

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Jan. 30, is paper. Put items in paper bags, boxes or bundles 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, call Candace Hamlin, 410-278-3000 or e-mail Candace.hamlin@us.army.mil.

Veterinary Treatment Facility closings

The APG Veterinary Treatment Facility will be closed Jan. 31 for end of month inventory.

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

Black Employment Program hosts event Feb. 6

The APG Black Employment Program will host the 2008 Black History Month Event 11:30 a.m. to 1 p.m., Feb. 6, at the Stark Recreation Center, Edgewood Area. The 2008 national theme is "Carter G. Woodson and the Origins of Multiculturalism."

For more information, call Kimberly Alcorn, EEO specialist, BEP manager, 410-278-1145.

KUSAHC closed Feb. 18

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

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

For more information, call 410-278-1724.

No emergency service at KUSAHC

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

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Issue Highlights

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AFAP needs community participation

AFAP Program Office

The annual Aberdeen Proving Ground Army Family Action Plan Conference, Feb. 26 through 28, depends on community feedback and participation to be successful. The AFAP process lets members of the Army community tell leadership what's working and what isn't – and what they think will fix it.

Support is needed from all members of the community: Soldiers, Family members, civilians and retirees.

The process

Soliciting issues from the community starts the local AFAP process. Then, delegates from all areas of the community prioritize the submitted issues at the conference. Subject matter experts assist the delegate workgroups in understanding the issues.

Following the conference, the APG AFAP Steering Committee will address the issues. Issue recommendations that can be solved locally will be implemented. Any issue that is beyond the scope of APG is forwarded to the Regional AFAP Conference for resolution.

"AFAP needs you to submit issues," said Mar-

ilyn Howard, AFAP coordinator. "Issues may be submitted in any area which affects you as a member of the Aberdeen Proving Ground community." (See page 11 for submission form.)

"Volunteers are also needed to assist with the conference, serve as facilitators and recorders and serve as delegates in the workgroups," she said. "Please contact the AFAP program office to volunteer."

Example areas for issue submission include medical, housing, MWR activities, safety, security, workplace environment, civilian personnel issues, military benefits and entitlements, TRICARE, lodging, transportation, tuition assistance and Child and Youth Services.

Submit issues to the Army Community Service, building 2754. Issues may also be submitted electronically to Marilyn.E.Howard@us.army.mil. The AFAP form is also accessible at the APG Web page <http://www.apg.army.mil>.

For more information or to find out how to help, call Howard, 410-278-9669. For additional information about AFAP and other AFAP success stories, visit www.myarmylifetoo.com.



U.S. Army Wounded Warrior Program (AW2) launches Army Wounded Warrior blog for Soldiers, Families

Story by

MAJ DAVID WHEELER
U. S. Army Human Resources Command

The U.S. Army Wounded Warrior Program (AW2) announced the debut of the "Army Wounded Warrior Program Blog," located at <http://www.aw2.army.mil> Jan. 9.

The blog will provide updates on how the AW2 Program is fulfilling its mission of serving severely wounded, injured and ill Soldiers and their Families, for as long as needed, wherever they are located.

The AW2 blog will voice a variety of perspectives from inside the U.S. Army Wounded Warrior Program and will allow for feedback in the form

of comments.

"The Army Wounded Warrior blog is an exciting new communication tool for our Program," said Col. Jim Rice, director, U.S. Army Wounded Warrior Program. "The blog is an opportunity for people to learn more about what we do on a daily and weekly basis and to hear from some different perspectives from Soldiers and Families within the AW2 program. Also, the blog will be used to enhance current services provided by the Army for severely wounded Soldiers and their Families."

The Army Wounded Warrior blog will cover a range of topics related to the AW2 Program and severely wounded

Soldiers and their Families.

This new forum will be updated weekly with postings written by individuals involved in the AW2 program, from program leadership to those providing on-the-ground assistance to severely wounded Soldiers and their Families throughout the world.

The U.S. Army Wounded Warrior Program's personalized recovery services for severely wounded Soldiers are not limited by geography or physical location and are not constrained by recovery or rehabilitation timelines.

"AW2 promises to 'never leave a fallen comrade' and continues to help severely

wounded, injured and ill Soldiers and their Families in their times of need, no matter how long it takes," Rice said.

Visit the Army Wounded Warrior blog at www.aw2.army.mil. Check back frequently for new postings and program information. AW2 Soldiers who need assistance should contact their Soldier Family management specialist or AW2 headquarters, 1-800-237-1336.

If not an AW2 Soldier but in need of assistance, contact Military One Source, 1-800-342-9647.

About the U.S. Army Wounded Warrior Program (AW2)

The Army Wounded Warrior Program – AW2 – embodies the Warrior Ethos "I Will Never Leave A Fallen Comrade."

First established in April, 2004, as the Army responded to the needs of the most severely wounded, injured or ill Soldiers who were returning from Operation Iraqi Freedom and Operation Enduring Freedom, today AW2 serves more than 2,300 Soldiers and their Families.

The focus of AW2 is on serving the most severely injured Soldiers and their Families.

For more information about AW2 visit Web site <https://www.aw2.army.mil/>.

Community pauses to honor Martin Luther King

Story and photo by
YVONNE JOHNSON
APG News

A motivational message, music and dance highlighted the Aberdeen Proving Ground Commemorative Prayer Breakfast honoring Dr. Martin Luther King Jr. at Top of the Bay Jan. 17.

Maj. Octavious Gibbons, commander, Headquarters and Headquarters Company, APG Garrison, hosted the program, and chaplain (Maj.) Young Kim, U.S. Army Ordnance Center and Schools, delivered the invocation and benediction.

Entertainment included the reading of an original poem titled "The People" by Richard Desiree of Edgewood High School and a praise dance by Talisha Telsee a Towson University student and member of True Joy Ministries of Aberdeen.

In addition, Sgt. Luis Rodriguez, HHC Garrison, sang the national anthem and Staff Sgt. Eddy Nubine, a gospel jazz musician with the AMC Band, played the inspirational hymn, "Lift Every Voice and Sing," on saxophone.

Guest speaker Eva Taylor, a minister with the Zion Temple Church of Havre de Grace, delivered the morning message.

Taylor talked about the leadership qualities that King possessed and how he used them to direct a change in the nation. She used the analogy of geese flying in a 'V' formation to demonstrate the importance of not only leadership, but teamwork.

"I just wanted to deliver a message everyone could receive," Taylor said as she thanked organizers and said that she was honored to be invited.

"Everyone was very cordial, and they made it very easy for me," she said. "I believe everyone got something out of it and that they left here knowing that it takes teamwork to



Jan Michael Graine, an environmental scientist with the U.S. Army Environmental Command, right, and Phil Hunter, a contract lawyer with the U.S. Army Research, Development and Engineering Command, left, admire displays depicting the Selma to Montgomery march during the Commemorative Prayer Breakfast honoring Dr. Martin Luther King Jr. at Top of the Bay Jan. 17.

make the dream work."

