

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for June 18, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



BJ's membership available

A BJ's representative will be at the Aberdeen Area Recreation Center on 11:30 a.m. to 1:30 p.m., June 12. For more information, call Patti Harkins, assistant funds manager, Civilian Welfare and Post Restaurant Fund, 410-273-2075 or 410-278-4603.

Traffic alert

On or about June 16, the Maryland State Highway Administration will close Edgewood Road (Route 755) from the intersection of Route 24 south to the intersection of Willoughby Beach Road. Traffic will be detoured from the intersection of Route 755 and Route 24 south on Route 24 to the intersection of Route 24 and Willoughby Beach Road, then east on Willoughby Beach Road to Edgewood Road, where APG South traffic can then continue south on Edgewood Road onto the Edgewood Area of APG. Construction is expected to last six to eight weeks.

Noise alert

The U.S. Army Aberdeen Test Center at Aberdeen Proving Ground is supporting a training exercise through June 20.

Residents and boaters in the surrounding communities may hear weapons firing, as well as aircraft flying at low altitudes. Illumination devices may create flashes or lights visible off-post.

Activity may take place in the installation's restricted waters and/or in the air, over both land and water, and may include weapons and use of air and watercraft.

Questions should be directed to 410-278-1147, 410-278-1153 or 800-688-8705.

Thrift Shop holds \$2 bag sale

The Thrift Shop will hold a \$2 bag sale June 12 through 26 for all items in the Sale Room. Shoes, purses, clothing, draperies, bed spreads, and much more are there for the treasure hunter. This sale excludes any military items.

For more information, call 410-272-8572 during See **SHORTS**, page 6

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National Guard unit returns home after year-long tour

Story by **RACHEL PONDER**
APG NEWS

Family, friends and fellow Soldiers gathered at the Major General Warren D. Hodges Armory at Aberdeen Proving Ground May 31 to welcome home more than 45 members of the Maryland Army National Guard's Company B, 3rd Battalion, 126th Aviation Regiment, after a year-long tour in Afghanistan.

The Guardsmen had been deployed in support of Operation Enduring Freedom with a mission to move troops and supplies throughout the combat zone using CH-47 Chinook helicopters while supporting the International Security Assistance Force.

All of the Soldiers returned without injury, even though they faced hazardous conditions.

"We are grateful to have this success," said MDNG Brig. Gen. Edward Leacock. "In addition to the Guardsmen, I want to give special thanks to their Families and loved ones. Without them we would not have this success. They are my heroes."

Before the Guardsmen arrived, Family members and friends assembled in front of the armory anticipating the return of their loved one. Many made welcome back signs and cards to present. Most of the Family

See **HOME**, page 2



Photo by MATT BUTTON, THE AEGIS

Capt. William Hummer receives a hug from his daughter, Genevieve, during the welcome home celebration for the Army National Guard's Company B, 3rd Battalion, 126th Aviation Regiment at the Major General Warren D. Hodges Armory in the Edgewood Area of Aberdeen Proving Ground May 31. See more photos on page 2.

Ordnance Corps' leadership to change

Story by **ROGER TEEL**
OC&S

Leadership of the U.S. Army Ordnance Corps and the Ordnance Center & Schools will change hands during a June 26 ceremony on Aberdeen Proving Ground.

Brig. Gen. Rebecca S. Halstead, the chief of Army Ordnance since October 2006, will pass the Corps' colors to Brig. Gen. Lynn A. Collyar who will become the 35th chief of Army Ordnance. The ceremony will take place at 10 a.m. on Ordnance Circle, in front of building 3071, headquarters of OC&S.

Halstead is the first woman graduate of the U.S. Army Military Academy at West Point, N.Y., to become a general officer. She will retire from active duty the following day, June 27, in ceremonies at the academy. She will have completed 31 years of service to country, including one tour to Operation Iraqi Freedom as commander of 3rd Corps Support Command.

Collyar comes to command from the Defense Distribution Center, an element of the Defense Logistics Agency, in New Cumberland, Pa., where he has been in command since August 2006. Also a West Point graduate, Collyar holds a master's degree from National Defense University.

A career ordnance Soldier, Collyar's initial assignment was as platoon leader with the 619th Ordnance Company, 59th Ordnance Brigade in Pirmasens, Germany. He also has combat experience as a 25th Infantry Division plans and operations officer during Operation Uphold Democracy in Haiti and with Joint Task Force-North in Turkey during Operation Iraqi Freedom.

Collyar's awards and decorations include the Legion of Merit and Defense Meritorious Service Medal, the Meritorious Service Medal (5 OLC), Joint Service Achievement Medal, Army Commendation Medal, Army Achievement Medal and the Parachutist Badge.

Cheng takes command of 16th Ordnance Battalion



Photos by **ROGER TEEL**, USAOC&S
Lt. Col. Steve Cheng, left, accepts the 16th Ordnance Battalion colors from Col. Bobby Towery, commander, 61st Ordnance Brigade, during a June 6 change of command ceremony on APG's Fanshaw Field. Cheng takes command from Lt. Col. Karen Jordan, right, who received an emotional embrace from fellow commander Lt. Col. Mary McPeak, 143rd Ordnance Battalion, after the ceremony. Cheng, a 14-year service veteran, comes to APG from the Military District of Washington. He was commissioned in 1991 and served his first four years in the Army with the 82nd Airborne Division at Fort Bragg, N.C.

ZZ Top tickets still on sale

Story by **RACHEL PONDER**
APG NEWS

Legendary classic rock group ZZ Top, along with special guests Blind Melon and Blackberry Smoke, will be performing at Aberdeen Proving Ground for the first time at the Shine Sports Field, June 22. The concert is presented by U.S. Army Entertainment and Aberdeen Proving Ground's Family and

Morale, Welfare and Recreation Directorate.

"This will be an outstanding show for fans of the classic rock genre. Hurry and get your tickets," said Christina Lockhart, director of FMWR Marketing. "ZZ Top is known for putting on a great show, and they will not disappoint."

Lockhart added that she spoke with Randy Moore, director of FMWR at Fort Knox, Ky., who

said that ZZ Top recently played there and he was impressed with the show.

"They played a great rock and roll show. They did older hits like 'Tush' and 'Sharp Dressed Man' as well as new songs," she said.

Tickets cost \$25 in advance, \$30 the day of the show. Gates open 6 p.m. and the show starts 7 p.m. For tickets, visit the Family, Morale, Welfare and Recreation Web site, www.apgmwr.com, or call 410-278-4011 or Christina Lockhart at 410-306-3697; e-mail MWR-LeisureTravel@apg.army.mil; or call Ticketmaster at 800-551-SEAT. The concert is lawn seating, rain or shine, and no refunds.

"You can't beat the price for this show, so don't miss out on an opportunity to see top notch artists perform locally," Lockhart said.

