

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Jan. 23 is plastic, glass and metal. Put items in blue bags and place them on the curb.



HHC change of command ceremony

The U.S. Army Garrison Aberdeen Proving Ground Headquarters and Headquarters Company change of command ceremony is scheduled for 1 p.m., Jan. 25, at the Aberdeen Area Recreation Center, building 3326.

Maj. Octavious L. Gibbons will relinquish command to Maj. Mathieu Petraitis.

Attire will be civilian casual and military duty.

For more information or to RSVP by Jan. 22, call Candace Hamlin, 410-278-3000 or e-mail Candace.hamlin@us.army.mil.

KUSAHC closed Jan. 21, Feb. 18

There will be no services, including pharmacy, at Kirk U.S. Army Health Clinic Jan. 21 and Feb. 18.

Arrangements should be made to pick up medications prior to these dates.

For more information, call 410-278-1724.

Reduced gate hours

There will be reduced gate operations at Aberdeen Proving Ground in observance of the Martin Luther King holiday.

The Harford Gate (Route 22) in the Aberdeen Area will close at 10 p.m., Jan. 18, and reopen 4 a.m., Jan. 22. The Wise Road Gate (Edgewood Road) in the Edgewood Area will close at 8 p.m., Jan. 18, and will reopen 4 a.m., Jan. 22.

The Maryland Gate in the Aberdeen Area and the Route 24 Gate in the Edgewood Area will be open throughout the holiday weekend.

Updated gas pumps to be installed at Shoppettes

The gas pumps at the Aberdeen and Edgewood Area shoppettes will be replaced with new updated gas pumps. The work should take approximately three weeks to be completed. Contractors were scheduled to start Jan. 14 in the Aberdeen Area and Jan. 22 in the Edgewood Area.

No emergency service at KUSAHC

Kirk U.S. Army Health Clinic is not equipped or staffed to provide emergency medical care. Neither of

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Army destroys half of chemical stockpile

U.S. Army Chemical Materials Agency

As of Dec. 10, the Army has safely destroyed 50 percent of the United States' chemical-agent stockpile since beginning to comply with the Chemical Weapons Convention April 29, 1997.

Officially the "Convention on the Prohibition of the Development, Production, Stockpiling, and Use of Chemical Weapons and on their Destruction," the CWC is a treaty among more than 170 nations to ban the development and use of chemical weapons and to destroy existing stockpiles and production facilities in countries that have ratified it.

"Entry into force" is the term used to describe when the signatory nations began complying with CWC provisions. At that point almost 11 years ago, the U.S. stockpile contained approximately 30,000 tons of chemical nerve and blister agents.

The nation's first chemical demilitarization facility, located 800 miles southwest of Hawaii on Johnston Atoll, completed its mission in 2000. The Aberdeen Chemical Agent Disposal Facility on Aberdeen Proving Ground destroyed another 5 percent of the stockpile in 2006. Both facilities have since closed.

"Reaching the 50 percent agent destruction mark shows that the Army's chem-



A bulk container of mustard agent is loaded on a truck outside a storage igloo as it is prepared for transport to the disposal facility. While marked as "gas," chemical agents are actually liquid in storage. Detonation would render the liquid into gas.

Photo by U.S. Army

ical weapons demilitarization program has truly hit its stride in destroying chemical agent safely and efficiently," said Dale Ormond, acting director of the U.S. Army Chemical Materials Agency.

The five remaining CMA chemical destruction facilities are currently operating and are scheduled to destroy more than

78 percent of the U.S. stockpile by 2017. That, added to the chemical agent destroyed at Johnston Atoll and APG, will bring the total amount of agent destroyed by CMA to 90 percent.

The final 10 percent of the U.S. stockpile will be destroyed by disposal facilities presently under construction

in Pueblo, Colo., and near Richmond, Ky., under a separate Department of Defense program.

"The United States has established technological leadership by implementing both incineration and neutralization agent destruction systems, providing the rest of the CWC member nations

with a model of safe disposal - safe for the workers, the public and the environment," said Col. Robert Billington, CMA's project manager for chemical stockpile elimination. "As we share our technologies and lessons learned with other nations, we look forward to a world without chemical weapons."

Maintaining winter environmental awareness

Story and photo by

DIRECTORATE OF SAFETY, HEALTH AND ENVIRONMENT

With the snow and ice season here, it is time to remind the Aberdeen Proving Ground community what can be done to help with storm water pollution prevention.

Storm water runoff occurs when precipitation from rain or snowmelt flows over the ground without soaking into the ground. Impervious surfaces, such as parking lots, sidewalks and roof tops, prevent the storm water from naturally soaking into the ground. As storm water runoff flows over pedestrian walkways, landscaped areas, roadways and parking lots, it picks up



debris, chemicals, dirt, and other pollutants. Storm water flows into storm sewer collection drains that flow directly to river systems.

Parking lots and other paved areas are typically designed so that storm water flows to catch basins and storm drains that ultimately drain to the Chesapeake Bay. The activities conducted during the winter months and materials stored on these areas should be managed with care to ensure that pollutant materials (e.g. POLs, fertilizers, refuse, excess sand/sediment, etc.) do not reach the storm drain.

Effects of outdoor activities on storm water
Winterizing vehicles

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

Fertilizing lawns

Over fertilizing lawns causes nitrogen and phosphorous increases creating algae blooms in the waterways. Nitrogen and phosphorus surface runoff can reach streams and lakes causing algae blooms, reducing the available dissolved oxygen and sunlight necessary for fish and other

See WINTER, page 9

Warrior Transition Office focuses on Soldiers, Families

Story by ELIZABETH M. LORGE
Army News Service

The deputy director of the Warrior Transition Office has pledged that his office, medical officials and Warrior Transition Unit cadre will always listen to concerns wounded warriors and their Families might have about their care.

Lt. Col. Chip Pierce told the Soldiers Radio and Television network in an interview Jan. 8 that one of the lessons the Army Medical Department has learned as a result of the Army Medical Action Plan is that it didn't have a system in place last year to listen to patients and their Families.

"It wasn't that anyone was trying to rush anyone else through the system, but we weren't looking at the entire process through their eyes," he said. "Now we have, we believe, a system in place to better understand what's going through our patients' lives and understand it through their own stories."

"We're also looking at continued ways to better the administrative efficiency and cut out some of the additional red tape that we're running across. Sometimes we don't know what we don't know, and it takes a customer letting us know just exactly what is going on and how it affects them. We want to make sure that all of our cadre members, every member of our team, are fully prepared to listen and act on behalf of those Soldiers and their Families, and we're trying to get the word out that they are an advocate of change," he added.

The 35 WTUs Army wide cur-

rently have approximately 8,900 wounded warriors and 1,500 cadre assigned to them. Many of the WTU cadre have volunteered for their assignments, and each officer or non-commissioned officer goes through an interview process before he or she is selected.

Each wounded warrior is also assigned a primary care manager, a nurse case manager and a squad leader to ensure no Soldier falls through the cracks. They even follow up with Soldiers after they return to their units or transfer to the Department of Veterans Affairs.

"We're crossing the entire spectrum of care from healthcare to administrative and leadership care," Pierce said. "The triad works as a comprehensive team together with the Soldier and the Soldier's Family so that no question is left unanswered and each member of the triad fully understands the implications of the care treatment and administration for the Soldiers."

Every WTU and medical treatment facility also has an ombudsman who is available to answer questions and address concerns, but Pierce stressed that everyone at an Army hospital is an advocate for Soldiers and will get them help if they speak up.

According to Pierce, it's important for Families to be at Soldiers' bedsides as soon as possible, as their cases are being reviewed and treatment plans are being developed, so they can understand what is going on and participate in their Soldiers' treatments. He said that in some cases Families can even help with physical therapy, with amazing results.

See WTO, page 9

Wounded Warriors entitled to keep bonus payments

Story by J.D. LEIPOLD
Army News Service

Soldiers who become ill or are wounded while on active duty are entitled to keep all recruitment bonuses due them.

The Army reiterated that policy Nov. 21 after a wounded Soldier inadvertently received a letter from the Army that stated he would be required to pay back any enlistment money he received.

"If you are ill or were injured while on duty, the Army will not ask you to repay any portion of your recruitment bonus," said Brig. Gen. Mike Tucker, assistant surgeon general for Warrior Care and Transition. "This money will stay in the hands of our Soldiers."

Army policy prohibits what is described as "recoupment" when it would be contrary to equity and good conscience, or would be contrary to the nation's interests. Those circumstances include, for example, "an inability to complete a service agreement because of illness, injury, disability or other impairment that did not clearly result from misconduct."

The Army is looking into the specifics behind former Soldier Jordan Fox, who was injured while serving in Iraq.

Fox told news media he had received a letter from the Army stating he would be required to repay a \$3,000 enlistment bonus.

The general said Soldiers who have received letters from the Army asking for repayment of a recruitment bonus should contact the Wounded Soldier and Family Hotline to report the issue as soon as possible.

"If there's a problem, we are going to fix it," Tucker said. "We are committed to honoring our Warriors and Families in transition."