Committee members included lead organizer, Sgt. 1st Class Elwood Vane, equal opportunity advisor, U.S. Army Research, Development and Engineering Command; 1st Sgt. Larry Tyson, HHC Garrison and Linda Patrick, U.S. Army Center for Health Promotion and Preventive Medicine.

Tyson thanked committee members Master Sgt. Gail Brennan, equal opportunity advisor, U.S. Army Ordnance Center and Schools; Sgt. 1st Class Michael Jones equal opportunity liaison, 61st Ordnance Brigade, and Staff Sgt. Quinton Hamm, equal opportunity liaison, OC&S.

"These committee members worked very hard to present a special event that people could remember and learn something from," Tyson said.

He said he remembered MLK prayer breakfasts from when he was stationed here 10 years ago and asked about holding one in hopes of

See KING, page 3

DLES officer named Maryland Wildlife Officer of the Year

Story by
YVONNE JOHNSON
APG News

A Directorate of Law Enforcement and Security police officer was named the 2008 Maryland Wildlife Officer of the Year by the National Wild Turkey Federation during a banquet at the La Fontaine Bleu in Glen Burnie Jan. 12.

William F. Armstrong, special agent, Wildlife, Marine and Environment Division, DLES, was presented the award by Chris Karinja, NWTF regional director, Maryland, Delaware and New Jersey, and Gil Murphy, president, NWTF Southern Maryland Chapter.

The NWTF is a grassroots, nonprofit organization with more than 550,000 members in the 50 states, Canada, Mexico and 14 foreign countries. It supports scientific wildlife management on public, private and corporate lands as well as wild turkey hunting as a traditional North American sport.

The regional award is presented annually after nominee names are presented to a selection committee.

Armstrong received a commemorative engraved plaque and a signed print, "The Prize" by wildlife artist Dave Barnhouse.

Armstrong said that although he knew he'd been nominated he was still surprised when he received the phone call telling him that he had been selected.

See ARMSTRONG, page 2



APG selects Police Officer of the Year

Story by
RACHEL PONDER
APG News

A four-year member of the Aberdeen Proving Ground Police Force was named the APG Police Officer of the Year Jan. 11 during a ceremony at the APG Emergency Services Building.

During the ceremony, Garrison and deputy installation commander Col. Jeffrey S. Weissman recognized Police Officer Wade Norbutas but also thanked all APG law enforcement for the high level of professionalism, dedication and courtesy provided to the APG community.

"What you do every day is very important, and you do it very well," Weissman said. "APG law enforcement is an elite organization."

Of Norbutas, Weissman said, "being honored as the Police Officer of the Year is a great achievement for which

you should be proud."

Norbutas received a plaque naming him Police Officer of the Year and a Commander's Coin from Weissman.

Director of Law Enforcement and Security Robert Krauer gave Norbutas a one-day off award and a directorate coin. Police officer, Bryce Page, president of the Fraternal Order of Police, gave him a gift and a card on behalf of the FOP. He also received a "Police Officer of the Year Parking Only" sign given to him by 2006 Police Officer of the Year Mike Farlow.

Norbutas thanked all the police officers for their hard work, and said that he enjoys working for the APG Police. He expressed that the solidarity is what he enjoys most about being a police officer.

"Every one works together as a team. We are a tight knit Family," Norbutas said.

See NORBUTAS, page 3

New program to boost Army's employment aid to spouses

Story by
GARY SHEFTICK
Army News Service

The departments of Defense and Labor announced a joint program Nov. 14 to provide military spouses with resources to help find jobs, receive training and launch careers.

A two-year pilot program that begins in January will provide \$35 million in resources at 18 installations in eight states. Five of the posts that will participate in test of the "Military Spouse Career Advancement Initiative" are Army installations Fort Carson, Colo.; Fort Benning, Ga.; Fort Bragg, N.C.; Fort Lewis, Wash., and Schofield Barracks, Hawaii.

"Today, we embark on a landmark program that will open the doors to our military spouses for more fulfilling careers, Secretary of Defense Robert Gates said as he announced

the initiative at the Pentagon. He and Secretary of Labor Elaine Chao signed a proclamation to support the initiative.

"We understand how hard it is for Families of military men and women who have to be ready to move anywhere in the world every couple of years," he said, adding that packing and relocating is often at the expense of spouses' careers.

Gates said moving makes it difficult for military spouses to "navigate the career licensure and certification requirements that go with most professions." He said the new program will help spouses obtain credentials for "high-growth, portable occupations" such as education, health care, information technology and financial services.

Eligible spouses will get reimbursed for expenses directly related to post-secondary education and train-

ing under the new program. These include costs for tuition, fees, books, equipment, and credentialing and licensing fees in a number of professions. The program also covers the cost of renewing existing credentials and licenses due to a military move.

Spouses of active duty service members grades E1 through E5 and O1 to O3 will be eligible to participate. They must have a high school or general education diploma.

Army education centers at the five installations testing the program will have more information about the initiative, said Patricia Wells, the Army's Employment Readiness Program Manager at the Pentagon. She said employment readiness managers at the five installations have also received training in the initiative and will be ready to help spouses apply for the program.

Wells said the Army has been help-

ing military spouses with employment resources for more than 20 years. The Army's Employment Readiness Program provides job search assistance, job skills training and information and referral services for Soldiers, Family members and eligible military ID card holders.

It provides assistance with resume and resumix writing, interviewing techniques, dressing for success tips and networking. Job skills training includes basic computer training, an overview of the federal employment process, and a class in entrepreneurship.

The ERP managers work with installation Civilian Personnel Offices, community agencies, contractors, and local Army Spouse Employment Partnership, or ASEP representatives.

Under ASEP, the Army has a partnership with Fortune 500 companies and federal agencies who pledged

their support to increase employment and career opportunities for Army spouses. At present there are 31 Fortune 500 companies and five partners from federal and military agencies participating in the program.

Between September 2006 and September 2007, more than 7,200 military spouses were hired by ASEP partners, bringing the current total number to more than 23,000 spouses hired through the partnership.

The Military Spouse Job Search Web site, www.msjs.org, was launched in July 2005 as a portal for military spouse resumes and a place for ASEP partners and registered military spouse-friendly employers to post their job vacancies.

The new DOD and DOL initiative, however, adds funding for education and training that had not been available before under the Army programs, Wells said.

Commentary: Book review on a 'how-to' guide for military spouses

By
THERESE MANCEVSKI
Special contributor

My husband called me the other day and said the following: "Hey, babe, look, I'm eligible to receive DLA when we go to OBC. It'll show up on my LES, so I'll apply for it ASAP." To which I promptly replied, "WTF?!" (Translation: What the freak?)

Yes, WTF pretty much sums up the way most new military spouses feel about their new lives, myself included (obviously).