See **CONCERT**, page 13



TRAFFIC ALERT

Additional truck traffic results in changes

BRAC Office

C4ISR construction has started and with it comes additional traffic. There has been a large increase in the number of construction trucks hauling material for the C4ISR construction site through the 715 Gate. The additional traffic began May 27 and will continue for six weeks.

The inbound serpentine entrance at the 715 Gate has been removed to allow more efficient access to the 715 Gate. Signage is being used to direct vehicles to the appropriate lanes.

Trucks will be directed to the right lane; government ID holders and visitors will be directed to the left lane.

Government ID holders may want to use the 22 Gate to avoid traffic congestion.

Employees and visitors should allow additional time to reach their destination, and practice safe driving habits at all times.

For more information, call Ralph Cardenuto, 410-306-2259.

More major traffic changes coming

DIO

As announced several weeks ago, there will be an ongoing series of traffic changes as BRAC construction continues.

The next change will occur on or about June 9 and will again affect all traffic on Maryland Boulevard.

The current single lane one way traffic will be transitioned into two way traffic using the eastbound (inbound) lanes. Westbound (outbound) traffic will be diverted left into the eastbound lane just west of the Bush River/Deer Creek intersection and will be returned to the westbound lane just prior to the serpentine at the APG Route 715 Gate.

This scenario will remain in effect for approximately one month.

With these changes and the increase in construction traffic, government and RAPIDgate ID card holders may wish to use the Maryland Route 22 (Harford) Gate as an alternate route.

Once again, situational awareness, caution and good judgment are paramount for everyone's safety.

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

Home

From front page

members had been apart for a year and a half due to the mandatory training they went through before deployment.

"I feel overjoyed and overwhelmed," said Martha Hummer, a stay-at-home mother of three, and the wife of Capt. William Hummer. "I am proud of the mission that was accomplished and how they worked together. We are going to reorient as a Family, take some time to appreciate each other, and enjoy summer activities," she said.

Martha added that her daughter's kindergarten class at Little Run Elementary School located in Northern Virginia frequently sent her husband letters and cards while he was away, and made a poster welcoming him back that they were going to give him that day.

Martha added that every passing day her husband was gone they would cross a day off the calendar to countdown to his return.

"I tried not to worry about my husband while he was gone. He assured us that he was in good hands. He made a promise to the Guardsmen that everyone would come home safely," she said.

"The Family support group that we had was also really helpful while he was gone," she added.

Chris Conger, a stay-at-home mom of five from Ohio, traveled to the Edgewood Area to surprise her husband, Sgt. Raymond Conger, by showing up with two of their five children to meet him that day.

"I told him that we couldn't make it because the kids are in school," Chris said. "We wanted to do something special for him."

Chris said that the Family kept in touch through weekly phone calls and frequent e-mails. She added that it will be nice to finally spend some quality time together.

Raymond's mother, Claire Conger, who lives in Baltimore, admitted to being emotional before the reunion of her son.

"I haven't seen him in a year-and-a-half. This is a dream come true," she said.

After Sgt. Conger arrived he said, "It was great to have my Family surprise me," he said. "I was only expecting my dad to come meet me, but as I was riding in the bus someone pointed out a sign that had my name on it, and said, 'Ray's got his Family here!' That was exciting. I am looking forward to spending time with the kids."

Gayle Scribble, mother of Spc. Jeremy Pearce, was also emotional as she reunited with her son.

"This was wonderful," she said. "The happiness I feel now that I am reunited with my son is so much different than the sadness I felt when he went away a year ago."

The welcome home included refreshments organized by Company B's Family Readiness Group, 29th Support Combat Aviation Brigade, lead by Sarah Dalporto, and co-lead Stacey Kecken. Shelly Boydston, the FRG's secretary, also helped organize the event.



Young Morgan Kelly, right, takes her dad, Spc. Richard Kelly's hand.

Photos by MATT BUTTON, THE AEGIS



Chris Conger, left, welcomes her husband Sgt. Raymond Conger.



Spc. Steven Lucas and his daughter Allison Morter share a moment.



After a year-long tour in Afghanistan, Staff Sgt. John Butler gets a Family hug from wife Christa, and sons, Matthew and Christopher.

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation

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cation to the APG Public Affairs Office, Building 2201, IMNE-APG-PA, APG, MD 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@conus.army.mil.

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

Staff

APG Commander Maj. Gen. Fred D. Robinson Jr.
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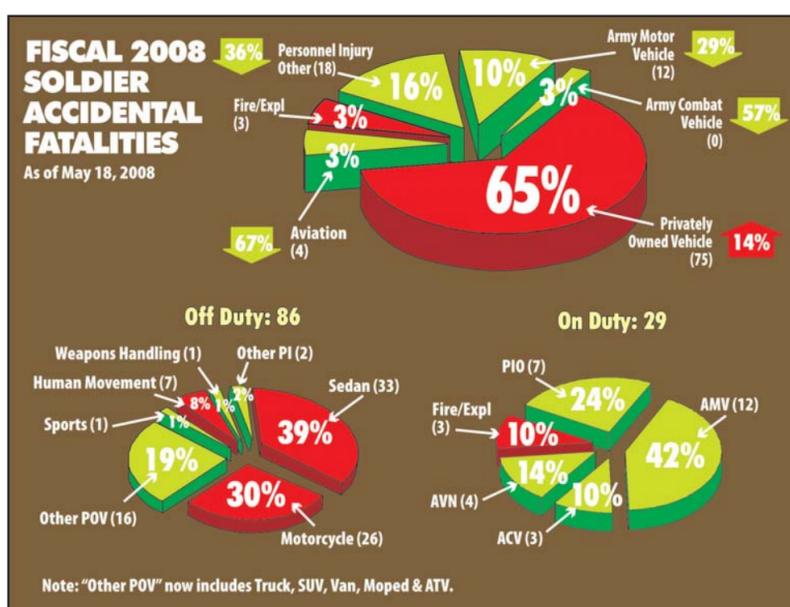
Commentary: Engaged leadership should involve the Family

By
BRIG GEN WILLIAM H. FORRESTER
U.S. Army Combat Readiness/
Safety Center

There is an interesting phenomenon occurring in our Army, but none of us should be surprised. In fact, we were taught very early in our careers that, with the correct conditions and the application of just the right methods, we can predict these outcomes. To what am I referring? Engaged leadership, at all echelons, saving Soldiers' lives!

Probably somewhat cliché at this point, but the powerful results of the successful application of this principle are seen in our statistical losses in the graph shown here.

What does all this mean? Accidental losses that occur when Soldiers are in an off-duty status are three times greater than when Soldiers are on duty. Would it not seem logical that during duty time is when our Soldiers encounter greater risk? During



Graphic designed by BLAKE GRANTHAM

duty, do we not ask our Soldiers to jump out of airplanes, drive super-sized equipment in the world's most inhospitable places, fly helicopters in the dead of the night at altitudes that put machines and

cargo on collision courses with objects that won't give, and carry and shoot weapons that kill at ranges greater than we can see?