The hotline is staffed by subject-matter experts 24 hours a day, seven days a week to help speed the resolution of issues pertaining to wounded Soldiers and their Families. Callers will receive responses within 24 hours. For those who reside within the United States, the hotline can be reached at 800-984-8523.

Soldiers and Families may also call from overseas assignments via the Defense Switch Network 312-328-0002 and within the United States, 328-0002.

The hotline also receives messages via e-mail at wfsupport@conus.army.mil.

Watch card

Report any suspicious activity immediately to the APG Police:

Aberdeen Area, 410-306-2222, 4-2222
Edgewood Area, 410-436-2222, 5-2222

Off post in Maryland, 1-800-492-TIPS (8477) or call 911.
Your call may save lives.

Note - Do not carry this card when traveling outside of the United States.



Army News

New helmet sensors to measure blast impact

Story and photo by
DONNA MILES
Armed Forces Press Service

Soldiers from the 101st Airborne Division preparing to deploy to Afghanistan are being issued sensors that attach to their helmets to measure the impact from blasts, roadside bombs and other activities.

About 1,200 "Screaming Eagles" already have the new sensors, and the rest will receive them within the next month, said Maj. William Schaffer, a product manager in the Army's Program Executive Office Soldier.

Meanwhile, troops from the 4th Infantry Division are scheduled to receive helmet sensors with similar capabilities before their deployment to Iraq this fall, Schaffer said.

The sensors gather data on impacts ranging from a dropped or kicked helmet to a vehicle crash to a nearby weapon firing or explosion, Schaffer explained. They measure two specific actions: the energy wave generated by the "event," and the "acceleration" or jolt that follows.

In the short term, data collected through the sensors is expected to help the Army improve the helmets and other protective equipment it provides its Soldiers, Schaffer said.

A longer-term application - one Schaffer emphasized the medical community isn't yet ready for - is to use impact data to help diagnose traumatic brain injuries.

"With the number of IEDs [improvised explosive device] that we're seeing in Iraq and the traumatic brain injury that's coming out of it, obviously somewhere down the line we are looking at correlating the blast and the injury," he said. "But in the near term, we are looking at developing a more protective piece of equipment. The advanced combat helmet we have out there is the best in the world, but we are always looking



U.S. Army Maj. William Schaffer in the Army's Program Executive Office Soldier at Fort Belvoir, Va., displays a Kevlar helmet with an externally mounted sensor that collects blast data, and the sensor itself. The 101st Airborne Division is receiving the sensors before deploying to Afghanistan.

at ways to make our products better, and this is a great way to start."

Gen. Richard A. Cody, Army vice chief of staff, ordered the helmet sensor program in June. Three months later, the Program Executive Office Soldier had come up with several potential helmet sensors and was putting them through extensive testing at Aberdeen Proving Ground.

Within six months of getting its marching orders, officials narrowed the field to the most promising models: one mounted externally and one internally.

"We came up with two of the best sensors, and we're now preparing to field both of those," Schaffer said.

The model going to the 101st Airborne Division attaches to the back of the advanced combat helmet, protected by a hardened casing that is covered by a camouflage flap. It weighs about 6 ounces and has a six-month battery life. The sensor remains in a "sleep" mode, automatically turning itself on and capturing data from an event, then turning itself off. It has enough memory to store



The U.S. Army's Program Executive Office Soldier pushed the concept of a helmet-mounted sensor able to collect blast data from concept to fielding in a record six months.

data on 527 events.

To harvest information from the sensor, a Soldier simply connects it to a computer using a USB port, hits "save" and sends the data to a secure database.

An internally mounted model to be fielded to the 4th Infantry Division sits under the padding in the crown of the helmet. It has a rechargeable battery, but otherwise has the same capabilities as the externally mounted sensor.

"One is protected by the helmet itself and one by the hardened casing around it," Schaffer said. "Both measure impact and acceleration."

Initial input from 101st Airborne

Division Soldiers shows they are happy to play a part in helping the Army improve its helmet protection, Schaffer said. He noted that many of the Soldiers have experienced blasts or accelerations during past deployments and recognize the value of the sensor technology in developing the next-generation combat helmet.

"This shows everybody that the Army cares," Schaffer said. "We have got the best equipment in the world, but we are not resting on our laurels. We are always looking forward, always looking for the next generation of protective equipment to take care of the Soldiers."

Partnership Program paying off for Army, Soldiers



Photo by SGT 1ST CLASS DALE WOOSLEY, U.S. ARMY RECRUITING COMMAND
Union Pacific Railroad Field Recruiting Manager Carrie Wetter receives instruction on skeet shooting during an Army Marksmanship Unit demonstration during an Army tour. The Recruiting Command gathered about 90 PaYS partners, educators and community leaders from across the country to tour Fort Sam Houston, Brooke Army Medical Center and the Center for the Intrepid and learn more about today's Army, in conjunction with the U.S. Army All-American Bowl in January.

Story by
ED LANE
Partnership for Youth Success

The Army's Partnership for Youth Success program, which began in 2000, has now promised more than 53,000 Soldiers from the Army and Army Reserve a leg up on civilian employment.

Recruits choose to participate in the PaYS program before their military careers even begin. After they meet with a recruiter and guidance counselor, they choose from a list of civilian employers that participate in the program.

Under the PaYS program, when Soldiers leave their active duty or Initial Entry Training for the Army Reserve, they will receive a guaranteed job interview with the civilian employer they chose as part of their enrollment in the program.

"The program enables a man or woman to look at options for after-Army employment," said Partnership for Youth Success program manager Robert A. Qualls.

Qualls said that the program gives Soldiers who have chosen to re-enter the civilian workforce a leg up on other job seekers, because those job seekers don't have a guaranteed interview.

"One of our participating companies gets more than twenty-seven thousand applications a year," he said. "Of those, the only ones that get a guaranteed interview are those from the Army that have participated in the PaYS program. This is a really great opportunity for these young men and women."

Currently there are 261 companies participating in the PaYS program, including 39 Fortune 500 companies, three Fortune 1,000 companies and four Global 500 companies.

Depending on their preferences and qualifications, an Army or Army Reserve applicant can choose from more than 150 specific occupational skills offered by the Army that align with employment opportunities from one of the partners participating in the program.

With the PaYS program, the Army has had to work hard to find civilian employers who need some of the many unique skills that many times are utilized only in the Army. But Qualls said that many times, civilian employers are willing to teach Army employees the skills they will need to work at their company -- what they are really looking for, he said, are the qualities that only former Soldiers possess.

"What employers want are Soldier attributes," Qualls said. "In the medical field they want specific skills, sure, but many companies are simply looking for drug-free employees with good work ethics and good values who believe in not quitting until all the work is done. They are looking for employees that live the seven Army values: loyalty, duty, respect, selfless service, honor, integrity and personal courage. When you talk to employers, they want employees with those values -- with Soldier values."

The PaYS Team wants to ensure that Soldiers who are entitled to a guaranteed interview in accordance with their PaYS option receive that interview.

Qualls said that any Soldier who thinks they might be a PaYS Soldier is encouraged to call the PaYS Help Desk, 502-626-1222, to verify that they have enrolled in the program.

Law restricts political involvement of military

Story by
CHRIS RASMUSSEN
Army News Service

As the election year kicks off, there are many questions concerning Army policies that restrict both political activities by Soldiers and Department of Defense civilians, and candidates' use of DOD facilities for political events.

According to Army Regulation 360-1, political candidates are prohib-

ited from using military installations for political assemblies, meetings, fund-raising events, press conferences or any other activity that could be construed as political in nature.

"Once a candidate declares, registers, etc., that portion of the guidance applies," said Ed Spells, chief of Policy and Doctrine, Army Public Affairs Center.

Members of Congress, even if they are up for re-election, may

visit Army installations to receive briefings, attend official events and receive tours.

Candidates who are not members of Congress may be given the same access to installations as any other visitor. Prior to visiting an installation, all political candidates must be informed that all political activity and media events are prohibited.

Candidates are not permitted to film or tape campaign commercials in

front of military equipment or Army installations and facilities. Army support to political meetings, ceremonies or similar events, including Soldiers, bands and color guards, is also not allowed.

In addition to restrictions on candidates, Soldiers and federal employees are also limited when it comes to political participation.

"The political campaign season is upon us, with caucuses and prima-

ries busting out all over," said Col. Donald Curry, U.S. Army Training and Doctrine Command staff judge advocate. "As Soldiers and federal employees, our activities in this regard are governed by federal law, Department of Defense directives and Army regulation.

"Active duty service members and federal civilian employees are encouraged to get involved in political

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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.

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Deployment News

Families prepare to help children cope during military deployments

Story by
PATRICIA OPONG-BROWN
TRICARE Management Activity

In today's military, deployments are part of life. Pending a deployment in the states or overseas, the Family, especially the children, may have anxiety and concerns. Not to worry, there are many ways to help children cope with the absence of a deployed parent.

