is required to wear the below personal protective equipment and clothing while operating or riding on APG:

Garment visibility: A brightly colored reflective vest (yellow, orange, or green) will be worn at all times day or night over clothing. If a backpack is worn, a reflective belt (yellow, orange or green) is required around the bag at all times day or night in addition to the reflective vest.

Helmets: A helmet certified to meet Department of Transportation standards properly fastened under the chin. Novelty or replica type hel-

metts are unauthorized.

Goggles and face shields: Impact or shatter resistant goggles, wrap-around glasses, or full face shield properly attached to the helmet must meet or exceed ANSI Safety Code Z87.1 for impact and shatter resistance. A windshield alone is not proper eye protection.

Mirrors: Rear view mirrors must be mounted on handlebars or fairing, headlights must be turned on at all times while operating a motorcycle.

Sturdy Footwear: Leather boots or over the ankle shoes must be worn. No high top tennis shoes of any kind are permitted.

Clothing: Long sleeved shirt or jacket, long trousers such as blue jeans or leather suit, and full finger gloves designed for use on a motorcycle.

The above safety requirements were reprinted from the Motorcycle Safety Policy.

For more information, contact the Installation Safety Office, 410-306-1081.

Until next month be safe and buckle up.

(Editor's note: Author is the traffic section supervisor. Officer Robert Raggsdale, DLES and motorcycle safety enthusiast, contributed to this article.)

Safety 101

From front page

- Accept no unnecessary risk.
- Apply CRM cyclically and continuously.
- Do not be risk averse. Manage risks and complete the mission.

McNabb recommends identifying risks associated with summer activities and always plan ahead.

Construction safety

This summer there will be an increase in construction on APG because of base realignment and closure and enhanced use leases. There are some high risks associated with construction sites. McNabb said that it is important to remember:

- To never allow children to play on or near a construction site.
- To stay away from large dirt piles and new foundations because they are very unstable.
- Not to walk through a building under construction. Many stairs and walls have not been completed and pose a serious danger.
- To contact the Installation Safety Office or the company in charge of the project if an unsafe condition is observed.

"Hundreds of trespassers a year are injured or even killed each year on construction sites. Even trained and experienced people get hurt or killed each year while on construction sites," McNabb said.

Some risks associated with construction sites are not as visible, like hazardous chemicals. For example, benzene, used in many solvents, can cause convulsions and loss of consciousness if an individual is severely exposed. Long-term exposure, even at low concentrations, may result in blood disorders, including leukemia.

"Only specially trained personnel should be at these work sites as they are trained to work with these types of chemicals," McNabb said. "They are trained in the use of proper personal protective equipment such as respirators and hand, face, body and foot protection."

Heavy equipment can also be very dangerous at construction sites.

"Large equipment and material can weigh hundreds of thousands of pounds and can easily crush a human being. Operators of heavy equipment might not be able to see you," McNabb said.

"Police will look for trespassers on APG construction sites," said Robert Krauer, director of Law Enforcement and Security, during March's Well-Being Council meeting.

McNabb added that children have a tendency to view construction sites as playgrounds.

"Parents should never allow children to play near or on construction sites. Please set a good example and stay away from construction sites," McNabb said. "Make sure to tell younger brothers, sisters, friends and other students to do the same. By working together we can be safe, and we can ensure the safety of young children."

Exercise safety

When the weather is warm, many people exercise outdoors.

APG is reinforcing a policy that requires all walkers and runners to put on a reflective belt while exercising outside, at all times. The belts should be worn over the right shoulder down under the left arm. When possible, exercisers should use sidewalks and if no sidewalk is available, they should move facing oncoming traffic.

Exercise belts can be signed out at all APG fitness centers. Exercise

belts can be bought at the PX and sporting goods stores.

"Wearing a reflective belt has always been a regulation at APG," McNabb said. "We are just reinforcing it even more so during BRAC, when there will be an increase in traffic. We are trying to bring more awareness to this regulation because the time has really called for its necessity."

Garrison Command Sgt. Major Pedro Rodriguez, in April's Well-Being Action Council meeting, said that drivers will frequently lose concentration [while performing some other task while driving] and drift to the side of the road, so it is important for exercisers to watch out for drivers and to always wear an exercise belt.

"Tell your friends and co-workers about this policy," Rodriguez said. "It will be enforced."