So ask yourself, where is the risk? Where and when are our Soldiers in the most

danger of accidents that result in injury and death? The answers, according to statistics gathered over the last three years, point to times when our Soldiers are away from the oversight of leaders. Our most

formidable time to encounter events where death is an outcome is off duty.

Our dilemma is how do we break that cycle and return our Soldiers safely to duty after down time or off-duty activities.

Now, if this were easy, we'd have already solved the problem. It is indeed complicated, and the many dimensions of our Soldiers' lives make a single solution set improbable.

Since we own our Team, our first step might be to empower the other influencers in Soldiers' lives who are present during off-duty times.

We believe Family members are highly influential forces in the lives of Soldiers, with the potential to become even more powerful when we, as leaders, facilitate an understanding of our concerns.

Do we tell Families that they can have a positive impact and provide them with an understanding of risk? Do we set up our Families for success

by providing situational awareness on the processes to reduce risk? Do we tell Family members they are teammates and can contribute to the success of our team? The answer is obviously yes.

We also believe peers and Battle Buddies are combat multipliers. Soldiers will hang with Battle Buddies – but we also want our Soldiers to hang with Battle Buddies who are positive influences, not witnesses and accessories to a crime. It makes little sense to team 'SPC Match' with 'PFC Gas.'

How can we positively influence the Battle Buddy teaming process?

Army Team – we are doing well in decreasing the accidental devastation to our formations, but we must, and can, do more. Visit the U.S. Army Combat Readiness/Safety Center Web site for additional knowledge and tools to make each and every one of our organizations "Army Safe and Army Strong."

Commentary: Maintaining situational awareness in safety programs

By
COMMAND SGT MAJTOD L. GLIDEWELL
U.S. Army Combat Readiness/
Safety Center

Since taking this position, rarely a month goes by when I don't receive feedback on what I've written. That's a good thing and I appreciate your input and ideas. Command sergeants major exist to ensure information, concerns and ideas of all Soldiers are shared with those appointed over us and those we supervise.

Two-way communication and the exchange of ideas between us will facilitate a safer environment for our Army. Hopefully, you're exchanging safety best practices within formations, installations and units the same way you share mission information.

Another way to support safety within your organization is to discuss accidents occurring in similar units, whether on or off your installation. Often, the difference between a Class A accident (\$1 million or loss of life) and a Class D accident (\$2,000 or more but less than \$20,000) is inches and seconds. For one reason or another, units

are often reluctant to talk about or report accidents. This means other units are not able to benefit from the lessons learned. Awareness and understanding of what caused a Class D for one rotation or unit has the potential to prevent a future Class A.

The road to success in safety is well traveled; however, it is often rough and generally includes a detour through the school of hard knocks. Reporting and publicizing accidents, however difficult it may be, will reduce future accidents and the hard knocks you and others suffer while traveling this road. Sharing accident information for others to learn from will not reduce Army accidents overall, but will educate and strengthen the safety culture we are attempting to foster.

Report your accidents and ensure they make it into the Risk Management

Information System. Doing so allows others to properly plan, train and execute future missions with knowledge of the risks associated with an activity. U.S. Army Materiel Command and the leadership of our Combat Training Centers will tell you it is not uncommon to see units suffer the same types of incidents, rotation after rotation. Whether on a deployment or CTC rotation, sharing information and lessons learned will enable others to take precautions and not make the same mistakes.

There are several methods in place to provide and promote situational awareness of accidents in our Army. Three such tools available to leaders are Preliminary Loss Reports, "Got Risk?" and Knowledge magazine.

PLRs are usually produced within 48 hours of an accident and contain the who, what, when and

where of an accident, as well as recommended discussions for your formation. To receive PLRs via e-mail, visit the USACRC homepage to subscribe.

"Got Risk?" is a brief synopsis of PLRs that occurred during a one-week time frame. Generally sent to battalion commanders, "Got Risk?" also affords squad leaders the opportunity to discuss the incidents with their troops. Generally, each one contains an incident that young leaders can relate to on a personal

level. Often, both PLRs and "Got Risk?" are strategically placed in bathrooms for troops' and visitors' reading pleasure.

Lastly, Knowledge magazine was developed in response to the continuing safety cultural transformation occurring Armywide. With a distribution of 68,000 subscribers, Knowledge supports our Army and the way we fight.

These tools, as with all USACRC products, enable units to become more predictive and proactive

through a growing understanding and identification of accident trends. Take the time to visit the USACRC Web site at <https://crc.army.mil> and share information with others. The life you save may be an old friend or even your own. The enemy, "risk," can be defeated. Don't keep accidents a secret, beat risk by maintaining open, two-way communication and sharing ideas, both up and down the chain of command.

Army Safe is Army Strong!

Commentary: Don't forget food safety with picnics, cookouts

By
KAY BLAKLEY
DeCA

Knowing how to prepare, handle and store food properly is important all year long, but higher summer temperatures kick spoilage actions into high gear.

Under normal circumstances, for example, the rule of thumb for safely allowing foods to remain at room temperature while the meal is being served and consumed is two hours. At temperatures above 90 degrees Fahrenheit it's only one hour. That's why it's so important to know the summer food safety rules and apply them properly.

Keep it clean: Wash hands with soap and water often while handling food, and do the same for any surfaces the food comes into contact with. On a picnic, take along paper towels and hand sanitizer or a spray bottle filled

D.A.R.E. program warns of dangers of over-the-counter, prescription drugs

Story by
RACHEL PONDER
APG NEWS

A Drug Abuse Resistance Education parent and community program was held May 21 at the Aberdeen Youth Center in response to the growing trend of over-the-counter drug and prescription drug abuse.

Ann Thacker, regional D.A.R.E. coordinator, presented the program, and Community Policing Officer "Big Mike" Farlow, who teaches the D.A.R.E. program for the Edgewood and Aberdeen Youth Centers, helped facilitate the program.

Thacker said that use of marijuana, alcohol, cocaine and heroin is down among teens, while prescription drug abuse like Ritalin, Valium, OxyContin, and over-the-counter cough syrup is up.

"A lot of parents are in denial about drug use with their kids," Thacker said. "They think that it can't be their kid."

Thacker said that most teens view hard drug users, like Methamphetamine addicts, as "losers," but OTC and prescription drug abuse does not have a stigma attached. These drugs are readily available, and because these medicines are sold in a store, many children and teens feel that they cannot be dangerous.

Abusers of OTC and prescription drugs can easily overdose or take a deadly combination of pills, so it shouldn't be taken lightly, she said.

"What all drug abuse has in common is that it can lead to death," Thacker said. "The Poison Center and Drug Control reports that poisoning deaths for teens are increasing in the U.S."

Cindy Scott, Army Substance Abuse Program prevention coordinator added, "I don't think teens think over-the-counter and prescription drugs could be fatal unless a friend of theirs dies from it."