According to the Uniformed Services University of the Health Sciences in Bethesda, Md., there are three important central approaches to help children cope during deployment. Reinforce that the deployed parent is trained to do his or her job, reinforce that the Family and children at home also have jobs, and ensure that communication with the children is age appropriate. Just like doctors have special training to take care of people who are not feeling well or firefighters have special training to fight fires, the active duty parent has to assure children that he or she has the training and skills to do the work while deployed.

Military medical experts suggest reminding children that while their parent is deployed, they have roles in the household that are just as important. The jobs can be helping mom or dad around the house, being successful in school, taking on new chores or maintaining a healthy lifestyle.

"On the other hand, it is not healthy to tell a son that he is going to be 'the man of the house,'" said Jennifer Wickizer, community readiness consultant, Airmen and Family Readiness Center, Bolling Air Force Base. This puts too much pressure and stress on the child.

"Parents need to discuss the pending deployment with children in ways that are age-appropriate," Wickizer said. She stressed that parents should take their cues from the child to determine how much information should be presented, provide the right amount of information and answer questions accordingly, and avoid getting into information overload mode.

"Encourage children to express their feelings: sad, mad or happy, and validate their emotions," she said.

Since preschoolers have no concept of time, experts recommend parents use visuals to illustrate when mom or dad will be coming home.

For instance, she said, "a candy jar with jelly beans is a good visual. Count the number of jelly beans for each day the parent is expected to be away, and each day the child can take a jelly bean out of the jar. As the deployment moves on, the jar has less jelly beans in it."

The consultant cautions parents against marking the return date on the calendar because deployments are very unpredictable. For example, Wickizer said, "the parent can be held over or extended. When the parent does not come home on the day with the big red circle, this creates a huge disappointment for the child. On the other hand, unlike the big red circle on the calendar, a candy jar can easily be manipulated. If the parent at home gets news that the deployment is extended, he or she can slip more candy into the jar, or remove candy if the deployed parent will be coming home sooner.

"Planning an event in the future, such as a Family vacation, not only gives the child something positive to focus on, but also reassures the child that the parent will come home. Just do not make any plans too close to the anticipated return date in case the deployed member is not able to come home at that exact time," recommends Wickizer.

Before he deploys at the end of the year, Senior Master Sgt. LesRoy Williams, assigned to the Logistics Readiness Squadron at Seymour Johnson Air Force Base, N.C., and his Family will watch Sesame Street's Talk, Listen, Connect: Helping Families During Military Deployment with their 4-year-old daughter.

All military Families with children 3-to 5-years-old can get streaming video or request a free bilingual kit at www.sesameworkshop.org/tlc. The kit educates parents and caregivers on how to help children cope with all areas of pre-deployment, deployment and homecoming.

Russell Research, Inc., in consultation with the Military Research Institute, surveyed 367 spouses of active duty, National Guard and Reserve personnel. More than 80 percent of those surveyed rated the Sesame Street DVD and kit highly effective and easy to understand for both children and adults. Families also reported that the program increased communication about deployment and reduced negative

behaviors.

Unlike preschoolers, elementary school-age children have a better concept of time, but "candy jars work for this age group as well," Wickizer said. "At this age, the deploying parent and the child can come up with ways to stay in touch or think of each other. For instance, the child and parent can wear synchronized stop watches and set the alarm to go off at a determined time. Each time the alarm goes off, it will mean, 'I'm thinking of you,'" suggested Wickizer.

Abstract thinking begins at ages 9 through 12. This age group understands the concept of a return date. Military experts recommend providing children in this age range with stationary and stamps to write letters or set up e-mail accounts for keeping in touch and communicating with their deployed parent. The A&FRC provides writing kits for children of various age groups.

In addition to writing letters, children can also write in journals. Health Net Federal Services, the TRICARE managed care support contractor for the northern region, has produced a journal aimed at military children. Life, a Kids' Journal, helps military children successfully deal with challenges, especially deployments. The journal helps children make sense of their feelings while mom or dad is deployed. Organizations in the TRICARE northern region can order complimentary copies by calling 571-227-6553 or 916-351-5355. Anyone can download the journal from the link found at www.hnfs.net/common/newsResources/Kids+Journal+News+Release.htm. The Military Health System Web site has a "Kid's Corner," where children will be able to share their writing, artwork or drawings at <http://mhs.osd.mil/kidscorner.jsp>.

According to Wickizer, "High school kids are a little harder to please, and e-mail is the best recommendation for teenagers. By working with the child's school, the deploying parent can arrange to make morale calls to the child at school." Deployment journals are another tool for middle school and high school kids.

When it gets closer to his deployment date, Williams said he will talk about where he is going with his 16-year-old daughter and 12-year-old son. If the location is not classified,

he will have them research the country online.

Wickizer recommends www.deploymentkids.com.

"This Web site provides information about various deployment locations, but it is set at kids' level so that just the right amount of information is provided."

In addition to researching, Williams plans to give his children a travel window rather than exact dates, "which will cover any changes and reduce thoughts of 'daddy's lost' or 'daddy did not make it,' if they do not hear from me right away."

Pre-deployment is a busy time for the military member, but it is important to make time to talk as a Family. Encourage every member to express how they are feeling.

"I honestly think maintaining a positive communication structure with your children before, during and after your return helps to build a stronger relationship, which creates an emotionally sturdy child," Williams said. "Especially for when the next deployment rolls around and believe me, it is coming."

For more information about children coping with deployment, go to the local A&FRC, Marine Corps Community Services, Army Community Services, Fleet and Support Center or visit www.militaryonesource.com or www.healthnet.com.

Commentary: Smart shopping makes sense at the commissary

Story by
MAJ KAREN E. FAUBER
DeCA

When trying to lose weight, lower cholesterol, manage diabetes, manage blood pressure, or just make healthy choices, shopping for food can be a real challenge.

Pick up almost any food in the commissary, read the label and you are likely to see one or more symbols on the label promoting health benefits related to the food. Each symbol indicates that the food may be a healthful choice, yet each symbol has different nutrient requirements.

Information overload on food packages can make it tough for shoppers to decide what to buy and eat, with up to 70 percent of them making quick choices as they cruise the aisles.

The American Heart Association heart-check mark is one reliable symbol that shoppers can look for on foods. The association has two certifications available. One is a whole grains certification available for bread, breakfast foods, pasta and grains and another is the standard certification available for other foods. Foods that have the

heart-check mark have to meet food criteria for saturated fat and cholesterol for healthy people over age 2. There are also nutrition levels for sodium of no more than 480 milligrams per serving. To qualify for the grains certification, foods can have no more than one-half gram trans fat per serving, and must contain whole grains, along with fiber. The heart-check mark is promoted as helping to save time when shopping while identifying heart-healthy foods that are available in the commissary.

Create and print a shopping list of certified heart-healthy foods on the American Heart Association Web site <http://checkmark.heart.org/> to help with shopping.

While in the commissary,

you will also find many other foods that do not have the heart-check mark that can be part of a balanced diet. Don't forget to add some of these other foods to your list. Planning what to eat and making a list helps to lessen some of the information overload and confusion that can occur while shopping. Sticking to a grocery list can also help your budget, along with the significant savings you get of up to 30 percent by shopping at your commissary.

For more tips and information on healthy eating or other nutrition topics, go to <http://www.commissaries.com> and visit the DeCA Dietitian http://www.commissaries.com/healthy_living/dietitian/index.cfm Web page.

Community Notes

THURSDAY

JANUARY 17 SCIENCE AND TECHNOLOGY JOB EXPO

The Susquehanna Workforce Network will hold a Science and Technology Job Expo, 3 to 7 p.m., at Ripken Stadium, 873 Long Drive, Aberdeen.

Businesses include Booz Allen Hamilton, Custom Direct, Dynamic Science, Inc., Bowhead Technical and Professional Services, SAIC, U.S. Army Aberdeen Test Center, Smith's Detection and more. In the event of inclement weather, the date will be Jan. 18.

For more information, call Stacey Lambert, Susquehan-

na Workforce Network, 410-939-4240, e-mail slambert@swnetwork.org or visit www.swnetwork.org.

SATURDAY

JANUARY 19 LIVING GREEN WORKSHOP

Sick of high energy bills? Heard all the talk about "green living" but not really sure what that means or how much it would cost? Hear what it means to "live green" and how easy it really is. This free program will be held 10 a.m. to noon for adults. Lunch will be provided. 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.

BLUEBIRD NEST BOX

Prepare for the February arrival of bluebirds and brush up on woodworking skills. Build a nest box, learn where to place them, and have fun. Bring a cordless drill and Phillips screwdriver. The program will be held 1 to 2 p.m. for ages 8 to adult; ages 8 to 12 must be accompanied by an adult. Cost is \$5 per box. 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.

WHITE-TAILED DEER SURVEY

Harford County seems to be experiencing explosive population growth, and not just with humans. Help determine if the deer population of Leight Park and the Bosely Conservancy is a healthy size. Come get the scoop on poop and conduct pellet (deer scat) counts out on the trails to determine how many deer call the park home. This free program will be held 9 a.m. to noon for ages 16 to 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.