He added that the using headphones or cell phones while exercising outdoors is prohibited. They can hinder hearing approaching emergency vehicles.

Parents need to tell their children about the risks associated with playing outside and supervised closely to make sure that they are staying out of the road.

Driving Safety

During the summer months, people drive more. When going on a trip, use CRM by planning ahead for possible safety concerns, and have travel routes planned out.

In order to avoid fatigue, get fresh air, avoid heavy foods and alcohol, and take scheduled rest breaks.

It is also necessary to have an emergency plan and an emergency contact person.

Children under 12 should always ride in the backseat. Children riding in the front seat can be seriously injured or killed when an air bag is

deployed in a crash.

Whenever driving, wear a seat belt and make sure children are wearing their seatbelt. The APG police will be enforcing "Click it or Ticket," a national seatbelt enforcing campaign, Krauer said.

It is prohibited for drivers to talk on a cell phone without a hands-free headset on APG. Cell phones can be very distracting for drivers. According to the Web site, <http://www.behandfree.com/headsetincarc.aspx>, safety issues associated with cell phone use in cars can be categorized into the following areas:

- Taking your eyes off the road to dial a number into the cell phone keypad.
- Taking your hands off the steering wheel to dial a number.
- Taking one hand off of your steering wheel to hold a cell phone while on a call. Fumbling with the cell phone while you're talking can be very distracting.
- Being so engaged or distracted with your cell phone call that you're not paying close attention to the road.

Even hands-free cell phones can be a cause for distraction, so use them with caution.

It is also prohibited to pass troops in formation. Rodriguez asks drivers to watch their speeds and to always watch for Soldiers and other pedestrians.

During the summer, alcohol use increases.

"Alcohol seems to be involved in many summer activities and there is always risk there," McNabb said. "Remember to always have a designated driver if you are planning to drink alcohol."

(Editor's note: Watch for "Safety 101" in the APG News as APG continues to promote safety topics.)



FAMILY, MORALE, WELFARE & RECREATION

Activities/Events

School age/middle school services summer program taking applications

The Aberdeen and Edgewood area's summer programs will run for nine weeks, June 16 through Aug. 15, Monday through Friday, 6:30 a.m. to 5:30 p.m.

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

Tuition fees are based on total Family income.

Waiting list applications may be picked up daily, at the Edgewood Area Youth Services, building E-1902, the Outreach Services, building 2752 or faxed to 410-278-4658.

Applications will not be distributed or accepted at the Aberdeen Area Youth Service building.

Registration will be held Saturday, April 26, at the Aberdeen Area Youth Services for all sponsors who have been offered openings by the Central Registration office. Registration packets, an up-to-date physical and Family income information must be completed prior to the registration appointment.

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

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

Do-it-yourself New York City tours

FMWR has scheduled several day trips to New York City – eight hours for sight-seeing, shopping, seeing a Broadway matinee, venturing into China Town and more May 17, June 21, July 19,

Aug. 16, Sept. 20, Oct. 18 and Nov. 15.

Cost is \$40 per person. The bus will depart 7:55 a.m. and will return 10 p.m. Open to all DoD card holders.

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

Karate classes

The Aberdeen Area Youth Center, located in building 2522, will offer karate classes for ages 12 through 18, 6:45 to 7:45 p.m., Wednesdays, April 30 through May 21. Cost is \$40 per student. Karate promotes discipline, muscle toning and conditioning.

For more information or to register, call the Central Registration Office, building 2752, 410-278-7571/7479 for an appointment.

Tae Kwon Do classes

Aberdeen Area Youth Center offers Tae Kwon Do classes for ages 5 to 11, 5:30 to 6:30 p.m., Wednesdays, April 30 through May 21. Cost is \$40 per student. Tae Kwon Do promotes discipline, muscle toning and conditioning.

For more information or to register, call the Central Registration Office, building 2752, 410-278-7571/7479 for an appointment.

MWR Amusement, Travel Expo May 8

MWR Leisure Travel Services will hold an Amusement and Travel Expo, 11 a.m. to 1:30 p.m., May 8 at Top of the Bay. Vendors from Maryland, Virginia, Pennsylvania and Delaware will be available.

Come see what's hot this year for the next vacation and sign up to win great door

prizes.

For more information, call 410-278-4011/4907.