Thacker said that parents should be proactive in educating their children about drugs. She said that

even some children in elementary school are abusing drugs.

"One very popular drug right now is dextromethorphan, a common active ingredient in cough syrup," she said.

Common slang terms for this drug are Dex, DXM, Robo, Skittles, Syrup, Triple-C, and Tussin. When following medicine label directions, the ingredient dextromethorphan produces few side effects and has a long, safe history.

When abused in large amounts, it can produce a "high" feeling, or an out-of-body sensation, as well as a number of dangerous side effects, she said. Common effects include confusion, dizziness, double or blurred vision, slurred speech, loss of physical coordination, abdominal pain, nausea and vomiting, rapid heart beat, drowsiness, numbness of fingers and toes and disorientation. Side effects can be worsened if used with other medications, alcohol or illegal drugs. Brain damage can also result from abusing these drugs.

Neurotoxicity occurs when the brain is exposed to natural or artificial toxic substances, like dextromethorphan.

"Children and teens have a greater vulnerability to brain damage because their brains have not fully developed," Thacker said. "Furthermore, the pre-frontal cortex which governs judgment, reasoning and impulse control is the last part of the brain to develop. This means that while adolescents may be capable in other areas, they cannot reason or control their behavior as well as adults. This makes them more susceptible to drug abuse. It is critical parents and caregivers have frequent discussions with children and teens to help them make the decision to resist drugs."

Thacker added that one out of 10 teens has abused cough medicines to get high. Abuse of this drug has jumped 1,000 percent in the last 10 years.

Prescription drugs can



Aberdeen Proving Ground's D.A.R.E. Dance program is another way to keep youths focused on creativity and away from drugs. Here D.A.R.E. dancers perform Michael Jackson's 'Thriller' to celebrate the 25th anniversary of the top-selling album. From left, Alexandra Sheppard, Daniaella Williams, Mia Vinales, Alexandria Blanco, Kiana Deschamps, Kelcey Shaw and Bria Fisher.

also be easy for teens and children to obtain. Prescription drugs that are abused or used for non-medical reasons can alter brain activity and lead to dependence.

According to www.addictions.org, the most commonly abused prescription drugs fall into three categories: opioids, central nervous system stimulants and central nervous system depressants. Opioids are commonly prescribed for pain relief, stimulants for narcolepsy and Attention Deficit Disorder, and depressants for anxiety and sleep disorders.

Long-term use of opioids or central nervous system depressants can lead to physical dependence and addiction. Taken in high doses, stimulants can lead to compulsive use, paranoia, dangerously high body temperatures, and irregular heartbeat.

Prescription drug abusers can obtain pills at home or through extended Family or friends. With the rise of text messaging through phones, they can easily communicate with each other about parties, called "pharm" parties, where pills are mixed together in a bowl, to make what they call a "trail mix."

"These parties are attractive to some teens and children because there is the

thrill of the unknown," she said.

Thacker recommended that parents safeguard prescription drugs by locking them in cabinet. She added that many parents lock liquor in a cabinet, and that these drugs should be treated the same way. She also suggested that they should carefully keep track of how many pills are in a bottle or packet, and keep track of refills. She recommended that parents should control the medication and monitor dosages and refills if the child or teen is prescribed a drug or medication.

Thacker said that educating children and teens about drug use can be an effective way to prevent drug abuse. She said that children who learn about the risks of drugs from parents are up to half as likely to use.

Teens are still influenced by their parents and grandparents. It is important to keep the lines of communication open so that children and teens feel comfortable talking with their parents.

"It is so important that they have a parent to talk to, volunteer to talk to kids if they do not have someone to talk to," Thacker said.

Scott recommended that parents get to know the friends of their children and teens, and if possible their parents. She added

that parents should pass on the information about OTC and prescription drugs to other parents.

Parents should also be aware of what children and teens are looking at online. There are some Web sites that promote OTC and prescription drug abuse and recommend combinations of drugs that could be very harmful, if not deadly.

The parents who attended the program, who wished to remain anonymous, said that they were going to adopt new habits regarding where they store their OTC and prescription drugs. They also said most of the information they learned was new to them.

Farlow said that he wants to continue to have programs that educate parents, children and the community.

"We wanted to have the program so that we could inform parents and community leaders about the new alarming fact that the abuse of prescription and over-the-counter medication is on the rise," Farlow said. "We have preached for years about the dangers of tobacco, marijuana and alcohol and the statistics show that teens are not abusing those drugs as much. However teens are abusing medications now because they are so readily

available. It was a concern that the community needed to be made aware of.

"The APG Police continually strive to take a proactive approach concerning the safety and well-being of the community we serve," Farlow said.

The next D.A.R.E. event will be a D.A.R.E. Ident-A-Kid program at the Child Development Center June 30.

For more information about OTC and prescription drugs go to:

- www.dare.com
- www.theantidrug.com/DRUG_INFO/PRESCRIPTION_DRUGS.ASP
- www.pride.org/slang-drugterms.HTM

Information taken from www.drugfree.org was used in this article.

Warning signs of drug use

Courtesy of National Crime Prevention Council

- Change in mood—more irritable, secretive, withdrawn, overly sensitive, inappropriately angry, euphoric
- Less responsible—late coming home, late for school or class, dishonest
- Changing friends or changing lifestyles—new interests, unexplained cash

Bank-issued credit and debit diminishes military shoppers' return on their investment

AAFES

The use and expense of bank-issued cards continued to climb at BXs and PXs last year as processing

fees at Army & Air Force Exchange Service facilities for debit and credit transactions jumped approximately 2 percent, ultimately

sapping more than \$75 million from exchange operations and, in turn, military quality of life programs.

While all purchases, regardless of the form of payment used, can help strengthen the exchange benefit, shoppers who use the exchanges' exclusive Military StarSM Card maximize their individual impact on critical Family and Morale, Welfare and Recreation efforts.

"Exchange shoppers who pay smartly keep more money in the military community because banks charge an average of 1.85 percent of the transaction total when accepting their credit or debit cards," said AAFES' Chief Operating Officer Mike Howard. "Traditionally, two-thirds of earnings generated from sales at the exchange are paid to Morale, Welfare and Recreation, while the other third is invested in improvements that enhance the shopping experience. With one hundred percent of AAFES earnings going back to exchange patrons, decreased fees can quickly add up to additional arts and crafts supplies, reduced greens fees or even a new aquatic center."

Since 2001, AAFES shoppers have paid more than \$384 million in fees to card-issuing banks, result-

ing in lost revenues for the military community. Unlike bank cards, profits generated from Military StarSM Card purchases are shared with military communities through contributions to FMWR services. These funds reduce the tax burden of all U.S. citizens and are used to fund youth services, armed forces recreation centers, aquatic centers, post functions and golf courses that are enjoyed by military families across the globe.