SUNDAY

JANUARY 20 REPTILE AND AMPHIBIAN RESEARCH AND MONITORING ROUNDUP

Learn about the various opportunities to research and monitor reptiles and amphibians that are available at the Anita C. Leight Estuary Center and in Harford County, including the North American Amphibian

Monitoring Program, Turtle Telemetry and the Herp Survey and Coverboard Study. Meet some of the animals likely to be found, learn frog calls, train in the use of telemetry equipment and review current data and trends. This free program will be held 1:30 to 4:30 p.m. for ages 12 to adult; ages 12 to 16 must be accompanied by an adult. Registration is required.

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

TUESDAY

JANUARY 22 TOASTMASTERS MEETING

Gunpowder Toastmasters Club 2562 will meet 11:40 a.m. at the Gunpowder Club, building E-4650, Parrish Road in the Edgewood Area. The club is open to anyone one or off post who wants to improve their communication, leadership and listening skills and overcome the fear of speaking in public.

For more information, call Len Kolodny, 410-734-6573.

SATURDAY

JANUARY 26 WORMS, WORMS, AND

MORE WORMS

Think worms are not gross? Then this is the perfect program. Investigate how worms do "their thing" and make mini-environments to take home. The program will be held 2 to 3 p.m. for ages 5 to 10. Cost is \$4. 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.

SUNDAY

JANUARY 27 EVER-GREEN

Find winter depressing? Wouldn't it be nice to have a little green around this time of year? Take a short hike and then make a mini-tree garden to take home to chase the winter blues away. This program will be held 1 to 2:30 p.m. for ages 6 to adult, 6 to 10 must be accompanied by an adult. Cost is \$2 per garden and registration 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.

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

Post Shorts

the Aberdeen or Edgewood Area clinics should be considered suitable destinations to receive healthcare for a medical emergency.

For emergencies, call 911. APG's EMS service is manned with paramedic-level emergency medical technicians and state-of-the-art equipment to provide emergency care while en route to local hospitals.

NFFE Local 178 union meets today

The National Federation of Employees NFFE-IAM, Federal District 1, IAMAW, AFL-CIO, NFFE Local 178 invites all bargaining unit members to attend the monthly meeting, noon to 1 p.m., Jan. 17, in building E-4415 (RDECOM, ECBC, ECBC matrixed employees, MRICD, 22d Chemical Battalion and Acquisition Center government employees). Topics include the union election results, union member dues and an update on the National Security Personnel System.

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

Veterinary Treatment Facility closings

The APG Veterinary Treatment Facility will be closed Jan. 21 for Martin Luther King Jr. Day and Jan. 31 for end of month inventory.

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

Tax Center opens

The Installation Tax Assistance Program, directed by the Office of the Staff Judge Advocate, Client Services Division, provides free tax preparation and electronic filing for qualifying active duty service members, retirees and Family members.

The center will officially open with a ribbon cutting ceremony 1:30 p.m., Jan. 23, at building 4311 on Boothby Hill Road behind the Janet Barr Soldier Center.

Tax service will be provided 11 a.m. to 7 p.m., tax returns will be prepared noon to 6 p.m., Jan. 24 to April 10.

For more information, call 410-278-1583/2020.

Registration open for UMUC Spring 2008.

Registration has begun for the University of Maryland University College Spring 2008 semester, which begins Jan. 23. APG will offer BMGT 364 Management and Organization Theory (3), 6 to 9 p.m., Tuesdays and IFSM 304 Ethics in the Information Age (3), 6 to 9 p.m., Wednesdays. Additional classes are available through distance education formats. Students are advised to register early, as some classes fill quickly.

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

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

RAB meeting Jan. 31

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Jan. 31, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the O-Field 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.

Free American Sign Language class offered

A free American Sign Language class will be held 11:30 a.m. to 12:30 p.m. every Tuesday through March 11.

The class will be held at the Gunpowder Club, building E-4650 (January through February) and at the Edgewood Area Conference Center, building E-4811 (February through March).

To receive credit for the class, students may submit form DD 1556. Students must complete at least 10 classes in order to receive credit.

For more information or to register, call BethAnn Cameron, 410-436-7175.

Thrift Shop holds bag sale

The Aberdeen Proving Ground Thrift Shop, located in building 2458, is holding a \$2 Bag Sale during regular business hours. Sale items are mainly men, women and children's clothing.

The Thrift Shop hours of operation are Wednesday, 11 a.m. to 6 p.m., Thursday, 10 a.m. to 2 p.m. and the first Saturday of the month, 10 a.m. to 1 p.m. For more information, call 410-272-8572 during business hours.

'Retired Federal Employees' meets Feb. 19

Susquehanna Chapter 1522 of National Active and Retired Federal Employees Association for Harford and Cecil Counties will meet 11:30 a.m. at the Havre de Grace Methodist Church social hall located on Congress and Union avenues. A light lunch with potluck will be served. A presentation, "Accent on Elder Law — A New Approach to Serving Maryland Seniors" will be given 12:45 p.m. A business meeting will follow at 1:15 p.m.

For more information, or for reservations, call 410-939-3973.

Mark the date-- National Prayer Luncheon Feb. 22

Aberdeen Proving Ground will host its annual National Prayer Luncheon 11:30 a.m., Feb. 22, at Top of the Bay. The guest speaker will be Archbishop Edwin F. O'Brien, archbishop of Baltimore.

For ticket information, call 410-278-4333.

CPR, AED classes available

Beginning January 2008, the Aberdeen Proving Ground Fire and Emergency Service will offer CPR and automated external defibrillator classes on APG.

Two classes will be held 9 a.m. to noon and 1 to 4 p.m., the third Wednesday of each month.

In Edgewood Area, classes will be held at the Gunpow-

der Club, building E-4650 in the Osprey Room, on Feb. 20, April 16, June 18, Aug. 20, Oct. 15 and Dec. 17.

In the Aberdeen Area, classes will be held at the Post Theater on Jan. 16, March 19, May 22, July 16, Sept. 17 and Nov. 19.

Class size will be limited to 30 participants and will be filled on a first-come-first-serve basis. Pre-registration will be required.

For more information or to register, call Raymond Campbell, 410-306-0566, or e-mail Ray.Campbell@apg.army.mil.

Education Center conducts in-process briefings

The APG Education Center, located in building 4305, second floor, room 213-B, will conduct monthly in-process briefings for Soldiers within their first 30 days of assignment to APG. The briefings take place 8 to 9 a.m. on the last Monday of each month and are designed to inform Soldiers, enlisted and officers, of programs and services available to meet the requirements of their educational goals and plans. The briefing also will provide information to help establish or recertify the Soldier's long/short-term education goals.

For more information, call Tressie Stout, 410-306-2042.

NCO Academy 8th Annual Anniversary Dining Out

The Noncommissioned Officer Academy will hold its 8th Annual Anniversary Dining Out Feb. 29 at Top of the Bay. The evening will honor past NCOA commandants from 1987 to present.

Tickets cost \$35. Call to make a reservation by Feb. 25.

For more information or to RSVP, call Sgt. 1st Class Francis Cruz, 410-278-9129 or e-mail francis.cruz@apg.army.mil or lilly.dillon@apg.army.mil.

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



Your health is KUSAHC's goal



Fighting a deadly trio

General Leonard Wood Army Community Hospital

High blood pressure, diabetes and obesity are on the rise in the United States, and they are a deadly trio. They're bad enough alone, but are worse if combined.

For example, medical experts said high blood pressure is twice as likely to strike a person with diabetes than a person without it. Left untreated, high blood pressure can lead to increased risk for heart disease and stroke.

In fact, medical experts said a person with diabetes and high blood pressure is four times as likely to develop heart disease than someone who does not have either of the conditions.

With that in mind, Phyllis Jones encourages people to not wait for their health care provider to tell them they're overweight or have diabetes, they need to be proactive. Jones is the Community Health Resource Center director at General Leonard Wood Army Community Hospital.

"Spring is right around the corner and what better time than now to take charge of your health," Jones said. "Remember, your success at having good health is largely up to you."

Jones said one way to avoid the deadly trio is to exercise. She emphasized that before beginning any exercise program, people should remember to check with their health care provider first.

"Exercise allows your lungs and heart to

work better," she said. "It increases muscle strength, reduces cholesterol levels, reduces blood sugar and blood pressure and promotes weight loss. It also enhances people's self-esteem by increasing their mental acuity."

Jones said that people who exercise tend to have more energy, less tension and improved sleep quality, and they cope better with stress. As a result of weight loss, people improve their appearance because their muscles are toned.

"Even your posture gets better," Jones said.

In addition to the medical aspects, Jones said exercise may improve a person's social life because their self-image improves and they have more energy to play sports or do other activities.

"They may notice they've become a social butterfly," she said. "They might even make some new friends."

People who exercise could also see their productivity increase as they see their physical capabilities soar, and their immunity to minor illnesses increases.

The surgeon general recommends 30 minutes of moderately intense physical activity each day. This could include a brisk walk, biking, hiking, swimming, and doing home repairs or yard work.