While my husband is off playing GI Joe, I'm left at home to plan moves, register children for school, find a job, be a chauffeur, care for the sick, lose 30 pounds, show the bad the error of their ways, buy the food, maintain the vehicle, pay the bills, help with the homework, cook the food, clean the house, read the bedtime stories, wash the dog, and quit smoking, for good this time. WTF indeed.

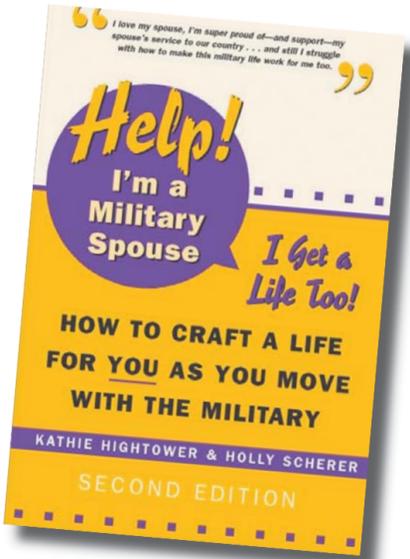
However, by sheer coincidence, since most of the time we spend in the public library is devoted to the children's section, I noticed a book in the new non-fiction section the other day that seemed to echo the sentiment that's been stewing in the back of my mind ever since my husband left for training: "Help! I'm a Military Spouse: I Get a Life Too! How to Craft a Life For You as You Move With the Military." I grabbed it up and checked it out before anyone could say, "Mom, what's for dinner?"

To say that I read the book would be a serious understatement; I devoured it. The plain truth is that Kathie Hightower and Holly Scherer have compiled the most comprehensive text for how to successfully navigate through the military world while keeping the better part of your identity intact.

They arm readers with tons of resources-both online and print-and provide a plethora of personal experience stories from other military spouses.

The subjects they cover range from things like how to establish friendships as we move around from post to post, to the pros and cons of owning your own business while your spouse is serving.

I found their chapter on career advice quite helpful because I've always believed the



way to go after your dreams is to slowly progress from Point A to Point B. Hightower and Scherer have challenged me to think more creatively about how I plan to achieve my own career goals as I face the reality of military life.

Reading testimonials from other spouses also helped me out tremendously.

I no longer feel as though I can't ask questions or seek help, and I think knowing other people have felt the same exact way as I feel, have gone through some of the things I'm now going through, has given me the confidence to delve into this new life with a much more positive attitude.

I've packed the knowledge supplied by Hightower and Scherer into my rucksack for safe keeping, and I encourage any new military spouse interested in carrying a secret weapon with them to do the same as we embark on our journey through the world of the military.

Who knows? I might even make a T-shirt with the slogan "I am a military spouse, HMR." (Translation: Hear me roar.)

Post motorcycle club collects toys for APG Families

Story by
YVONNE JOHNSON
APG News

A group of Soldiers and civilians looking to brighten the holidays for Aberdeen Proving Ground Families spent two days collecting donated toys outside the Main PX and the Edgewood Area Shopette, Dec. 19 and 20.

Led by Wayne Price, a systems administrator with the Directorate of Information Management, members of the APG chapter of World Wide Rydaz passed out about 4,000 flyers at the main gates the

week before, and then spent two days gathering toys from passing donors for distribution to unit first sergeants.

Price, the group's president, said that about 15 members were supporting the effort and that any excess would be taken to children's wards at local hospitals.

He thanked Col. Bobby Towery, commander, 61st Ordnance Brigade, and 1st Sgt. David Holmes, FTX Site, "for their support in getting the word out," as well as vice president Staff Sgt. Andre Davis, 16th Ordnance Battalion.

Price said that club members focus on mentoring young Soldiers or new riders in improving safe riding skills by partnering with the 61st Ordnance Brigade's motorcycle mentorship program and with the Directorate of Safety, Health and Environment's H. Mike Allen, and the motorcycle safety course.

In addition, the group seeks out community service projects throughout the year.

"It doesn't matter what kind of motorcycle you ride," Price said. "We all have the same goal, to get from point A to point B safely."

Commentary: Army wives lead interesting lives

By
CHELSEA ILIFF
Army News Service

I've been an Army Wife for five years now. While I'm intrigued by the idea of the new Lifetime television show called Army Wives, here are a few true, albeit less dramatized, things they might forget to cover.

My garage is full of boxes that won't be unpacked. What's the point? We're moving again in five months. Paint the walls? Maybe in the next house. My parents are starting to think we're members of a nomadic tribe.

The Army song is stuck in my head. My laundry is filled with black shorts and grey T-shirts. I gasp at the price of cereal at stores other than the commissary. I spent more than three years watching Armed Forces Network television and can recite many of their "commercials." My husband needs more "civilian" clothes.

Not Hollywood enough?

My husband has been deployed to Iraq twice for a total of 24 months. We were stationed on a small post in Germany with the 1st Armor Division throughout both deployments. I learned quickly that "deployment friends" are unlike any other friends. These are the people who not only listen to you complain about missing your spouse, but also empathize because they're right there experiencing it with you.

These friends perform duties unlike any other. They take you out to celebrate your birthday and anniversary. They not only understand when you're speaking in military tongues (i.e. "Did Joe have to leave the FOB today?"), but they speak it too. They're there when Soldiers leave, and there when Soldiers come home. Perhaps most importantly,

deployment friends see you through every day of what can be a very long and lonely separation.

My husband and I left Germany in May, and other Families left shortly thereafter. It's difficult now to have my confidantes spread all over the world. These ladies are my battle buddies, through and through. This is one area where Hollywood better get it right.

It's difficult for those who move regularly to maintain steady employment. This has been a consistent frustration of mine. As soon as I get settled in a job, we move somewhere else. In five years, I've worked in the fields of public affairs and education, and that's only by being extremely persistent.

My degrees are in political science and journalism; however, I'm learning to adapt and be flexible. I learn something with each new place. My skill base continues to grow.

My husband and I wrestle with the issue of children and timing. We don't have children now, but desperately want to get started. But, is now the right time? The military is full of super-moms/dads who impress me beyond explanation. I hope Hollywood can adequately portray how special and unique it is to be a military Family.

I'm thankful for the new Army Wives show. Surely it will show our country what an amazing and unique strata we are. However, only those of us on the inside know what it's really like to live this life.

From constant moves and friendships to jobs and children, I'm pretty sure the new "Army Strong" slogan extends to wives, as well.

(Editor's note: Chelsea Iliff writes for the Fort Huachuca "Scout.")

Armstrong

From front page

With 41 years as a game warden and wildlife officer, Armstrong said he was pleased and honored by his selection.

"It makes me feel good," Armstrong said. "I'm always stressing how we have a responsibility and obligation to protect our wildlife and this validates that."

"After the ceremony so many so many people I didn't even know came up and congratulated me," he added. "They seemed to know everything about what I've been involved with over the last forty years."