"Using the Military StarSM Card is one of the easiest ways for troops to directly impact their Exchange and FMWR benefits," Howard said. "Reducing unnecessary expenses such as bank fees not only go a long way in strengthening the overall exchange benefit, but also the dividend operations annually generate for the military community."

The Military StarSM Card is accepted at all AAFES, Navy, Marine Corps and Coast Guard Exchange activities, as well as the Exchange Catalog and the Exchange Online store at www.aafes.com.

Authorized exchange shoppers can learn more about the Military StarSM Card by visiting www.aafes.com and click on the Military StarSM Card icon.

APG Outdoor Journal

Commentary: Consensus on the porch



Photo by GEORGE "BART" ROBERTS, APG WILDLIFE & MARINE LAW ENFORCEMENT

By **BILL ARMSTRONG**
APG Wildlife and Marine Law Enforcement Division

It's amazing what a week away from this place will do for you. No telephones, no last minute suspenses, no hastily arranged meetings to schedule more meetings; just smiling faces, plenty to eat and drink, and, as one of the old-timers used to say when I'd ask him if there was anything I could do for him, "just a few kind words, pard!"

For some 35 years The Lower Forty Hunt Club has been "gathering up" twice a year on the banks of Patterson Creek, deep in one of the hollers of West Virginia, some of the members coming from as far away as Florida. It was there that I spent the last week.

Years ago we used to come together for the opening of the spring and fall turkey seasons, but now about the only turkey we manage to kill is a bottle of "Wild Turkey." We rarely see, or communicate with each other during the rest of the year, yet the warm welcome is clearly evident on everyone's face when each member arrives and makes his way to the front porch of the cabin. It's a mile to the front gate, and even further to the nearest neighbor.

Once upon a time the membership numbered twelve or so, but now Father Time has whittled us down to six or seven, with the oldest being 84 and the youngest 62. Perhaps it's magic, or maybe it's the call of the whippoorwill in the evening,

Youth programs, summer camps available for military children

<http://www.wrightslaw.com/phprint.php>

Not all camps are for military children. Not all camps are free. Not all camps are specifically for children with special needs. Decide early in the process what type of program [is needed for each child]. Camp should be fun, relaxing and healthy. Camp should offer positive and rewarding experiences that foster independence and self-esteem.

Operation: Military Kids is the U.S. Army's collaborative effort with America's communities to support the children and youth impacted by deployment. This initiative was officially launched in April 2005. Since its inception OMK has touched 65,000 military youth and provided information to 7200 community members across the United States.

Operation Military Kids has partnered with National 4-H Clubs, state universities, Boys and Girls Clubs, Cooperative Extension Services, YMCA, Boy Scouts, and many more to offer free summer camps

See *CAMPS*, page 15

but to my knowledge, in 35 years, there has never been a serious argument, or a cross word spoken at the camp. Some of the members are retired and have more money than they will ever spend, and some, like me still work for a living, but the common thread that brought us all together years ago was hunting.

A couple of months ago, just after I began doing this outdoor column, I received an e-mail from an individual here on post, wherein I was asked: "Do you have to kill an animal to go hunting?"

At first I thought the e-mail might be from someone trying to spark a debate on the hunting issue, and then after re-reading it several times, I became convinced that the person was probably sincere and that the question was worthy of a response.

One evening after dinner at the camp, as we all sat out on the front porch listening to the whippoorwills, I brought up this question. Here is what we came up with.

First, that recreational hunting and the act of killing of an animal go hand-in-hand; the two aspects are inseparable, but with a caveat, and that is, that it isn't absolutely necessary to kill an animal to enjoy the sport of hunting, or for that matter the hunt to be successful.

Take for instance our group, we haven't killed a turkey for years, but we still buy our hunting licenses, we still go out each morning with a gun, and we still have the option of taking a turkey. So, in that sense the answer is, "No, it isn't absolutely necessary to kill an animal to enjoy hunting." We haven't

killed one in years, but the option is there.

Secondly, we concluded that the killing of an animal is a personal choice, and a choice that's not to be taken lightly. Each of the members had, in years past taken turkeys, yet each could recall numerous occasions when they had had the opportunity to take a turkey, and yet had passed it up for any number of reasons; i.e., safety, or perhaps a compromise of their own personal hunting ethic, or that it just didn't seem right at that particular moment. To them, their hunt was still successful and enjoyable; they had participated in the hunt, they had enjoyed the experience and felt the thrill of the "chase" and they were satisfied with the results. But, each agreed, had they not had the option to take a turkey, something very important

would have been missing from the experience.

Third, it was unanimously agreed that "respect" for the animal was absolutely essential in recreational hunting, and we [they] aren't referring to the animal's senses, or its ability to escape or to get away. We are referring to respect for the animal's health and well-being, for its existence in the outdoors and in our society, and our responsibility and obligation to "honor" its death by doing it humanely and quickly, without prolonged suffering, and that it's death would not be just for the sake of killing, but that it would serve a well defined and needed purpose, such as food for the table.

And lastly, we were all in agreement that recreational hunting is not only acceptable but that it's an outdoor activity that should be

encouraged and passed on to our children and grandchildren. It was our opinion that if the subject of hunting was presented properly, and respect for the outdoors and the wildlife emphasized, then the killing of an animal for food was acceptable. It should remind us all of the uncertainty of life, and the importance of enjoying each and every day to it's fullest.

Well, there you have it, my answer to the question, "Do you have to kill an animal to go hunting?" No!

Now, it's time to get off of my soapbox and end this column on a joyous note. While at the Lower Forty this year, it was announced with much back slapping and exuberance that our oldest member, some 84 years old and counting, will soon be getting married. Wonders never cease! Best wishes my friend!!!

Community Notes

SATURDAY

JUNE 14 FLOAT-N-FISH

Bring the kids out to float on the Bush River and learn some fishing basics. The program will be held 8:30 to 10 a.m. for ages 7 to adult. Cost is \$5 for adults, \$4 for ages 13 and younger. Cost includes all equipment. Adults must have license if they plan to fish. 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.

EYE OF THE EAGLE II

Search Conowingo for signs of eagle activity. This free program will be held 9 to 10 a.m. for all ages. Ages 8 and under must be accompanied by an adult. Registration is required.

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

WHOSE TRACK IS THAT?

Have you ever walked through the woods or along the shoreline and noticed a funny footprint? Come explore the art of animal track identification. This program will be held 1 to 2 p.m. for ages 6 to 12. Cost is \$3 per person. Registration is required.

For more information, to

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

WHAT MAKES A GOOD POND?

Spend some time splashing around in the water before getting to the business of looking for microscopic life in the center's submerged aquatic vegetation tanks. Each child will then build a pond to take home. This program will be held 2:30 to 4 p.m. for ages 6 to adult. Cost is \$4 per person. Registration is required.

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

SUNDAY

JUNE 15 OUTDOOR COOKING

Back by popular demand, discover several ways of cooking outdoors. Bring a good cooking stick and an appetite. This program will be held 12:30 to 2 p.m. for all ages and Families. Cost is \$3 per person or \$10 per Family. 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.