"If time is a factor, short activity of at least ten minutes three times a day will get you started," Jones said.

To get started with a physical activ-

ity program, people can sign up for the President's Challenge, a free motivational awards program of the President's Council on Physical Fitness and Sports. Visit www.presidentschallenge.org for more information.

Incorporating more activity in an already overflowing schedule

- Take the stairs instead of the elevator.
- Park in the last row of available parking and walk.
- Get up from the desk and stretch.
- Do some type of activity when getting an urge to snack.
- Carry groceries.
- Mow the lawn, rake leaves or pick up fallen branches.
- Play outside with children or grandchildren.

Jones and other medical experts encourage everyone to start slowly.

"Before you know it, you will have developed an exercise program that you enjoy and will stick to," Jones said. "Set realistic goals, and when you experience set backs, pick yourself up, dust yourself off and get back in your routine. You can do it."

Excerpts of this report were taken from: Being Healthy, Metlife Consumer Education Center.

(Editor's note: This is a Community Health Resource Center Report.)

TRICARE for Life 'Explanation of Benefits' goes digital

U.S. DoD Military Health System

TRICARE for Life beneficiaries can soon print a copy of their Explanation of Benefits from the convenience of their own homes.

Starting in January, the only paper EOB's that beneficiaries will receive are monthly summaries. The exception to this is if a claim includes services that are rejected, and those services have appeal rights; or if the EOB is mailed with a payment to the beneficiary.

In February, beneficiaries will have the option to receive an electronic notification every time a claim processes. Beneficiaries can then log on to the secure Web site at www.TRICARE4U.com to view and print their EOB.

The EOB will be available online and beneficiaries will have the ability to access EOB's for any claim processed during the last 27 months. Once a beneficiary signs up for this option, they will not receive a monthly paper summary.

TFL beneficiaries will receive letters notifying them of the changes, either with their current EOB's or any other correspondence.

If there are any questions about the registration process beneficiaries can call toll-free, 1-866-773-0404. Those requiring a Telecommunications Device for the Deaf can call 1-866-773-0405.

Commentary: Are you trying to kick that sodium habit?

Story by

MAJ. KAREN E. FAUBER

DeCA

Giving up the salt shaker to help reduce your sodium intake and hopefully lower your blood pressure?

A very small amount of the sodium you eat daily actually comes from the salt you add to food. Up to 70 percent of the sodium in the average American's diet is found in the processed and convenience foods that we buy, prepare and eat every day.

The National Institutes of Health recommends reducing salt intake to help prevent and treat high blood pressure. Fifty million Americans are at risk for high blood pressure and all the problems that go along with it, including heart disease, stroke, heart failure and kidney disease. As many as one in three people in the United States have high blood pressure, according to research.

Also, people usually become more sensitive to sodium as they age. A 55-year-old man or woman who does not have high blood pressure now has a 90-percent chance of developing it as the years go by.

To prepare delicious, low-sodium meals and snacks may require a little effort, yet

it can be easy and affordable while buying and using select foods, herbs, spices and marinades found at your commissary — all at great savings of up to 30 percent or more.

Commissary shopping tips

Fresh is best when trying to eat less salt or sodium. Shop around the perimeter of the store where you find the produce, lean meats and dairy foods that are naturally low in sodium.

In the center aisles, look for the numerous reduced-sodium foods that are available today. These include everything from soups to chips and crackers. All of these foods may be included when trying to reduce your salt intake.

Read the nutrition labels to find out how much sodium per serving is in the food you are buying. Choose the lower-sodium foods, especially soups. When possible, make your own soup to better control the amount of salt you eat.

Buy and use the sodium-free marinades for chicken, beef, pork and seafood. You can also use any marinade left in the bottle to cook vegetables, potatoes or pasta.

When buying and using canned vegetables and beans, rinse them under running water at home. This will remove up to 40 percent of the sodium.

Buy and use herbs and seasoning powders instead of seasoning salts. Create your own mixes with different herbs. When in doubt, use garlic and onion powder to season meat or vegetables.

There is a nationally known eating plan, the DASH diet that can help lower high blood pressure. Known as Dietary Approaches to Stop Hypertension, DASH isn't a weight-loss diet, but rather an eating style to help reduce your risk of serious health complications. It helps lower blood pressure by including nutrients, such as potassium, calcium and magnesium, all of which are associated with lower blood pressure. These key nutrients are boosted by including more fruits, vegetables and low-fat or nonfat dairy in your daily diet. If you are battling high blood pressure, DASH helps lower sodium or salt in your diet.

For more information on the DASH diet and how to eat less sodium or other nutrition topics, visit "Ask the Dietitian" on <http://www.commissaries.com> and post questions on the "DeCA Dietitian Forum." Also, look for other useful information in the "Dietitian's Voice" archive.



MORALE, WELFARE & RECREATION

Activities/Events

Amateur Boxing Night

The 16th and 143rd Ordnance Battalions face off for the first time in 2008 during the Amateur Boxing Night extravaganza March 15 at the Aberdeen Athletic Center, building 3300. Doors open 5 p.m., the event begins 6 p.m. Tickets cost \$5 for active duty military; \$10 for non-military; and \$20 for ring-side seats. Children under 6 are admitted free.

Purchase tickets at MWR Registration, building 3326, 410-278-4011/4907 or Hoyle Gym, building E-4210, 410-436-3375/7134.

Discount ski lift tickets available

MWR Registration, Tickets and Leisure Travel Center has discount ski lift tickets for Bear Creek, Blue Mountain, Camelback, Jack Frost/Big

Boulder Ski Resorts and Ski Liberty, Ski Roundtop and Whitetail.

For more information, call MWR Registration, Tickets and Leisure Travel Center, 410-278-4907/4011, building 3326, or e-mail mwr_registration@usag.apg.army.mil.

MWR hosts 'Losers ARE Winners' weight loss competition

A new weight loss competition began Jan. 14 and ends April 4. Participants must enter with a partner (groups of 3 will be accepted).

Participants will weigh in once a week. Participants who lose the most weight based on a percentage will win a prize.

Register at the AA Fitness Center, building 320 or Hoyle Gym and Fitness Center, building E-4210. Entry fee is \$5 per person.

For more information, call Jeff Pettway, 410-278-9725

Body Worlds 2 Exhibit

MWR Leisure Travel Services offers tickets to The Body Worlds 2 Exhibit at the Maryland Science Center, from Feb. 2 through March 16.

Body Worlds 2 educates the public about the inner workings of the human body and shows the effects of poor health, good health and lifestyle choices.

Tickets cost \$20.50 for adults and \$14.50 for children ages 3 to 18. Cost includes entry into the Science Center exhibit hall and the Body Worlds 2 exhibit.

For more information or to purchase tickets, visit MWR Leisure Travel Services located in the AA 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., Jan. 26, 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 welcome gifts for everyone. Vendors will have items for all scrapbooking needs; optional classes will be offered; and a massage therapist will be available for an optional massage. This will be a stress-free day for all with plenty of pampering.

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

Grease on Broadway

Sandy and Danny reunite once again. See Grease, 2 p.m., May 17, on Broadway. Tickets

cost \$165 each and include bus transportation and Broadway play. This event is open to all DoD ID card holders. Purchase tickets in advance.

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.

Choice of shows at The Hippodrome Theater

MWR Leisure Travel Services has discounted tickets for several shows at The Hippodrome Theater, located at the France-Merrick Performing Arts Center, 12 N. Eutaw Street, Baltimore.

Shows include:

- "Cirque Dreams," 2 p.m., Jan. 26 and Feb. 2, 2008
- "High School Musical,"

2 p.m., Feb. 23; and 8 p.m., Feb. 29

- "Camelot," 2 p.m., March 29

- "The Color Purple," 2 p.m., May 3; 2 p.m., May 10; and 6:30 p.m., May 11.

Tickets are available for a limited time – purchase them now. Tickets range in price from \$33 to \$87. To order tickets, visit www.eventusher.com; enter the special password: 105MWRAPGMD and follow the instructions on the ordering page.

Price includes show ticket only, no transportation is provided. Open to all DoD ID card holders.

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

SCHOOL LIAISON

LIONS Homeschool Co-op meetings

The LIONS Homeschool Co-op needs students in grades one through 12 to participate in art and other classes. The LIONS Homeschool Co-op meets 9 a.m. to 2 p.m., every Wednesday at the Aberdeen Area Youth Center and welcomes all government ID card holders. Parents can pick and choose the classes that meets their children's or family's needs. The Co-op offers support for the families who are just beginning homeschooling or for the veteran homeschooler. Check out the LIONS Homeschool Co-op.

For more information, call Chel Shupp, 443-655-0271 or E-mail ccttshupp@comcast.net.

Parent notification of school delay/cancellation due to weather

Harford County Public Schools will notify all parents of a school delay/cancellation due to snow or hazardous weather using the Alert Now System (automated phone messaging.)

All parents will receive phone calls at 5:45 a.m. on the morning of the school delay or cancellation. Please be sure that the schools have up-to-date phone numbers.