Armstrong released the book, "When Whip-poor-wills Call," a series of stories and anecdotes detailing his experiences during 20 years as a West Virginia game warden, in 2007. He said that the "tremendously positive response" to his book may have influenced his selection.

"To date I haven't received one negative comment about it," Armstrong said, adding that he regularly receives calls and messages from "strangers who just liked my stories."

"It's all very humbling," he said. He expressed appreciation to his fellow officers, his supervisor Ralph Plummer and DLES director Robert Krauer for their support of the APG wildlife mission.

National Wild Turkey Federation
The NWTF, headquartered in Edgefield, S.C., is a national 501(c) (3) nonprofit conservation and education organization dedicated to conserving wild turkeys and preserving hunting traditions.

Since 1985, more than \$258 million NWTF and cooperator dollars have been spent on upholding hunting traditions and conserving more than 13.1 million acres of wildlife habitat.

Hunters have also benefited as the NWTF has supported the hunting heritage and works to protect and promote laws that increase hunting opportunities and safety.

When the National Wild Turkey Federation was founded in 1973, there were only 1.3 million wild turkeys throughout North America. Since then, the number of wild turkeys has increased to more than 7 million birds thanks to state, federal and provincial wildlife agencies, the NWTF, its members and partners.

For more information, visit the NWTF Web site at www.nwtf.org.

APG News

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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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OTC pain relievers, alcohol are risky combination

APG ASAP

The Aberdeen Proving Ground Army Substance Abuse Program has been discussing the dangers of mixing over the counter medicines and alcohol for a number of years.

Recently, the Consumer Affairs Web site reported the following information:

"You probably don't think twice about taking an over-the-counter pain reliever and then having a glass of wine or two with dinner. But the combination of pain relievers and alcohol can pose serious health risks, according to new research.

When taken as directed,

pain medications are generally considered safe. However, problems can arise when they are taken more frequently or in larger doses than recommended or taken in combination with other drugs -- including alcohol.

The May issue of Mayo Clinic Health Letter recommends you consider these factors before deciding if it's safe to drink an alcoholic beverage while taking pain medications.

- Do you take pain relievers or drink alcohol often? The risk of side effects from combining pain relievers and alcohol is greater if you take medication frequently or drink

alcohol frequently.

- Do you take high doses of pain medication? The risk of serious side effects from alcohol use increases when you take a high dose of a pain reliever.

- Does the medication cause side effects? If you're already experiencing side effects from pain medication, such as stomach upset or drowsiness, alcohol will only make these side effects worse.

- What's your age? People over age 65 are at increased risk of adverse side effects from pain relievers. Plus, with age, your body processes alcohol more slowly, prolonging its effects.

Can you stop at one drink?

It's probably best to avoid alcohol altogether if you have difficulty stopping after one drink. The more you drink, the greater the risk. Being cautious doesn't necessarily mean you can never have alcohol while you take pain medications, the publication said. The amount you can safely drink varies. For example, the Food and Drug Administration reports adults who take more acetaminophen than recommended -- more than 4,000 milligrams a day (eight 500-milligram tablets) -- and who drink three or more alcoholic drinks a day

may be at increased risk of liver damage.

The FDA also reports that people who take nonsteroidal anti-inflammatory drugs and drink more than three alcoholic drinks a day may be at increased risk of gastrointestinal bleeding.

The best advice is caution. The less you combine a pain reliever and alcohol, the better. Because prescription pain relievers contain more potent

medication than do nonprescription pain relievers, it's generally recommended that you avoid alcohol when taking prescription pain medication."

For more information, contact Cindy Scott, ASAP prevention coordinator, 410-278-DRUG, Cynthia.Scott1@apg.army.mil or the Consumer Affairs Web site at http://www.consumeraffairs.com/news04/2006/04/otc_pain_alcohol.html.

Norbutas

From front page

He thanked his family for supporting him throughout his career. He has been married for 20 years to his wife, Brenda, and they have two children, Wade Jr., 19, and Ariel, 16.

"We are very proud of him, he is a hard worker," Brenda said.

Norbutas' supervisor, Lt. Eric House, who nominated him as a candidate for Police Officer of the Year, described him as a problem solver and a leader.

"He took the lead when I didn't have a supervisor, and

picked up the slack," House said. "He developed new ideas for our team so we can better serve Aberdeen Proving Ground. He goes the extra mile."

One area where Norbutas excelled was in the development of a crime identification network.

Norbutas saw gang activity as a growing threat to the installation. Two years ago he took the initiative to recommend and develop a gang identification sharing network between APG and numerous jurisdictions that include Harford, Prince Georges and Baltimore counties, the Maryland Division of Corrections and several others.

Norbutas is an active member

of Mid Atlantic Gang Investigators Network and East Coast Gang Investigators Association.

Throughout his childhood he knew that he wanted to work in law enforcement, and described his career as a lifelong dream.

He started his career by serving in the U.S. Air Force enrolling in the Security Police Specialist program. During the last two years of his service he was stationed at Lowry Air Force Base, Colo. on a special duty assignment as a prison specialist for two years.

Norbutas then worked for the state at the Maryland Division of Corrections for more than nine years and then transferred to MCAC Maryland

Correctional Adjustment Center in Baltimore City where he worked for a year.

In October 2003 Norbutas began working at APG.

After only two years, he received the Army Commanders Award for Civilian Service for his part in an arson case in the Edgewood Area.

Norbutas' daily duties include entry control, vehicle inspection, enforcing traffic laws, patrolling housing areas and providing security during special events. He is also a member of the APG Bike

King

From front page

restarting the tradition.

"It's a way to make people more aware and to appreciate the sacrifices Dr. King made for all of us," he said.

Veney said he thought the speaker was outstanding and that the live entertainment "peaked the program."

"This is the first of many special emphasis programs for APG for 2008," Veney said. "I'm looking forward to seeing more APG employees at the next event."

The next event is the Black History Month program, 11:30 p.m., Feb. 6, at the Edgewood Area Recreation Center. For more information, call 410-278-1145.

Several attendees added their comments about the program.

"It was an excellent program, well put together and full of variety," Nubine said. "And the speaker was outstanding. She painted a clear picture with her story about the geese."

"Overall, it was very motivating," said Pat Stallings, a former employee with the Joint Personal Effects Depot and member of True Joy Ministries.

Beth Ann Cameron of CHPPM said she liked when Taylor talked about "changing our [radio] stations from WIFM, meaning 'What's In it For Me,' to WCID, 'What Can I Do.'"

"She made you realize that you could be a committee of one," Cameron said.

Jan Michael Graine, an environmental scientist with the U.S. Army Environmental Command, and Phil Hunter, an RDECOM contract attorney, lingered after the program to admire several displays that lined the ballroom walls.

Hunter said he participated in the three Selma to Montgomery marches in Alabama

that were led by King in 1964 and that he was "not too far away" from where one of the photos depicting King leading one of the marches was taken.