PET ROCK PAINTING

Bring a photo or your imagination and cre-

ate rocks in the image of favorite creatures. This program will be held 2:30 to 4:30 p.m. for ages 10 to adult. Cost is \$3 per person and includes the rocks and paint. 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.

FATHER'S DAY CRUISE

The Chesapeake Heritage Conservancy will offer a Father's Day Cruise aboard the Skipjack Martha Lewis. Four cruises will set sail: 11 a.m., 1 p.m., 3 p.m. and 5 p.m. Tickets cost \$35 per adult and \$15 per child under 10 years of age and include sandwiches, dessert and beverage. Prepaid reservations are required.

For more information or to make reservations, call 410-939-4708.

TUESDAY

JUNE 17 DAY ON THE BAY

The Chesapeake Heritage Conservancy, Inc. will offer a Day on the Bay, 9:30 a.m. to 3:30 p.m., on the Skipjack Martha Lewis. Enjoy the day sailing to Charlestown, Md., bird watching, sightseeing then lunch at the Wellwood Club and return. Tickets cost \$55 for adults, \$28 for children ages 10 and under. Credit cards will be accepted. Reservations are required.

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

WEDNESDAY

JUNE 18 AFTERNOON TEA

The Chesapeake Heritage Conservancy, Inc. will offer an Afternoon Tea Cruise, 2 to 3:30 p.m., on the Skipjack Martha Lewis. Tickets cost \$35 per person. Finger sandwiches, scones and savory desserts will be served. Credit cards will be accepted.

For more information or to make a reservation, call 410-939-4078.

WEDNESDAY AND THURSDAY

JUNE 18 AND 19 APG TECHNOLOGY, R&D SHOWCASE

Harford Community College will present a showcase of Aberdeen Proving Ground technology and research and development contract opportunities, 7 to 8 a.m., registration with presentations 8 a.m. to 4 p.m. June 18, and 7:30 a.m. registration with presentations 8 a.m. to 4 p.m., June 19, at the Amoss Center, located at Harford Technical High School, 200 Thomas Run Road, Bel Air (across the road from Harford Community College). Maj. Gen. Roger A. Nadeau, commander, Army Test and Evaluation Command, will speak on "APG 2012: The Transition—the Positive

Impacts for Our Industry and University Partners;" and Gary Martin, Deputy to the Commander, U.S. Army Research Development and Engineering Command, will discuss "The Need for Industry and University Partners for the APG of

the Future."

For more information or to register for the showcase, visit www.harford.edu/apgshowcase. Sponsorship information is also available on the site.

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

Chapel News

APG Gospel Service June 20 & 21

All men of Harford County are invited to attend the Pillars of a Godly Man Conference at the Aberdeen Area Chapel, building 2485, June 20 and 21. The subject of the conference is "God's Purpose for Man." Admission is free. Registration is required. Deadline for registration is June 14.

God has placed everyone within this unique time for a specific purpose. What an incredible sight to witness men of strength and vision rise to pursue this challenge.

Praise and Worship will feature 3MConnection. There will be fellowship breakout sessions throughout the conference. Guest speakers and teachers are from Harford County churches.

For more information about or to register, call Elder Clarence Weaver, 410-272-6583, or e-mail cweaver@aol.com.

Register for Vacation Bible School

The APG Main Post Chapel Vacation Bible School will be held 6 to 8:45 p.m., Aug. 4 through 8, for ages 5 to those completing grade 6.

This year's theme for VBS is "Avalanche Ranch" and includes a week of singing, crafts, drama, Scripture, goodies and much more.

Nursery care will be available for all adult volunteers.

The first VBS training for adult and teen volunteers is scheduled for 6:30 p.m., June 5, at the Main Post Chapel. For more information, call Gerri Merkel, 410-278-2516 or e-mail gerri.merkel@conus.army.mil.

POST SHORTS

store hours: Wednesdays, 11 a.m. to 6 p.m., Thursdays 10 a.m. to 2 p.m. and 10 a.m. to 1 p.m. the first Saturday of the month. Consignments are taken 11 a.m. to 1 p.m. and 4:30 to 5:30 p.m. on Wednesdays and 10 a.m. to 1 p.m. on Thursdays.

234th Army Birthday Specialty Meal June 13

The 234th Army Birthday Specialty Meal will be held in the Aberdeen Area dining facilities, buildings 4503 and 4219 and the Aberdeen Area dining facility, building E-4225, 5:30 to 7 p.m., June 13.

During this event all military personnel, Family members, Department of Defense civilians, retirees and guests are invited to dine.

The holiday meal rate of \$6.35 applies to any officer, enlisted member and Family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$5.40 applies to spouses and other Family members of enlisted personnel in ranks private through specialist/corporal.

The 234th Army Birthday Specialty Meal Menu includes: buffalo wings with bleu cheese dressing,

grilled steak with sautéed mushrooms and onions, broccoli cheese and rice casserole, barbecued ribs, pizza burger, chili dogs with cheese and onions, chicken tenders, grilled polish sausage, submarine sandwiches, French fries, onion rings, potato chips and pretzels, macaroni and cheese, baked beans, baked potato and all the fixings, buttered corn, cauliflower combo, Southern style potato and macaroni salad, cole slaw with creamy dressing, assorted condiments, hot dinner rolls, corn bread, assorted breads, Army birthday cake, cherry cheesecake, big chocolate chip cookies, watermelon, assorted fresh fruits, 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.

2008 Army Birthday Ball this Saturday

Register now for the 2008 Army Birthday Ball celebrating America's Army, 5 p.m. to 1 a.m., June 14, at the Walter E. Washington Convention Center located on 801 Mount Vernon Place N.W.,

Washington, D.C.

Tickets cost \$80 per person with a limited number of discounted tickets at \$40 per person available to GS-7, E-6 and below on a first-come, first served basis. Cost includes an elegant evening of dining, dancing and entertainment. The event is open to all active duty, National Guard, Reserve, DA civilians, government contractors, Family members, retirees, veterans and invited guests.

For more information or to make reservations, visit the AKO 2008 Army Birthday Ball Registration Web site, <https://www.us.army.mil/suite/page/137983> or <https://www.us.army.mil/suite/portal/index.jsp>.

Veterans' med center to host welcome home event Saturday

The Washington, D.C. Veterans Affairs Medical Center, located at 50 Irving Street, N.W., Washington, D.C., will host a welcome home celebration program to provide outreach services to Operations Enduring and Iraqi Freedom veterans, active duty service members and their Families, 9 a.m. to 3 p.m., June 14.

The celebration will

Upcoming Civilian Welfare Fund events/trips

July 26 – A day trip to New York City. The price per person for charter bus transportation is \$45.

Aug. 23 – "Spring Awakening" on Broadway, in New York City. Cost is \$150 per person and includes charter bus transportation and ticket for the show. Contains adult content, not appropriate for children.