Traditional media outlets (TV, radio) will remain in effect as well.

If using the Internet, visit www.schools-out.com to get emergency information or other important school system information.

Families can also arrange to have emergency information sent directly to their e-mail addresses for a small fee.

Open house at St. Joan of Arc school

Join St. Joan of Arc School in Aberdeen for its open house 9 to 11 a.m., Jan. 25. Prospective parents and students can see first-hand what is happening at the school.

For more information, call the school office, 410-272-1387.

Fifth Annual College Night Feb. 19

The Fifth Annual College Night will be held 6 to 8 p.m., Feb. 19, at C. Milton Wright High School, located on 1301 N. Fountain Green Road, Bel Air. Snow date is Feb. 20. College Night is free to all Harford County public school students and parents.

For more information, call 410-638-4110.

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

ACS upcoming events

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

Home Buying and Selling Seminar

A Home Buying and Selling Seminar will be offered by Army Community service, 11 a.m. to 1 p.m., Feb. 21, at ACS, building 2754, Training Room. All service members, civilians, Family members, retirees and contractors are welcome to attend.

The seminar will address housing as the major focus of relocation, from listing to settlement. Topics include a step-by-step look at home buying and selling; learn what questions to ask when buying a home; learn how to improve an individual credit score to buy a home; learn how to work with real estate agents; know what a homebuyer's/seller's rights are; how to sell a home for top dollar; learn home buying, selling, renting, and leasing options; how to prepare a home for the market; determining the asking price; and the qualification process.

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

Smart Start Your Business seminars

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

For more information, call 410-278-9669.

Job vs. Career classes for teens

Army Community Service will hold Job vs. Career classes for teens, ages 13 through 18, 12:30 to 1:30 p.m., at ACS classroom building 2754. Classes will be held March 25,

June 18 and July 23.

Today's workforce offers many challenges and rewards. Learning has a tremendous impact on future earnings. Teens will learn the benefit of a career over a job. The ACS Employment Program and Tina Mike, APG-FCU Education director, will help guide teens through the job and career preparation process so they can achieve their own employment success. Topics include:

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

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

The Waiting Families Support Group is scheduled for 6 to 7 p.m., Wednesdays, at ACS, building 2754 Rodman Road. This group is designed to provide resource information to assist spouses and Family members remaining behind while the military sponsor serves on unaccompanied tours, extended TDY or deployments.

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

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

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

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

Free movies at the Post Theater every weekend in January

MWR hosts free movies at the Post Theater, 7 p.m., Saturdays and 2 p.m., Sundays.

Movies are open to active duty, National Guard and Reserve personnel and their Family members, retirees, DoD civilians and APG contractors. Children under 16 must be accompanied by an adult regardless of the movie rating.

For more information or movie schedule call the Movie Hotline, 410-278-8000 or check the APG MWR Web site, <http://www.apgmwr.com>.

Snack Bar will be open for all performances.

DAN IN REAL LIFE (PG), Saturday, Jan. 19, 7 p.m.

Advice columnist Dan Burns is an expert on relationships, but somehow struggles to succeed as a brother, a son and a single parent.

THE COMEBACKS (PG), Sunday, Jan.

20, 2 p.m.

This spoof comedy follows an out-of-luck coach, Lambau Fields, who takes a rag-tag bunch of college misfits and drives them towards the football championship.

AMERICAN GANGSTER (PG), Saturday, Jan. 26, 7 p.m.

Based on the life of drug-kingpin-turned-informant, Frank Lucas, who grew up in segregated North Carolina, where he watched as his cousin was shot by the Klan for looking at a white girl.

MR. MAGORIUM'S WONDER EMPORIUM (PG), Sunday, Jan. 27, 2 p.m.

Mr. Magorium's Wonder Emporium is the strangest, most fantastic, most wonderful toy store in the world. In fact, it's a magic toy store and everything in it comes to life — including the store itself. The emporium asks only one thing of its customers — you must believe it to see it.

MWR Leisure Travel Service has specially priced tickets

MWR Leisure Travel Service has specially priced tickets to the following venues. To purchase tickets or for more information, contact MWR Leisure Travel Services, Aberdeen Area Recreation Center, building 3326, 410-278-4011/4907, or e-mail MWR-LeisureTravel@apg.army.mil.

Washington Capitols NHL Hockey

Location: The Verizon Center, Washington, D.C.

Tickets: \$64.05 Lower Level; \$30 Center Mezzanine; \$20 End Mezzanine. Open to all DoD ID card holders.

Madam Tussaud's

Location: Washington, D.C.

Museum containing life-like wax images of famous people.

Tickets/Discounts: Adults - \$17.75 (\$26.44 at the door), Senior (ages 60+) - \$16 (\$24.32 at the door), Children (ages 4-12) - \$12.75 (\$19.04 at the door)

Disney on Ice: Finding Nemo

Feb. 6-10, 1st Mariner Arena, Baltimore. Tickets cost \$18.75 each. Last day to purchase tickets is Feb. 1.

Great Wolf Lodge, Williamsburg, Va.

Special prices are for a standard Family suite with 1-6 people per room through Feb. 29. Rooms come with 6 complimentary water park passes with each family suite. There is a 2-night minimum stay for weekends, holidays and premium periods.

\$192 per night, Sunday thru Thursday
\$255.25 per night, Friday thru Saturday

Busch Gardens Europe / Water Country USA Season Passes

Both parks are open March 21 to Oct. 26

Busch Gardens Europe / Water Country Gold Season Pass
\$104 (\$154.95 at the gate)
Busch Gardens Europe Silver Season Pass
\$82 (\$114.95 at the gate)
Water Country USA Silver Season Pass
\$82 (\$114.95 at the gate)

January bowling specials

The APG Bowling Center, building 2342, is holding the following specials during January:

- Jan. 23 and 30
Red Pin Thursday, 5 p.m. to closing, throw a strike on the red head pin and receive a free game.
- Jan. 19

Soldier Special, \$2 each game, \$1 shoes, 5 p.m. to closing.

- Jan. 23
Wednesday Bowling Special, 6 p.m. to closing, all games are free.

- Jan. 26
Kids' Night Special, all kids \$1 per game, \$1 for shoes, 5 p.m. to closing.

APG Bowling Center Snack Bar specials Building 2342

Week of Jan. 14

Special #1: Grand Daddy Burger with bacon, cheese, mayonnaise, lettuce, tomato, pickles, onions, potato chips, one cookie and soda for \$7.85.

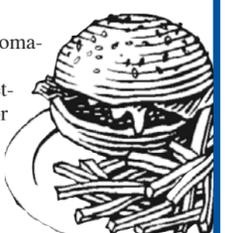
Special #2: Grilled cheese with the soup of the day, one cookie and soda for \$4.25.

Week of Jan. 21

Special #1: Double cheeseburger with bacon, mayonnaise, lettuce, tomato, pickle, onions, curly French fries, one cookie and soda for \$6.95.

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

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





Commentary: Drivers responsible for reporting property damage, unattended vehicle accidents

By **JOSEPH L. DAVIS**
DLES

As a follow up to reporting traffic accidents, I will cover procedures for reporting property damage and unattended vehicle accidents in my continuing series on traffic safety.

The Maryland Transportation Article and APGR 190-5 require the driver of each vehicle involved in an accident that results only in damage to an attended vehicle or other attended property immediately shall stop the vehicle as close as possible to the

scene of the accident without obstructing traffic more than necessary.

It is also required that the driver of each vehicle involved in an accident that results only in damage to an attended vehicle or other attended property shall return to and remain at the scene of the accident until he/she has provided their name, address and the registration number of the vehicle they are driving and, on request, exhibit a license to drive to the driver, occupant of, or person attending any vehicle or other property damaged in the accident.

Responsibilities upon striking an unattended/empty vehicle

The driver of each vehicle involved in an accident that results in damage to an unattended vehicle or other unattended property immediately shall stop the vehicle as close as possible to the scene of the accident, without obstructing traffic more than necessary.

The driver of each vehicle involved in an accident that results in damage to an unattended vehicle or other unattended property shall attempt to locate the driver, owner, or person in charge of the damaged vehicle or other property. The driver

will provide his/her name, address, registration number of the vehicle he/she is driving and the name and address of the owner if the driver is not the owner.

In addition to the above required information, it is also mandatory that the driver of each vehicle involved in an accident provide the name and address of the insurance carrier, policy or other identifying number of the liability insurance and if available the name and address of the local office of the insurance carrier.

Be safe, buckle up and look before you back.



ASAP reminds playoff watchers of rules to follow

ASAP

"Impaired driving is deadly dangerous," said Cindy Scott, Aberdeen Proving Ground Army substance abuse program prevention coordinator. "Too many people still don't understand that alcohol, drugs and driving don't mix. Impaired driving is no accident—nor is it a victimless crime."

According to the National Traffic Safety Administration, nearly 13,000 people died in highway crashes involving an impaired driver or motorcycle operator with an illegal BAC level of .08 percent or higher.