"I thought it was a beautiful program and that the speaker did an excellent job," Hunter said. "She really captured what he [King] was all about."

"When I was in the military, I was constantly preaching to my Soldiers about teamwork," Graine added. "I thought the analogy of how geese must work together to fly in the 'V' formation was very well presented."

Patrick expressed her appreciation to the guest speaker for "a timely and relevant message."

"It was a message that could be well received by a military audience," Patrick said, adding that she particularly liked when Taylor spoke about leaders motivating and then stepping aside to

allow others to step up.

"She certainly was the leader of the geese," Patrick said.

Minister Eva Taylor

Taylor is a member of at the Zion Temple Church in Havre de Grace where she is an associate minister under Pastor LaMont Turner. Taylor serves as a church trustee and corporate secretary, and has served as youth and women ministry leader, choir and usher president and in several other roles. Taylor is the assistant superintendent of the Washington, D.C., Delaware and Maryland District Council Christian Education Department as well as a soloist and seminar speaker at the Citizen Care Center in Havre de Grace.

She is employed as an administrative assistant at the Woodbourne Residential Treatment Center in Baltimore.

Taylor resides in Bel Air.

Community Notes

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 reg-

ister 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.

SUNDAY

FEBRUARY 3 AUXILIARY OFFERS SUNDAY BREAKFAST

The Ladies Auxiliary of VFW Post 5337, 3706 Pulaski Highway in Abingdon offers breakfast the second Sunday of each month, 8 to 11 a.m. The cost is \$6. The menu includes choice of eggs (any style), bacon, sausage, chipped beef gravy, home fries, toast, pancakes, French toast sticks, grits, cereal, fresh fruit, coffee, juice, milk and orange juice. Proceeds benefit VFW programs.

For more information, call Linda MacArthur, 410-676-4456.

SATURDAY

FEBRUARY 9 VALENTINE'S DAY DINNER AND DANCE

American Legion Edgewood Service Post 17, located on 415 Edgewood Road will hold a Valentine's Day Dinner and Dance, 6 to 11 p.m. Tickets cost \$20 per person or \$35 per couple. Cost includes music, steak, baked potato, salad and dessert. Dinner will be served 6:30 to 8 p.m.

For more information, call 410-676-1167.

SUNDAY

FEBRUARY 10 FOUR CHAPLAINS CEREMONY

American Legion Susquehanna Post 135, located on 300 Cherry Street, Perryville, will hold a Four Chaplains Ceremony, 2 p.m.

The ceremony honors the sacrifices made by Revs.

APG closing announcements

If the installation is closed, is experiencing a delay in opening or if liberal leave is in effect due to weather or other emergency situations, check for postings on the local television and radio stations, WAPG-TV Channel 21 (on Aberdeen Proving Ground) or call 410-278-SNOW (7669).

A recorded telephone message will contain updated information and should begin at about 5 a.m.

Announcements about federal offices in the greater Baltimore metropolitan area do not apply to Aberdeen Proving Ground; listen for those that name APG specifically.

For general information, call the APG Public Affairs Office, 410-278-1147.

Station	Frequency	Location
WAMD	AM 970	Aberdeen
WXCX	FM 103.7	Havre de Grace
WBAL	AM 1090	Baltimore
WIYY	FM 97.9	Baltimore
WPOC	FM 93.1	Baltimore
WDEL	AM 1150	Wilmington, Del.
WSTW	FM 93.7	Wilmington, Del.
WSBA	AM 910	York, Pa.
WARM	FM 103.3	York, Pa.
WROZ	FM 101.3	Lancaster, Pa.
WBAL-TV	Channel 11	Baltimore
WMAR-TV	Channel 2	Baltimore
WBFF-TV	Channel 45	Baltimore
WJZ-TV	Channel 13	Baltimore

George Fox and Clark Poling, Father John Washington and Rabbi Alexander Goode, after they gave their lives to save others on the USS Dorchester during World War II.

Refreshments will be served. Sign up at the bar.

For more information, call 410-642-2771.

COLLEGE GOAL SUNDAY

The DE-DC-MD Association of Student Financial Aid Administrators, Inc. will host the 7th Annual College Goal Sunday, 2 to 4 p.m. at the Harford County H.E.A.T. Center, located between I-95 and Route 22, Aberdeen. In the event of snow, the event will be held Feb. 18.

The event offers free help from financial aid professionals to complete the Free Application for Federal Student Aid. The FAFSA form is required by all colleges to qualify for federal grants and loans, including most state and private scholarships.

Students attending College Goal Sunday need to bring proof of 2007 income and benefits information, such as completed IRS federal income tax returns and W-2 Forms, or proof of untaxed income for the student and parent(s).

For more information, call 1-866-GO-2-GOAL or visit www.go2goal.org.

FRIDAY

FEBRUARY 22 2008 CHRISTIAN SWEETHEART GALA

True Joy Ministries will sponsor its third annual 'Christian Sweetheart Gala, 7 to 11 p.m., at the Richlin Ballroom located on 1700 Van Bibber Road, Edgewood. The formal, black-tie optional event is a non-profit scholarship fundraiser.

Tickets cost \$50 per person and includes dinner and automatic entry into the 'Grand Prize' raffle for \$750. Participants must be present to win. For those unable to attend the gala there is a 'Mystery Prize' drawing with a donation of \$35.

For more information or to purchase tickets, call Minister Kenneth W. Telsee, senior pastor, True Joy Ministries, 410-937-4051 or 410-273-9715; or e-mail Trujoyministries@aol.com.

SATURDAY

FEBRUARY 23 BLUE GRASS MUSIC

American Legion Edge-

wood Service Post 17, located on 415 Edgewood Road, will sponsor True Blue Grass Music featuring The Harold Tipton Band, 8 p.m. to midnight.

Doors open 7:30 p.m. Tickets cost \$10 per person and include cash bar and food.

SUNDAY

FEBRUARY 24 WELCOME HOME CELEBRATION FUND

Maryland Consolidated Military Organizations will host a bull and oyster roast, 1 p.m., at Tall Cedars Hall located on 2501 Putty Hill Ave., Baltimore.

All proceeds will benefit a Welcome Home Celebration Fund for deployed Maryland National Guard units.

Donations cost \$33 per person, or \$300 per table of 10 and includes music, dancing, silent auction, wheels and instant bingo raffles.

Menu includes pit beef and ham, country smoked ham, oysters on the half shell, homemade Maryland crab soup, chicken wings, barbecue boneless pork ribs, sauerkraut and kielbasa, macaroni and cheese, mashed potatoes with gravy, potato salad, cole slaw, fresh fruit, cheese and crackers, pickled beets, seasonal vegetables with dips, coffee, iced tea, beer and soda.

For more information or to purchase tickets, call Lisa Mitchell, 410-576-6037 or e-mail lisa.mitchell@mdbalt.ang.af.mil.