Baltimore Orioles Games

Purchase tickets for Orioles baseball at Camden Yards:

- Boston Red Sox, 7:05 p.m., May 13
- Pittsburgh Pirates, 1:35 p.m., June 15
- Kansas City Royals, 7:05 p.m., July 3
- Detroit Tigers, 7:05 p.m., July 18
- Chicago White Sox, 7:05 p.m., Aug. 25
- Oakland Athletics, Sept. 7, TBD
- Cleveland Indians, 7:05 p.m., Sept. 9
- Toronto Blue Jays, Sept. 28, 1:35 p.m.

For more information on other Baltimore Orioles games or to purchase tickets, call 410-278-4907/4011.

APG holds Armed Forces Day 10K run

Aberdeen Proving Ground and Morale, Welfare and Recreation will host the second annual Armed Forces Day 10K Run, 8 a.m., May 17.

The race is open to the general public, military or civilian. Entry forms can be found on Charm City Run Web site, <http://www.charm-cityrun.com>.

Entry fees are \$20 through May 4, \$25 through May 16 and \$30 race day. There is a \$5 discount for active duty military and privates (E-1) through private first class (E-3) are free. Military grades E-1 through E-3 may register with their unit. Runners will receive a 10K Run T-shirt, and water will be provided on the course and at the finish line.

For more information, contact Ralph Cuomo, MWR sports director, 410-278-3868 or e-mail ralph.cuomo@conus.army.mil.

SKIES Unlimited

For more information or to register for a SKIES Unlimited class, call the Central Registration Office, building 2752, 410-278-7571/7479. For an appointment, e-mail stacie.umbarger@conus.army.mil.

Kids in the Kitchen

Kids ages 8 to 14 can join Chef Paul for Kids in the Kitchen at Super Suppers, located on Route 40, Havre de Grace, 5:30 to 7:30 p.m., June 6. Cost is \$20 per student. A maximum of 8 students will be allowed. Get in on the fun by making great kid-friendly entrees for the Family. Children will make friends and food with others their own age while learning the importance of clean food preparation and nutrition. Open to all DoD ID card holders.

For more information, to register, or to make an appointment, call Central Registration Office, building 2752, 410-278-7571/7479/4589 or e-mail stacie.umbarger1@conus.army.mil.

Free babysitting class

Become a Red Cross Certified babysitter after taking the free 4-H/Army Child and Youth Services babysitting class for ages 13 and older. The class will be held 8 a.m. to 4 p.m., June 17 and 18, at Child and Youth Services, building 2752. The objectives are to familiarize participants with the responsibilities of babysitting. This class is open to all DoD ID card holders.

Brazilian Jujitsu

A Brazilian jujitsu program will be held at the Aberdeen Area Youth Center, building 2522.

Session will be held on Tuesdays and Thursdays, May 20 through June 19.

Beginner classes will be held 6 to 6:45 p.m.; advanced classes will be held 6:45 to 7:30 p.m.

Through the practice of jujitsu and kick-boxing, students will learn the best form of self-defense, how to defend themselves against bigger, stronger, and faster opponents and develop leadership and teamwork skills. All students will advance their skills no matter their gender, size, or natural ability.

Cost is \$85 per student, or \$240 per student for all three classes.

Tutors available for all grades

Private tutors are available for students in grades 1 through 12. Tutoring for grades 1 through 5 includes all subjects for non-before/ afterschool participants. Grades 6 through 8 includes all subjects. Grades 9 through 12 includes math and science only.

Tutors are available Monday through Friday, through May 13 and cost \$140 per student for four one-hour sessions. Times and days vary with each participant. Open to all DoD ID card holders.

Mother's Day Dinner

Top of the Bay will serve a Mother's Day Dinner, 5 to 8 p.m., May 11. Cost for adults is \$21.95 per person; cost for ages 6 to 11 is \$9.95 per person; children ages 5 and under are free. Cost includes a prime rib carving station, chicken marsala, seafood newburg, assorted vegetables, assorted dessert table, coffee, tea and sodas. Champagne for Moms Bar will be available. Deadline for reservations is May 8.

For more information or to make reservations, call 410-278-3062/2552/5195, 8 a.m. to 4:30 p.m., Monday through Friday.

APG Bowling Center Snack Bar specials Building 2342

Week of April 21

Special #1: Double bowlerburger with bacon, cheese, and choice of mayonnaise, lettuce, tomato, pickles, onions, potato chips, one cookie and soda for \$7.85.