Oct. 12 thru 20 – Mediterranean Cruise

Nov. 1 – Scrapbooking Crop

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

Nov. 20 thru 23 – Trip to Massachusetts

Nov. 29 – Trip to Sight and Sound, "Miracle of Christmas"

Dec. 6 – Ice skating, 5:45 to 7:45 p.m. Event is free and open to military and civilian personnel, contractors, retirees and their Families. Tickets are limited, make reservations in advance.

Dec. 13 – "Radio City Music Hall Christmas Spectacular" - A favorite among many, starring the famous Rockettes.

offer valuable information, education and support. Federal, state and local representatives will be on hand with information about readjustment, employment and academic services; veterans' benefits and other services. In addition, veterans can receive health screenings and consultative services. Food, entertainment and giveaways will be provided.

For more information, contact Paula Gorman, 202-745-8100 or Jean Langbein, 202-745-8338.

Pools close for concert

Olympic Pool will be closed June 16 through 23 due to concert preparation and will reopen June 24.

Shore Pool will be open June 16 through 21; the pool will close June 22 for the concert and will reopen June 23. Beginning June 28, Shore Pool will open noon to 5 p.m. on Saturdays and Sundays.

Register for next Strong Bonds seminar

Register now for the next "Strong Bonds," an all-expense paid three-day, two-night couples training conference July 31 through Aug. 2 for 14 married couples.

The training will be held at the Harbor Inn Hotel, St. Michaels, Md.

To register, visit <https://www.strongbonds.org/>.

For more information,

contact the APG Chaplains' Office, 410-278-4333.

RAB meeting scheduled

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Thursday, June 26, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Lauderick Creek 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.

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



Army News

Army expands Battlemind training

Story by

1ST LT JAMES WILLIAMS III
Army News Service

Due to its success preparing Soldiers for deployment, the Army has decided to transition Battlemind training from a deployment cycle requirement to standard training Armywide.

"Although Battlemind is in its infancy, it is proving to be effective in theater," said Maj. Todd Yosick, chief of the Battlemind training office at the Army Medical Department Center and School. "Modules are already being developed for basic training."

The Army Medical Department created the Battlemind concept with the specific goals of addressing problems associated with the mental health of Soldiers affected by combat.

One of the Battlemind tools the Army developed is a Web site containing audio-visual training aids and other materials to allow units to conduct their own mental health training. The site also provides training for leaders, healthcare providers, individual Soldiers and Family members.

The new Web site features a module that addresses the stigma associated with post traumatic stress disorder; the testimonial of a suicide survivor; and scenario-based animations for younger members of the Family.

"A lot of effort has been put into this

site," said Ann Ham, a public affairs official for the Office of the Surgeon General and Medical Command. "It's a training and teaching guide, and now the training aids are concise and complete."

The stigma associated with mental health problems is one of the major hurdles the Army must overcome. By providing more training on mental health to Soldiers, the Army hopes to mitigate the stigma and identify personnel that may need assistance.

"The goal isn't to create a bunch of shrinks, but we want to empower squad leaders and buddies to say, 'Hey, are you alright?'" Yosick said.

With the recent increase of suicides - a total of 115 in fiscal year 2007 - Army medical officials are taking the mental health of Soldiers very seriously. There is an atmosphere of excitement among the Army's leadership, due to the hope of continued success with Battlemind training, said Sgt. Maj. of the Army Kenneth O. Preston.

"Battlemind training helps Soldiers adjust their emotions and understand their inner feelings" Preston said.

Now that the Web site is fully functional, all Soldiers can visit the Battlemind Web site at <http://www.battlemind.army.mil>.



Photo by Screen Shot

On the Army's Battlemind Web site, "Sgt. Drew" narrates a video to help children deal with deployment separation stress. The site contains resources that help Soldiers and Family members cope with the stresses of a deployment.



Pvt. Abby Anthony, Company C, 2nd Battalion, 39th Infantry Regiment, kneels behind an L-shaped barrier on Range 10 during "Combat Shoot," an experimental Basic Rifle Marksmanship qualification course.

Jackson testing new weapons qualification method

Story and photo by
MIKE A. GLASCH
Army News Service

"One shot, one kill" may be the motto of the Army sniper, but for Soldiers qualifying in Basic Rifle Marksmanship, the traditional one shot per target on the range could soon come to an end.

The Basic Combat Training Soldiers of 2nd Battalion, 39th Infantry Brigade, are testing a new BRM qualification, which combines elements they will experience on the battlefield - movement, concealment, presence of civilians and using multiple rounds on an enemy.

"This is to give Soldiers a qualification standard that is more combat focused," said Capt. Sammie Burkes, Company C commander. "It requires them to use those marksmanship skills they will encounter in a modern-day battlefield environment."

L-shaped barriers have been placed in front of the berms on the firing ranges. At the start of the "Combat Shoot," Soldiers are given four 10-round magazines. As they walk down the range on a simulated patrol, targets pop up and a loudspeaker blares the sound of shots being fired at them. Soldiers are required to engage multiple targets at different distances. The targets require one to three hits before they will go down.

"Lessons learned from Afghanistan and Iraq show that you may have to engage that target more

than once before it goes down," Burkes said. "This will teach the Soldiers that lesson versus the regular BRM where with one hit, a target goes down."

After the first round of targets, Soldiers rush to the barrier and change magazines, and repeat the scenario three times from behind the barrier - standing, kneeling and prone positions.

Company C drill sergeant Staff Sgt. Randall Weeks said this gives Soldiers more realistic training.

"They are actually moving, needing to find cover and reloading just like they will have to do in Iraq," he said. "The old BRM didn't teach them that. They are moving more. Having to run up to cover gets their heart beating. Once your heartbeat increases it actually moves your weapon and affects your aim. You have to learn how to manage it."

During the last three scenarios a new twist is added. A target painted white appears representing a civilian. If a Soldier shoots the civilian, he or she is automatically disqualified.

"It's teaching the Soldiers to have a little bit of target discrimination," Burkes said.

"We've placed the civilian 'target' in the middle of the others," Weeks said. "The Soldiers have to look beyond it and aim in front and behind."

Another twist is dummy rounds loaded in the Soldier's magazine. They can be in one, two three or all

four of the magazines. The dummy rounds are designed to simulate a weapons jam, requiring Soldiers to perform SPORTS (slap, pull, observe, release, tap, shoot) to their weapon in the middle of their BRM qualification.

Burkes said he hopes the "Combat Shoot" will eventually replace the current BRM qualification.

"We would like to see this become the qualification standard versus the way we qualify now," he said. "This is teaching Soldiers to have a little bit of target discrimination, to change magazines quickly, and that they may have to fire more than one round to put an enemy down. It keeps them more focused."

Weeks agreed with his commander's assessment. He said that training to the "Combat Shoot" standards makes his current group of Soldiers 100-percent better at BRM than previous cycles.