SATURDAY

MARCH 8 2008 EXPO FOR TRANSITIONING YOUTH

The 2008 Expo for Transitioning Youth will be held 8:30 a.m. to 1 p.m. at the New Life Center located at Mountain Christian Church, 1824 Mountain Road, Joppa.

The expo will be held for teens and young adults with special needs facing the challenges and opportunities of transition into adulthood. The event is free.

Workshops include Picture Yourself in College; So You Want to Drive?; Building a Better Relationship with Your Money and more.

The expo is sponsored by the Harford County Commission on Disabilities, the Harford County Public Schools' Office of Special Education, the Arc Northern Chesapeake Region, Abilities Network, the Bel Air Office of the Division of Rehabilitation Services, the Office of Mental Health and the Harford County Local Management Board.

For more information or to register, visit www.harford-countymd.gov/services/disabilities, or call Sharon Grzanka, 410-638-3373 voice/TTY or e-mail disability@harfordcountymd.gov.

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

POST SHORTS

manned with paramedic-level emergency medical technicians and state-of-the-art equipment to provide emergency care while en route to local hospitals.

Tax Center open

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.

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

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

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.

PWOC holds sweet-heart banquet

APG Protestant Women of the Chapel will sponsor its annual Sweetheart's Banquet 6 to 9 p.m., Feb. 9, at the Clarion Hotel in Aberdeen. Come with a sweetheart or good friend. There will be food, dancing and great speakers. The banquet is free.

Limited off-site child care is available.

RSVP by Feb. 1 to the APG Main Post Chapel, 410-278-4333.

Dining facilities service Black history month specialty meal

The Black History Month Specialty Meal will be held in the Aberdeen dining facilities, buildings 4219 and E-4225, for dinner, 4 to 5:30 p.m., Feb. 19. All military personnel, Family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.85 applies to any officer, enlisted member, and Family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$3.30 applies to spouses and other Family members of enlisted personnel in ranks private through specialist/corporal.

The Black History Month Specialty Meal menu includes:

hearty vegetable beef soup, barbecued spareribs, fried chicken, southern fried catfish, baked chicken, simmered ham hocks, steamed rice, baked macaroni and cheese, sweet potato casserole, collard greens, black eyed peas, green beans, corn bread, assorted salad bar, potato salad, cole slaw, assorted desserts, assorted breads, soft serve ice cream with assorted toppings, assorted condiments and assorted beverages.

Note: Menu is subject to change without prior notification.

For more information, call Edward Parylo or Ernest Green, 410-306-1393/1398.

'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.

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.

Thrift Shop holds bag sale

The Aberdeen Proving Ground Thrift Shop, located in building 2458, is holding a \$1 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.

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.

Dining facilities serve Irish specialty meal

The Irish Specialty Meal will be held in the Aberdeen dining facilities, buildings 4503, 4219 and E-4225, for

Dinner, 5:30 to 7:00 p.m., March 18. During this event all military personnel, Family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.85 applies to any officer, enlisted member, and Family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$3.30 applies to spouses and other Family members of enlisted personnel in ranks private through specialist/corporal.

The Irish Specialty Meal menu includes: potato and leek soup, Sheppard's pie, glazed corned beef, Irish chicken and

dumplings, fish and chips, Dublin coddle (bacon and pork sausage) boiled red potatoes with dill, freedom fries (chips), steamed cabbage, seasoned carrots, pickled beet and onion salad, creamy cole slaw, assorted salad bar, hot rolls, assorted breads, assorted desserts, soft serve ice cream with assorted toppings, assorted condiments and assorted beverages.

Note: Menu is subject to change without prior notification.

For more information, call Edward Parylo or Ernest Green, 410-306-1393/1398.

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

Local Traffic Hazards Course II (LHC)

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

Classes are for Soldiers, DoD civilians and Family members arriving at APG and anyone on TDY at APG for 30 days or more. The course will be held noon to 12:30 p.m., building 4303, Hazardous Waste Training Room located on Boothby Hill Road, Aberdeen Area.

Classes will be held on Jan. 28, Feb. 25 and 28 and March 21.

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

Intermediate Driver's Training IIIA (IDT)

Training Course II builds on the themes introduced during

Introductory Course 1, during Basic training or AIT and provides expanded opportunity for class interaction and discussion. The course is mandatory for all Soldiers under 26 years of age.

The course will be held 12:45 to 3:15 p.m., building 4303, Hazardous Waste Training Room located on Boothby Hill Road, Aberdeen Area. Classes will be held Jan. 28, Feb. 25 and 28 and March 21.

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



Israeli MOUT facility model for National Guard

Story by
STAFF SGT JIM GREENHILL
Army News Service

National Guard Soldiers could one day train at a state-of-the-art urban warfare training center in Israel, or one modeled after it, according to Lt. Gen. H. Steven Blum.

The chief of the National Guard Bureau visited the National Urban Training Center in Baladia City, Israel, in December, and called it a "world-class site."

"We probably should have a facility like that of our own," Blum said. "In the interim, we should explore the opportunities to train here."

From a distance, it looks like a bustling desert town. But it's a purpose-built mock-up on a real-life scale designed as a training ground for military operations in urban terrain, or MOUT.

Blum and other National Guard leaders toured the NUTC with Israeli Defense Forces officers during a four-day visit to Israel to bolster the bureau's relationship with the IDF Home Front Command and discuss joint exercises and other possible exchanges under the aegis of the U.S. European Command.

The 7.4-square-mile NUTC is at the IDF's National Center for Ground Force Training in the Negev Desert, west of the Gaza Strip and north of Egypt. The 4,700-square-mile Negev covers more than half of Israel and includes thousands of miles of open space ideal for the country's premier military training facility.

Some 472 structures line four miles of roads in this concrete town dubbed Baladia City.

"It is the most realistic, extensive replication of the sort of urban area typical of this region of

the world that I've ever seen," Blum said.

The NUTC includes high-rise buildings typical of business or high-density residential districts, streets lined with single-story buildings, a complex tunnel system and labyrinthine areas typical of some older Middle Eastern city centers. A stripped vehicle blocking a road adds to the realism.

"It is just such a superb training facility for all the nuances and the situational awareness and the battlefield conditions that Soldiers face in this part of the world," Blum said.

Soldiers have lost their way training here. They are found thanks to force-identification and location systems built in to the training area.

Every movement is recorded, every building bristles with sensors and every troop is wired for after-action review.

"I'd like to see Soldiers go through a facility like this somewhere before they deploy to counterinsurgency missions abroad," Blum said. "You get the advantage of the identical climate, the same geography, topography. You have the benefit of being in the environment, yet you're totally secure and you're able to train."

When the topography doesn't exactly match training requirements, the Israelis bring in bulldozers that move the desert sand until it more closely resembles what trainers need.

"It's a first-rate place," Blum said. "It couldn't be more realistic unless you let people actually live there."

(Editor's note: Staff Sgt. Jim Greenhill writes for the National Guard Bureau. Master Sgt. Bob Haskell Times and other sources contributed to this report.)