Special #2: Chicken filet club sub with bacon and cheese, and choice of mayonnaise, lettuce, tomato, pickles, onions, potato chips, one cookie and soda for \$7.65.

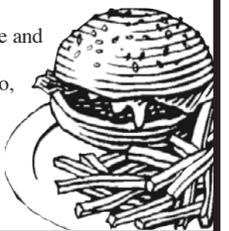
Week of April 28

Special #1: BBQ pork sandwich on hamburger roll, french fries, cookie and soda for \$6.85.

Special #2: Granddaddy burger, choice of mayonnaise, lettuce, tomato, pickles, onions, potato chips and soda for \$7.95.

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

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



Concert Ticket Special: \$20 April 29 - May 2
For the APG community. Walk-ins only.
Hoyle Gym (Bldg E4210) and Leisure Travel Services (Bldg 3326)



Sunday, June 22
Aberdeen Proving Ground

With Blind Melon
and Special Guest
Blackberry Smoke

National Sponsors



Local Sponsors





Preventing substance abuse on APG

Understanding alcohol withdrawal syndrome

APG ASAP Office

What most people don't know about alcohol withdrawal is it can be fatal.

"In fact, alcohol is only one of two classes of drugs which can kill you when you abruptly stop using it; the other is benzodiazepines or tranquilizers," said Jareta Coyle, Aberdeen Proving Ground alcohol and drug control officer.

She is quick to point out "you have to be a longtime user of alcohol and to have become physically addicted to it before you will experience what is known as Alcohol Withdrawal Syndrome."

Mild withdrawal can be very similar to a bad hangover or withdrawal from

nicotine, she said.

"While some people may have mild shakiness and sweats, almost all will have some sleep disturbance as well. This may be experienced as trouble getting to sleep or inability to stay asleep. The most severe form of withdrawal is called "DTs" (delirium tremens). People with DTs may experience confusion, anxiety and even hallucinations (seeing, hearing or feeling things that aren't really there). At this stage, once a person begins having DTs, they need treatment from a doctor as soon as possible," Coyle said.

Withdrawal symptoms rarely occur in people who only drink once in a while. Symptoms usually occur in people

who have been drinking heavily for weeks or months and then suddenly stop drinking.

People who have gone through withdrawal before are more likely to have withdrawal symptoms each time they quit drinking, she said.

"Your doctor needs to know you're going through withdrawal so he or she can make sure it doesn't lead to more serious health problems," Coyle said. "If you go through withdrawal a number of times without getting the right treatment, your symptoms may get worse each time. So even if your withdrawal symptoms don't seem that bad, it's important to see your doctor. This is especially true for

people who have had a bad withdrawal before and people who have other health problems, such as infections, heart disease, lung disease or a history of seizures.

"Additionally, people who quit using other drugs (such as tobacco, injected drugs or cocaine) at the same time they stop drinking alcohol might have severe withdrawal problems. Your doctor can keep track of withdrawal symptoms so that more serious health problems don't develop and give emotional support," she said.

Medicines can control the shakiness, anxiety and confusion that come with alcohol withdrawal. Only a doctor can prescribe these medicines.

"If you take the medicines at an early stage of the withdrawal, they may keep your symptoms from getting worse," she said.

"The urge to drink again during withdrawal can be very strong. Some people may put themselves into dangerous situations. After withdrawal symptoms go away, so it's important for the person to join a treatment or sobriety program, such as Alcoholics Anonymous. Support from Family and friends can help a person find success," Coyle said.

The ASAP Employees Assistance Program, managed by Bill Sanchious, offers assessment and referrals. Call 410-278-5319 or e-mail Wil-

liam.Sanchious@apg.army.mil.

There are many support programs available including the National Council on Alcoholism and Drug Dependence, <http://www.ncadd.org>, 800-475-HOPE; Alcoholics Anonymous (AA) <http://www.aa.org>; and the American Academy of Family Physicians, which provided information used in this article, <http://www.familydoctor.org>.

For more information contact Cindy Scott, ASAP prevention coordinator, 410-278-4013, e-mail Cynthia.Scott1@conus.army.mil, or visit the ASAP Web site, <https://apgrc2gag-intra.apg.army.mil/apg/ASAP/>.