"The consequences are serious and real," Scott said. "Not only do you risk killing yourself or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be significant. The tragedies and costs from drinking and driving impaired do not just end at potential death, disfigurement, disability or injury. Violators who are caught will be spending their money on bail, court fees, law-

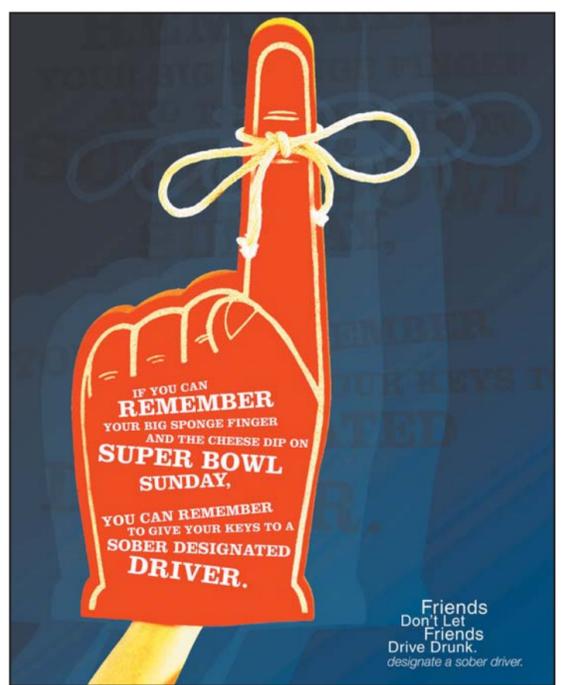
yers and towing fees."

Here are some reminders for those playoff games that are underway.

- Avoid drinking too much alcohol too fast and participating in drinking game.
- Pace yourself—eat enough food, take breaks and alternate with non-alcoholic drinks. Designate a sober driver before the party begins and give that person the car keys. If a designated driver is not available, ask a sober friend for a ride home; call a cab, friend or Family member to come get you; or stay where you are and sleep it off until you are sober.
- Always buckle up—it's still the best defense against other impaired drivers.

For more information call Scott, 410-278-DRUG or e-mail Cynthia.Scott1@apg.army.mil.

"Remember that fans don't let fans drive drunk. Act responsibly and pass your keys to a sober driver before the big game begins. The life you save might just be your own," Scott said.



CPSC warns winter storm victims to use portable generators outdoors only

CPSC

The U.S. Consumer Product Safety Commission is issuing a warning to consumers confronted with severe winter weather.

When there's a power outage, exercise caution when using portable generators.

Carbon monoxide is an invisible killer that can't be seen or smelled.

A generator's exhaust contains poisonous CO which can kill a person in a matter of minutes.

At least 65 people died in 2006 from generator-related CO poisoning.

Many of the deaths occurred after winter storms knocked out power.

Follow these important generator safety tips:

- Never use a portable generator inside a home, garage, shed or other partially enclosed space, even if doors and windows are open.
- Use portable generators outside only, far away from the home. And keep the generator away from openings to the home, including doors, windows and vents.
- Read the label on the generator and the owner's manual, and

follow the instructions.

- Install CO alarms with battery backup in the home outside each sleeping area.
- Get to fresh air immediately if feeling sick, weak or dizzy.

CO poisoning from exposure to generator exhaust can quickly lead to incapacitation and death.

CPSC recently mandated a new danger label on generators manufactured after May 14, 2007. The label states that, "Using a generator indoors CAN KILL YOU IN MINUTES."

CPSC has additional rulemaking underway on generators. The Commission directed staff to

investigate various strategies to reduce consumers' exposure to CO and to enable and encourage them to use generators outdoors only. Those strategies include generator engines with substantially reduced CO emissions, interlocking or automatic shutoff devices, weatherization requirements, theft deterrence and noise reduction.

In addition to safe generator use, CPSC suggests consumers follow these safety tips after a storm:

- Never use charcoal indoors. Burning charcoal in an enclosed space can produce lethal carbon

monoxide.

- Use caution when burning candles. Use flashlights instead. If using candles, do not burn them on or near anything that can catch fire.

• Never leave burning candles unattended. Extinguish candles when leaving the room.

- Do not use portable heaters or lanterns while sleeping in enclosed areas such as tents, campers, and other vehicles. This is especially important at high altitudes, where the risk of carbon monoxide poisoning is increased.

Commentary: For the record, thanks

By **DONALD B. COLLIER SR.**
Assistant Fire Chief, Fire and Emergency Services Division

It's not very often that you actually play a roll in saving someone's life. We as firefighters and paramedics all can remember going out on calls that would cause us to ask ourselves afterwards, "Why do we do this job?"

Well, on Dec. 9, 2007, at approximately 10:32 a.m., there is no doubt that we had a hand in saving a persons' life.

It started out as one of those calls: "subject down at the chapel."

Upon arrival, in the chapel lobby we found an older

gentleman in respiratory distress, unconscious, with Agonal respirations [abnormal, shallow breathing], and cyanotic [blue in color] with a facility AED [automated defibrillator] applied.

Fire Department personnel immediately started to ventilate the patient and within a short time frame, his O2 saturation [amount of oxygen in the blood] was at 100 percent with near normal color returned. The gentleman was stabilized and transported to an ambulance and he was talking to the EMS crew by the time they arrived at the hospital.

There was much more accomplished during this incident,

but bottom line, our personnel helped saved that man's life.

First and foremost, I would like to thank the personnel who responded to the incident.

From the moment they arrived, they were professional and compassionate. They included Capt. Doug Schmidt, firefighters Paul Burr, Lyle Deshaw and Phil Hines, EMT Jeff Miller and paramedic Mike Davis.

Second, I would like to thank all personnel within this department for what they do everyday; providing this community the best service possible, second to none.

You guys are the best and you make me proud. For the record, thanks.

Winter

From front page

aquatic life to survive. Nitrogen can leach into groundwater and contaminate drinking water sources.

Keep storm drains clear

Clean-out storm drains and catch basins regularly to keep clear of refuse and excessive build-up of leaves/sediments. Remove leaves to prevent decay, which can lead to the formation of contaminants such as phenols and tannis, which increase oxygen demand in streams and rivers and reduce oxygen levels. Routine cleaning reduces the amount of pollutants, trash and debris both in the storm drain system and in receiving waters. Clogged drains and storm drain inlets can cause the drains to overflow, leading to increased erosion. Benefits of cleaning include increased dissolved oxygen, reduced levels of bacteria,

and support of instream habitat. Areas with relatively flat grades or low flows should be given special attention because they rarely achieve high enough flows to flush themselves.

Clearing ice from driveways or sidewalks

Many of the problems associated with contamination of local waterways stem from the improper storage of deicing materials. Salts are very soluble when they come into contact with stormwater. They can migrate into ground water used for public water supplies and also contaminate surface waters. Deicer chemicals, salt, and sand used on the streets and parking areas during the winter months may be carried to the storm sewer system when snow, accumulates in piles during routine snow removal activities. Salts lower the melting point of ice, allowing roadways to stay free of ice buildup during cold weather. Sand and gravel increase traction on the road,

making travel safer. Runoff from road salt and ice melt products causes chloride levels in the bay to increase which is harmful to aquatic life. Minimize sand or salt usage during the winter months - use alternatives such as calcium chloride.

Signage on APG

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

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

WTO

From front page

"What we're finding out is that the results are far greater, far faster than ever before. It boosts the morale of the Soldier and, quite frankly, we understand that it's tough on the Family, and we try to address that as best we can and encourage the Family to hang in there with us through some tough times for their Soldier, and to be strong for their Soldier through the healing process," he said.

The AMAP has a simple yardstick for success. "Is it good for our Families? Is it good for our Soldiers? If it is, then that's what we use and we look to see how to make it even better," Pierce said. "If the measure of success is just good enough, it's not good enough for us. We want to be providing the very best care. We want to be providing the very best people to care for our nation's wounded warriors."

APG couple is challenged by lighthouses

Story by
YVONNE JOHNSON
APG News

Curiosity about a unique competition prompted an Aberdeen Proving Ground couple to enroll in the Chesapeake Chapter of the U.S. Lighthouse Society's annual Lighthouse Challenge in September 2007.

Suzanne Corbin, chief of the Ammunition Surveillance Branch, Directorate of Installation Operations, and her husband, retired Sgt. 1st Class Thomas Corbin, completed the challenge to visit nine Maryland lighthouses and one lightship in two days, Sept. 15 and 16. They liked it so much that they got in on the New Jersey challenge a month later.

"I'd seen it advertised and it looked interesting; like something really fresh and new to try," said Suzanne Corbin. "Part of the challenge was getting him [her husband] to go along."

Thomas Corbin said he was surprised at how much fun he had.

"It's so enjoyable," he said. "You meet interesting people and learn a lot about the history of these lighthouses. At one lighthouse we met a lady who told about her Family's three generations of lighthouse keepers."

The weekend long adventure promotes public interest in the history, preservation and maintenance of Bay area lighthouses. Participants are provided with maps and directions to each site where they are encouraged to tour and learn more about Maryland history and preservation efforts.