AAFES NEWS

Military shoppers net big savings with 2008 POG Calendar

AAFES

The Army & Air Force Exchange Service is offering military shoppers a host of savings with the introduction of the 2008 Patriot Family POG Calendar. The 12-month calendar features more than \$150 in savings as well as winning photos from AAFES' 2006 POG contest.

In addition to the inspirational photos and savings, interesting tidbits about AAFES programs are included to help educate military shoppers about their exchange benefit. The Patriot Family POG calendar may be purchased at any BX/PX worldwide for only \$4.95.

"The photos entered in the 2006 POG contest were phenomenal and the winners deserve to have their work shown off," said Chief Marketing Officer Richard Sheff. "With this calendar, military customers can enjoy twelve months of precious moments as well as great savings year round."

Developed in 2001 to facilitate retail operations in a war zone while adhering to Department of Defense restrictions on shipping coins down-range, POGs are flat, lightweight, coated disks used in place of heavy metal coins. While issued as change in the contingency theater, POGs are accepted at any PX/BX location worldwide.

AAFES encourages shoppers to 'Get Fit' with TIMEX sweepstakes

AAFES

The Army & Air Force Exchange Service and C. Lloyd Johnson Co., a leader in military resale, are encouraging shoppers to get in shape during the TIMEX "Get Fit" Sweepstakes.

Five lucky military shoppers will be chosen worldwide - three in the continental United States, one in Pacific and one in Europe - to win a TIMEX Trail Runner Body Link with an approximate retail value of \$350. The high-tech watch caters to trail runners by capturing location and altitude information in addition to tracking heart rate, speed and distance.

"What an exciting way to help those New Year fitness resolutions come to fruition," said AAFES Chief Marketing Officer Richard Sheff. "For shoppers who enjoy more than just running, great deals on fitness equipment and accessories are always available at the exchange."

Authorized shoppers can participate in the TIMEX sweepstakes at BX/PX locations worldwide through Jan. 31. The drawing will take place in March. No purchase is necessary to enter, and participants do not have to be present to win.

Visit
APG News
online at
www.apgnews.apg.army.mil



Your health is KUSAHC's goal



Commentary: A more balanced you in the new year

By **DR. JACK SMITH**
TRICARE Management Activity

If you're like most people, I'm sure you have come up with a New Year's Resolution or two for 2008.

This is a great time of year to set new goals or make plans to change something in our lives to achieve a better, healthier lifestyle balance.

Whether you are raising children, furthering your education, pursuing career advancement, starting a hobby, or nurturing a personal relationship, the juggling of career and social life, friends and Family, mind and body can make a balanced lifestyle difficult to achieve. But the benefit to your mental and physical health can make the effort worthwhile.

Step one in achieving a healthier, more balanced lifestyle is to recognize potential sources of imbalance. If you find yourself working longer hours and accomplishing less, if you find that you're out of shape physically and suffer from the seasonal malady of a bulging waistline from indulging in too many holiday goodies, or if you're feeling stressed out much of the time, you might be a candidate for "rebalancing." Maintaining balance between competing priorities in our lives and taking care of our body's "machinery" can be viewed in much the same way as performing preventive maintenance on your automobile. If you fail to do it, you could find yourself broken down by the side of the road awaiting a "tow" at an inconvenient time.

Start your rebalancing by focusing on your physical condition. Now is a good time to schedule that appointment for any preventive checkups you might have been putting off. If you are unsure what kind of checkup you may need for your age, sex or medical condition, talk to your primary care provider for advice.

Next, take a look at the fuel you are supplying your body—your diet. Most Americans have too many calories and too much fat in their diets. Focusing on getting more fresh fruits and vegetables and less fat on a daily basis can help arrest that trend toward the upper capacity of the bathroom scale.

The final step for the physical rebalancing is to get moving—literally. Regular exercise is an essential element of reducing or maintaining body weight, managing stress and achieving cardiovascular fitness. Walking the two blocks to the store for a loaf of bread or taking the stairs rather than the elevator are good ways to get started.

Attending to your psychological health by managing stress is the next most important step you can take toward lifestyle balance. All of us experience at least some stress every day. However, if we fail to manage that stress effectively, the adverse effects of the stress can be compounded and even contribute to a host of physical ailments or worsening of chronic medical conditions.

Most of us have learned to recognize some possible symptoms of unmanaged stress: fre-

quent headaches, intestinal problems, sleep problems, change in appetite, tense muscles, fatigue, constant worry, irritability, feelings of depression, decreased ability to cope and make decisions.

Having a strategy for dealing with the stresses that we're all bound to encounter can help keep us in balance. Regular exercise, maintaining your health, using breathing exercises and meditation are all common stress management techniques. Of course, if you have persistent physical symptoms or if you feel you need additional help with managing stress, consult your primary care provider.

Successfully dealing with life's many demands—and achieving lifestyle balance—means that we must figure out what's most important to us and then prioritize our efforts toward achieving success in those "most important" areas while ensuring we don't neglect other important aspects of our lives (like our physical health). Failing to find an appropriate balance between work (stay-at-home parents included) and other aspects of life can take their toll on us both physically and emotionally.

As we've explored above, managing stress and maintaining psychological and physical health are all essential elements for lifestyle balance.

While achieving lifestyle balance is no easy or overnight task, the most important thing is to recognize the need and to get started. Here are a few additional tips to help you become more

"balanced" in the new year.

- Look at your priorities and decide what things really matter most to you. Set boundaries for each requirement in your life and do your best to stick to them.

- Learn to say "no." If a new task will interfere with your basic health maintenance program or does not make your "most important" list, you may have to decline a new opportunity to enable yourself to succeed in a higher priority activity.

- Give yourself permission not to be perfect. When balancing multiple important priorities, settling for a "good enough" rather than a perfect product may enable to you get much more accomplished in the long run.

- Look for ways to manage your time more efficiently. You'll be more productive at both at work and at home.

- Always take care of your body. Get enough sleep. Plan time for exercise, even if it's just a walk at lunch. Eat right. Get age and gender-appropriate checkups.

- Plan time for relaxation and fun and take your allotted vacation days. If you don't plan it, you might not do it.

There is no better time to get your life in balance than right now. Time to get started and good luck.

(Editor's note: Author is acting Deputy Assistant Secretary of Defense for Clinical and Program Policy and Acting Chief Medical Officer, TRICARE Management Activity.)

TRICARE now covers 'lap-band' surgery

U.S. DoD Military Health System

TRICARE beneficiaries whose weight poses a serious health risk now have a new surgical alternative available. For those who medically qualify, TRICARE now covers laparoscopic adjustable gastric banding, also commonly called lap-band surgery. Although the TRICARE policy change has only recently been made, coverage is retroactive to February 1st, 2007.

"We at TRICARE are careful to only cover procedures that have been proven safe and effective, and are accepted by the medical community," said Maj. Gen. Elder Granger, deputy director of the TRICARE Management Activity. "We've added this procedure because, for some beneficiaries, it may be the right course of action to preserve their health."