Your health is KUSAHC's goal



Agreement allows TRICARE beneficiaries to continue participation in NCI cancer trials

U.S. DoD Military Health System

TRICARE beneficiaries have more options for cancer care and greater access to advances in cancer prevention and treatment through clinical trials. The Department of Defense and the National Cancer Institute have renewed their agreement for a continued partnership in cancer clinical trials.

The interagency agreement continues a long successful project between the NCI and DoD. The previous agreement was signed in June 1999. TRICARE covers the medical costs associated with taking part in clinical trials.

"TRICARE beneficiaries have access to some of the most promising advances in cancer research through participation in NCI-sponsored clinical trials," said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. "I'm happy to see this continue."

The agreement allows TRICARE-eligible cancer patients to take part in NCI-sponsored Phase II and Phase III cancer clinical trials as well as cancer

prevention trials. Phase II trials typically study the effectiveness of new drugs or therapies against a specific type of cancer. Phase III trials compare new treatments to existing therapies.

In cancer prevention trials, patients take medications or supplements or participate in certain activities that doctors believe will lower their cancer risk. Patient safety is stressed.

During participation in a cancer clinical trial, patients receive treatment at one of over 2,000 sites that participate in NCI-sponsored studies including military treatment facilities, civilian providers, and comprehensive cancer centers. A preauthorization from a regional TRICARE contractor is required.

"One of NCI's highest priorities is to ensure that our latest science—new treatments and new prevention methods—is available to all cancer patients in the communities where they live," said NCI Director John E. Niederhuber, M.D. "Our agreement with TRICARE helps advance that goal."

For more information about cancer tri-

als, TRICARE beneficiaries should speak with their oncologist. For more details on the DoD/NCI clinical trials agreement, link to www.cancer.gov/cancertopics/factsheet/NCI/TRICARE. For information on TRICARE cancer clinical trials benefit and authorization, beneficiaries should contact a TRICARE Cancer Clinical Trials Coordinator:

- TRICARE North Region, Palmetto Government Benefits Administrators (PGBA), 800-395-7821
- TRICARE South Region, PGBA, 800-779-3060
- TRICARE West Region, TriWest, 866-427-6610
- TRICARE for Life, Wisconsin Physicians Services, 608-301-3243

For more in-depth information on prevention, screening, clinical trials and cancer or to order free patient education material, contact the National Cancer Institute's Cancer Information Service toll-free at 800-4-CANCER, 800-422-6237, TTY 800-332-8615 or visit www.cancer.gov.

New self-assessments for mental health protect anonymity, offer referrals for treatment

U.S. DoD Military Health System

Want to know if you're exhibiting symptoms of PTSD? Do you suspect one of your buddies is abusing alcohol to cope with combat or post-combat stress and could use professional help? Has your spouse come home from deployment and returned a different person?

Service members seeking answers to these types of questions can now assess their health via a new set of self-administered, anonymous screening tools offered as part of the Mental Health Self-Assessment Program. This Department of Defense-funded program provided by the non-profit organization, Screening for Mental Health, Inc., covers a variety of psychological concerns and is especially helpful to service members and Families struggling with issues of stress, anxiety, and depression during a post-deployment, readjustment period.

"No one is immune from the stresses of everyday life, and especially those associated with deployment," said Capt. Mark Paris, Ph.D., deputy director, Psychological Health Strategic Operations, Force Health Protection and Readiness. "Here is an easy, quick, and private way of finding out if seeking help might just be a good idea."

The questionnaires are short, free, and offered 24 hours a day online, www.militarymentalhealth.org, and by phone, 877-877-3647. They will also be administered at special events held at installations around the world. The six available questionnaires cover depression, bipolar disorder, alcohol use, general anxiety disorder, post traumatic stress disorder and adolescent depression.

Each questionnaire includes a demographics section asking for information like age, marital status, military rank and status (if any) and deployment status. A series of questions follows that gathers information on a person's mental well-being. Some questions focus on sleeping and eating habits, some on mood and attitude, and others ask about a person's ability to function and concentrate.

When linked together, the answers to these questions create a picture of how an individual is feeling and whether they could benefit from talking to a health professional. If an outcome results in a recommendation to seek professional help, the individual receives feedback on who to speak with and/or where to go, whether it's a chaplain, a clinic, a TRICARE provider, or the Veterans Administration. Appropriate hotline numbers and info on finding support groups are also provided.