The challenge sites for the 2007 challenge included Seven Foot Knoll/Chesapeake Lightship in Baltimore's Inner Harbor; Concord Point in Havre de Grace; Fort Washington National Park; Drum Point and Cove Point in Solomons; Piney Point; Turkey Point in Elk Neck State Park; Hooper Strait in St. Michaels; and Point Lookout in Point Lookout State Park.

The Corbins said they would have gotten to them all in one day if not for a tractor trailer accident that tied up traffic.

They said the New Jersey Challenge didn't take as long because the sites were in a straight line running from Sandy Hook, south.

"Maryland was more of a challenge because of the distances between them," she said.

"The panorama in Maryland is awesome," she added, noting that although "each one is beautiful" she particularly enjoyed the lighthouse at Turkey Point.

"From there you can look down and see Aberdeen," she said.

Thomas said he enjoyed all the sites equally.

"It's hard to pick because it's easy to appreciate each one," he said.

They said the adventures piqued their interest in history and that they plan to participate in the Long Island



Photos by SGT. 1ST CLASS (RET.) THOMAS CORBIN
A bright dusk frames the impressive Cove Point Lighthouse in Solomons, Md., as Suzanne Corbin strolls the yard of the lighthouse keeper's home during the first day of the Maryland Lighthouse Challenge Sept. 15, 2007.



Suzanne Corbin waves from the top of the Point Lookout Lighthouse in Point Lookout State Park.

Lighthouse Challenge in New York in May and to explore upper mid-west sites after Suzanne's retirement later in the spring when they move to Indiana.

Suzanne Corbin said she couldn't be happier with all the Lighthouse Challenge has brought them. Along with T-shirts and magnets that they collected from each site, they have dozens of photographs and priceless memories of their trips.

"Apparently they have lighthouse passport [books] you get stamped at each lighthouse and when you fill one up you get a pin," she said. "I met a lady working on her fifth passport."

She said they spent 30 minutes to an hour at each site.

"There's no pressure by the lighthouse society to visit all the sites," she said. "The main purpose is to raise support by raising awareness. It's so interesting to hear about the

Maryland Lighthouse Challenge

The Chesapeake Chapter of the U.S. Lighthouse Society and the lighthouse organizations of Maryland sponsor the lighthouse challenge which is held annually in Maryland, New Jersey and on Long Island.

The challenge is a weekend long adventure to visit all the state's land-based lighthouses. For each lighthouse visited, participants receive a special commemorative lighthouse magnet from volunteers stationed at each location. There is a special magnet for those who meet the challenge and visit all the participating sites.

Maryland sites for the 2007 Lighthouse Challenge included nine historic lighthouses and one lightship along the Chesapeake Bay.

The Chesapeake Chapter also sponsors visits to land-based and offshore lights and other facilities. Through the cooperation of the U.S. Coast Guard and other organizations, many trips include access to lighthouses normally closed to the public.

The Chapter Volunteer Program assists local organizations in the preservation and maintenance of Bay area lighthouses and the Education and Speakers Program provides public services that offer an accurate source of information about Bay lighthouse history, architecture and heritage.

For more information, visit the Chesapeake Chapter's Web site at www.cheslights.org or write: Chesapeake Chapter, USLHS, P.O. Box 1270, Annandale, VA 22003-1270.

For the New Jersey Lighthouse Challenge visit www.njlhs.org or write: The New Jersey Lighthouse Society, P.O. Box 332, Navesink NJ 07752-0332.

For the Long Island Lighthouse Challenge visit www.lighthousesociety.org or write: Long Island Chapter, U.S. Lighthouse Society, 29745 Main Road, Cutchogue, NY 11935.

Families who lived in these places and to learn that some of the lighthouses need help. The land is eroding around many of them and some of the interiors are dilapidated."

"I'm glad we're into it now," Thomas added. "You don't just see the lighthouses, you see history. Some of them are so gorgeous, you want to put up a log cabin and stay there."

Commentary: Exercising your Constitutional right - Vote

By
BRIG GEN REUBEN D. JONES
The Adjutant General, Army

As the Army's Senior Voting Officer, I strongly encourage you to participate and cast your vote in the 2008 Presidential Primaries. Voting is the essence of our democracy and one of our most important Constitutional rights.

Our elected officials have tremendously important jobs and the good news is you have a voice in who gets to do them... if you vote.

The primaries began this month with the

Iowa Caucus and continue through June 2008. You can exercise your right to vote by completing the Federal Post card Application (FPCA Standard Form 76) or complying with the ballot request procedures enacted by the state in which you vote. The FPCA Standard Form 76, or other request, should be mailed or sent electronically as soon as possible. You should then receive your absentee ballot as you requested it.

The Federal Assistance Program has been working with the states to allow ballots to be submitted and

received electronically. Check with your Unit Voting Assistance Officer for your state requirements.

It is important that you complete and send in your ballot immediately after receipt to ensure it is received by your hometown local election officials no later than your state's deadline.

If you are an overseas voter and have not received your regular absentee ballot 30 to 45 days prior to your state's deadline, you should complete a Federal Write-in Absentee Ballot and send it to your local election

official. If you later receive your absentee ballot, you should also complete and send it in.

Mailing guidelines differ from state to state; therefore we recommend you check your state's guidelines by contacting your UVAO, or by visiting the Army Voting Assistance Program Web site, www.vote.army.mil.

Be smart. Do your part. Vote.
(Editor's note: For more information, call Maj. Octavious Gibbons, APG Voting Assistance Officer, 410-278-3000.)

Vote

From page 2

activities and fulfill their obligations as United States citizens," he added. "However, certain political activities that create a real or apparent conflict of interest with their federal employment are expressly prohibited."

While serving on active duty or working as a federal employee, certain political activities and types of speech are prohibited.

Service members may participate in local nonpartisan political activities as long as they are not in uniform and the activity does not require government property or resources, interfere with official duties or imply government involvement. But they must refrain from participating in political activities while in uniform or while wearing official insignias, according to Curry, and avoid activities prejudicial to the performance of military duties or likely to bring discredit on the service.

Soldiers on active duty and Army civilians are prohibited from engaging in the following political activities:

- Using one's official authority to influence or interfere with an election; soliciting votes for a particular candidate or issue and soliciting

political contributions from others.

- Running for the nomination or as a candidate for election, to a partisan political office or holding such political office to include state or local civil office.

- Participating in partisan political management, campaigns and conventions or making speeches before a partisan political gathering, including any gathering that promotes a partisan political party, candidate or cause.

- Attending partisan events as an official representative of the armed forces or serving in any official capacity as a sponsor of a partisan political club.

- Displaying large political signs, banners or posters on private vehicles.

- Promoting political dinners or fundraising events, distributing partisan political literature, or conducting a political opinion survey under the auspices of a political partisan group.

- Participating in any radio, television or other program or group discussion as an advocate for or against a partisan political party, candidate or cause.

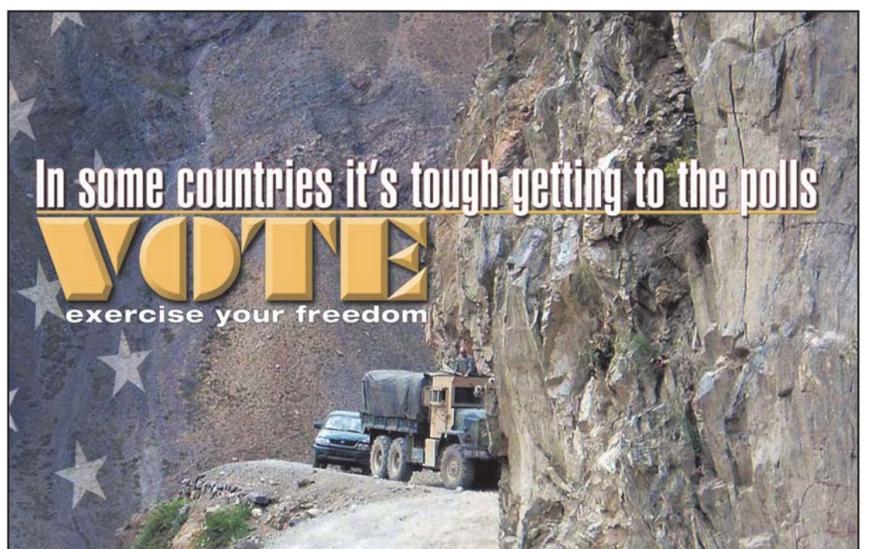
- Soliciting or otherwise engaging in fundraising activities in federal offices or facilities for a partisan political cause or candidate, including selling tickets for political dinners and similar fundraising events.

- Making or receiving a contribution from

another member of the armed forces or a federal Civilian employee for the purpose of promoting a political objective or cause, giving speeches, writing articles or providing public comments,

which contain political material in one's capacity as a service representative.

(Editor's note: Chris Rasmussen writes for the Fort Jackson "Leader.")



Courtesy of U.S. AIR FORCE
Although there are restrictions on service members and federal employees when it comes to political activities, each is encouraged to participate in the political process and vote.