Granger adds that, like gastric bypass, gastric stapling or gastroplasty, lap-band surgery is only for those suffering morbid obesity. In medical terms, that means their body weight is 100 pounds over ideal weight for their height and bone structure, and their weight is associated with severe medical conditions known to have higher mortality rates. Body weight that is more than twice the ideal weight for the person's height and bone structure may also indicate morbid obesity.

In addition, TRICARE will cover the surgery if a patient has had an intestinal bypass or other surgery for obesity and, because of complications, requires a second surgery.

Details of the coverage are available in the TRICARE Policy Manual, which beneficiaries can view online at <http://manuals.tricare.osd.mil/index.cfm?fuseaction=TAMManuals.DisplayManualSeriesInfo&ManualSeries=POLICY&TP02=67#TP02>. A search for "morbid obesity" goes directly to the correct section.

A breath of [mostly] fresh air

Johns Hopkins Medicine

The search for a biomarker prompts a fascinating thought: Do bipolar patients have a learning disorder?

Ten years ago, psychiatrist Dean MacKinnon crawled into a spelunker's equivalent of a spider hole and it wasn't a jolly experience. On a caving expedition, he'd imagined walking through caverns, seeing stalactites. But after resting in a small, tight space, he said, "I suddenly felt rather desperate to get out." He couldn't seem to get his breath, and confessed it, sheepishly, to the guide. "Oh, that always happens here," was the reply. "It's the least ventilated part of the cave."

Now MacKinnon's understanding of what it's like breathing elevated CO2 and his sharpened sense of the human urge for a good breath may have paid off.

"I think it planted a seed," he said, one that, with diligence, could grow into a biomarker for bipolar disorder. Because, by definition, biomarkers signal a disease cleanly—without the confounding effects, for example, of violence in patients' lives or the expertise of their diagnosing psychiatrists—they're much in demand. So MacKinnon's intent on his search.

And the basis for such a marker? It doesn't hinge on a jump in cortisol or some other stress-related chemical, he said, nor is it finding a nerve transmitter gone askew. Rather, it rests on the idea that at least part of BD comes from a dis-

order in emotional learning.

"The brain is primarily a learning machine," MacKinnon said. "It takes in sensory information, then puts two and two together for behavior that avoids danger and satisfies appetites."

And it's that so-called appetitive behavior that's the focus of this article.

Classic bipolar disorder brings recurring highs and bouts of depression. But manic and depressed patients also find themselves either hypersensitive or numbed to appetite's influence on behavior.

"Depressed patients have little motivation," MacKinnon said. "They've little zest for activities that normally bring reward—sleep, nutrition or socializing, for example." Conversely, someone in a manic state seems driven by intense and varied urges, to the point of being unable to manage them. All, said MacKinnon, may stem from failure or inefficiency in conditioning, the most basic sort of learning.

Perhaps the chemistry within the brain's synaptic classrooms is altered—it may be no coincidence that some candidate genes for BD retool synapses. Whatever the biochemical flaw, the changes in patients, he believes, are what you'd expect with an inability to link need, behavior and reward.

"My argument," MacKinnon said, "is that at times of stress or change, people with bipolar disorder can't maintain that sort of learning."

That's where breathing comes in. MacKinnon suspects that bipolar patients' possible

difficulty in adapting breathing—an innate appetite-driven behavior—mirrors their inability to learn and regulate emotional behavior. His "aha moment" then, is using one as a marker for the other.

Recently, he ran a pilot study, asking patients to breathe air with not-harmful, slightly raised CO2 for 15 minutes. People without BD responded by panting a bit to try to clear the gas. Then, after a few more minutes on the enriched air, breathing levels off to save energy as the body learns that only so much CO2 can be removed.

In BD, however, breathing doesn't stabilize. The response in many is unpredictable, going up and down, MacKinnon said, "like a faulty cruise control."

Now he hopes a larger study will verify response to CO2 as a biomarker. Plus, a new ability to study how appetitive drive is regulated could reach to the heart of major depression, dementia, cognitive disorders and eating problems like anorexia.

MacKinnon notes that lithium, a mainstay of BD treatment, is known to enhance growth of neurons—a help with learning. "But people need more than medication to get better," MacKinnon said. "I see this in my practice. Because patients with unstable moods don't know if they'll feel the same today about something as they did last week, their learning is imposed on chaos. They need encouragement, structure. They likely need repeated lessons, repeated episodes of doing something good and getting a reward."

AFAP submission form

Issue for consideration by APG Army Family Action Plan Conference XXII, Feb. 26 to 28

(Print clearly and provide detailed information. Use additional pages if necessary.)

What is the problem?

Why is it a problem?

How can it be fixed?

Name:

E-mail:

For more information, call Marilyn Howard, 410-278-9669 or e-mail Marilyn.E.Howard@us.army.mil.

Name and contact information will allow program administrators to ask questions if needed.

Incomplete issues may not be considered.



MORALE, WELFARE & RECREATION

Activities/Events

Scrapbooking Crop this Saturday

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.

Disney on Ice – Finding Nemo

Tickets are available for Disney on Ice, featuring Finding Nemo, Feb. 6 through 10, at the 1st Mariner Arena, Baltimore. Tickets cost \$13.50 for ages 2 and older for Feb. 6; for Feb. 7 through 10, tickets cost \$18.75 for ages 2 and older. Tickets are located in section

113 or 114 depending on the show. Last day to purchase tickets is Feb. 1.

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

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.

Ringling Bros. and Barnum & Bailey Circus tickets on sale

Ladies and gentlemen, come see the greatest show on earth. Tickets are available for shows March 12 through 23 at the 1st Mariner Arena in Baltimore for \$18.75 for ages 2 and older. The last day to purchase is March 7.

For more information or to purchase tickets, visit MWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail

MWR-LeisureTravel@apg.army.mil.

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 Whittail.

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 Pettitway, 410-278-9725

School age/middle school services summer program taking applications

The Aberdeen and Edgewood Areas 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 beginning 7:30 a.m., Feb. 19, 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 19, at the Edgewood Area Youth Ser-

VICES and 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.

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.

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.

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.

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.

Seminars will be held 11:30 to 1 p.m., July 30, Aug. 27, Sept. 24, Oct. 22 and Nov. 19.

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

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.

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.

AMERICAN GANGSTER (R), 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 Capitals 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. 30

Red Pin Thursday, 5 p.m. to closing, throw

a strike on the red head pin and receive a free game.

- 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. 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.

Week of Jan. 28

Special #1: Chicken cheese steak sub, mayonnaise, lettuce, tomato, pickles, onions, mushrooms, sweet peppers, jalapeno peppers, potato chips, one cookie and soda for \$7.65

Special #2: Grilled ham and cheese, curly French fries, one cookie and soda for \$4.25

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