Often service members hesitate to seek help for emotional issues. They're understandably concerned about the stigma associated with psychological treatment. But these screening tests can be taken on the service member's time, at any time, and without anyone else knowing. And the results of a screening can help persuade a person to seek treatment.

"Anonymity allows people who are distressed to gauge where they are as far as their need for help goes," said Katherine Cruise, director of Communications and Marketing for Screening for Mental Health. "This is a discrete way to take that first step toward treatment."

Providing easy and anonymous screenings for psychological health advances the Military Health System's commitment to health and resilience in the military community at large. DoD and Screening for Mental Health, Inc. are hopeful that this method of screening will help service members and their Families catch problems before they grow into more serious conditions.

"Our goal is to reach service members and Families who struggle with the stress of military life," Cruise said.

In addition to the self-assessment program, Screening for Mental Health, Inc. created A Different Kind of Courage: Safeguarding and Enhancing Your Psychological Health, an educational video containing interviews with military personnel and Families that explores military mental health issues and offers advice on how to approach a Family member or friend who may need professional help. The full video and its trailer can be streamed at Screening for Mental Health's Web site.

"You want your spouse to come home and just open their arms and just hug you," said the wife of a recently deployed Marine in the video. "But in fact, they're dealing with a lot."

MHSAP questionnaires are available 24/7 at militarymentalhealth.org and 1-877-877-3647.

More civilian providers accepting TRICARE Standard; officials continue work to expand network

TRICARE

There's good news for TRICARE Standard beneficiaries—more civilian providers are accepting new patients, according to a recently released survey. Yet, TRICARE officials acknowledge that increasing the number of providers and types of providers across the nation remains a high priority, especially in remote areas.

The findings, part of the Department of Defense Survey of Civilian Physician Acceptance of TRICARE Standard, show that in fiscal year 2007, almost 93 percent of responding physicians in 53 hospital service areas were aware of the TRICARE program, with 84 percent of physicians in those 53 HSAs accepting new TRICARE Standard patients.

"The survey results are very encouraging," said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. "It shows that more doctors are working with us to ensure that our Reserve Component warriors, retirees, and their Families have access to quality care."

The 2007 survey was the final installment of a three-year national effort to measure awareness of TRICARE and to determine the number of physicians that accept new TRICARE Standard patients. The department randomly surveyed physicians in 20 states in both FYs 2005 and 2006. The 10 remaining states and Washington, D.C., were surveyed in FY 2007. Physicians in local HSAs were also surveyed each year. Approximately 40,000 physicians from a variety of medical specialties were randomly picked.

The aggregate results show

that civilian provider awareness and acceptance is generally high, but may vary depending on location. In addition, the survey revealed a need for increasing both TRICARE awareness and acceptance among psychiatrists—a specialty critical in meeting the behavioral health needs of veterans of the Global War on Terror.

Specifically, the three-year findings across all states and HSAs show:

- Approximately 87 percent of all physicians surveyed are aware of the TRICARE program.
- About 81 percent of physicians that accept new patients also accept new TRICARE Standard patients.
- Of those accepting new TRICARE Standard patients, almost 91 percent do so for all patients, rather than on a case-by-case basis.
- Reimbursement rates were among the most commonly cited reasons for not accepting TRICARE Standard.

"The survey exceeded our expectations," said Rich Bannick, Ph.D., director, Performance Evaluations, TMA. "In the three surveys completed since 2005, more than fifty percent of the physicians we surveyed responded. That's

a very respectable survey response rate in the health care industry. The survey results provide us a reliable measurement as to our effectiveness in expanding access to TRICARE providers and the challenges of getting more doctors on board. Congress has given additional guidance to continue the survey process through 2011."

While active duty service members receive the bulk of their medical care at one of the more than 500 military treatment facilities, Family members, National Guard and Reserve members and retirees often rely on civilian physicians for their health care needs.

"In some locations, access to TRICARE Standard providers remains a major concern for Family members and retirees," Granger said. "Some doctors limit the number of TRICARE patients they see or refuse to see them altogether. This leads to fewer choices for beneficiaries."

States showing a need to increase acceptance and awareness of TRICARE include Alaska, Maryland, Colorado, Hawaii, Oklahoma, New York, New Jersey, and Texas. Hospital service areas with lower than average TRICARE acceptance include Washington, D.C.;