"We started teaching the techniques needed from day one of BRM. We had one hundred percent of the company qualify (on the standard BRM) on the second day. In the past it would take all three days to get everybody qualified. That gives us a whole extra day of training," he said. "When they are in Iraq, they're not just going to be lying in a prone position or in a foxhole. They are actually going to have to learn how to get behind a car, or a wall and engage the enemy from around and over a cover."

Army continues fight against Soldier suicides

Story by
ELIZABETH M. LORGE
Army News Service

Despite a new report showing that 2007 had the Army's highest suicide rate since record-keeping began in 1980, Army officials told Pentagon reporters Thursday that new prevention and mental-health efforts are helping Soldiers.

There were 115 suicides last year in the active Army, with two cases still pending, according to the 2007 Army Suicide Event Report, compiled by Army medical officials and force-protection reports. This was up from 102 suicides in 2006. To date, the Army has 38 confirmed suicides for 2008, with 12 pending.

The 2007 numbers include 93 active duty Soldiers and 22 mobilized reserve component Soldiers. When not mobilized, the National Guard and Army Reserve [who tracks suicide numbers differently] lost an additional 53 Soldiers.

There were also 935 active duty suicide attempts, which Col. Elspeth C. Richie, psychiatry consultant to the Army's surgeon general, said includes any self-inflicted injury that leads to hospitalization or evacuation. This number is less than half of the approximately 2,100 attempts reported in 2006.

Richie and Brig. Gen. Rhonda Cornum, assistant surgeon general for Force Protection, didn't like the upward trend of the past few years, and said the Army is making huge changes in its culture and the way it perceives mental healthcare to help Soldiers.

"Army leadership is committed to taking care of every Soldier regardless of whether they are ill, injured or have a psychological diagnosis," said Cornum. "But our responsibility really doesn't start and stop there. Just as we don't wait for Soldiers to get malaria when they deploy them, we employ the full range of prevention, mitigation and treatment strategies...We do all the things we can to prevent and reduce risk and then, if they still get the disease, we apply scientifically-tested and specific treatments to cure it, with the expectation of full recovery and return to the force."

"We need to approach the maintenance of good mental health...in the same way, by preventive education and by applying risk-mitigation strategies in order to increase resilience and hardiness in our Soldiers before they are exposed to those environments associated with a high risk for mental health issues," she said.

The majority of the Soldiers who committed suicide, Richie said, had not sought psychological intervention, so it's vital that Soldiers know it's okay to ask for help.

Part of that education is Battlemind training, which teaches Soldiers and their Families about readjustment issues and mental-health problems they could face after a deployment, danger signs and how to get help. There are also two videos to help children deal with deployment available on www.behavioralhealth.army.mil.

behavioralhealth.army.mil.

According to Richie, Battlemind has been particularly successful in reducing anxiety and depression. She said the fifth-annual mental health advisory team, which deployed to Iraq in the Fall, found that 12 percent of Soldiers who said they had received the training reported post-traumatic stress symptoms, versus 20 percent who had not received the training. She added that the rate of stigma attached to getting help went down on four of five markers.

The Department of Defense recently revised a question regarding mental health on national-security questionnaires, excluding noncourt-ordered, nonviolence-related marital, Family and grief counseling, as well as counseling for adjustments from combat. This, Cornum said, should help alleviate concerns many Soldiers have about their security clearances or ability to work in sensitive jobs.

The Army is also working on training primary-care providers to recognize and diagnose combat-stress injuries and other mental-health problems, and has hired 180 additional behavioral-health providers in the United States, although Richie acknowledges this is not enough and the Army has requested more.

Since July 2007, more than 900,000 Soldiers have been trained under a chain-teaching program designed to educate them about post-traumatic stress disorder and traumatic brain injury, and the Army has formed a General Officer Steering Committee to target root causes that may lead to suicide and change the behavior of Soldiers and leaders to recognize and intervene when they see someone with risk factors.

"One of the things that I believe is happening, looking at these reports, is that the Army is very, very busy and perhaps we haven't taken care of each other as much as we'd like to. So if somebody's stressed next to you and you're stressed yourself, you might not have the energy to reach out to them... How can we take care of each other better?" Richie said.

"A good first sergeant is one of the best screeners there is," she continued, and stressed that staying connected is vital. Forty-three percent of the Soldier suicides last year took place after a deployment, and Richie said many of these took place when Soldiers changed units and lost connectivity.

Failed relationships, she said, are the biggest risk factors for suicide, and while deployments can and do contribute to relationship problems, she cautioned against blaming higher suicide numbers on deployments alone. Twenty-six percent of the Soldiers who committed suicide had never deployed. The Army's active-duty rate of 16.8 per 100,000 is also lower than the national average of 19.5, among similar age and gender demographics.

For more information, visit www.behavioralhealth.army.mil or www.battlemind.org.



FAMILY, MORALE, WELFARE & RECREATION

Concert

From front page

About ZZ Top

ZZ Top, also known as "that little ol' band from Texas," has proven to have staying power in American pop culture. Formed in 1969, they are one of few major rock bands still composed of its original recording members.

The group consists of Billy Gibbons, guitars, lead vocals, and harmonica; Dusty Hill, bass and vocals; and Frank Beard drums and percussion. The group is well-known for their distinct style of music, which is a mix of blues, rock, boogie and psychedelic. They have proved to have creative and commercial success, as many of their albums have achieved platinum status. In 2004, ZZ Top was inducted into the Rock and Roll Hall of Fame.

During the 1970s ZZ Top built their loyal fan base by touring and producing albums that reflected their strong blues roots and Texas humor. Their "World Wide Texas Tour" which featured a longhorn steer, a buffalo, buzzards, rattlesnakes and a Texas-shaped stage, was legendary.

In the 1980s the group introduced a synthesizer for "El Loco" to create unusual sound effects to their music, which was rarely heard in the blues-rock genre. The band continued to use that style of music to produce "Eliminator" which became the group's best-selling album to date, which was a 10x

multi-platinum hit. The band's next album, 1985's, "Afterburner", expanded "Eliminator's" use of synthesizers coupled with blues-rock rhythms and was 5x multi-platinum.

The band is also well-known for their unique image. Two of the band members, Gibbons and Hill, sport chest-length beards, similar clothing and sunglasses which have become their trademark look. Beard, ironically, sports a mustache rather than a beard.

The band continues to tour and make new music, and has an impressive collection 14 studio albums and six compilation albums under their belt.

zztop.com, Allmusic.com, and www.wikipedia.com were used in this article.

About Blind Melon

Blind Melon, who regrouped in 2007 after officially breaking up in 1999, is a mix of rock, folk, jam band, and psychedelic. The band today consists of Travis Warren, lead vocalist; Brad Smith, bass; Christopher Thom, guitar; Rogers Stevens, guitar, and Glen Graham, drums.

Blind Melon was formed in 1991, and gained popularity through opening for acts like the Rolling Stones, Neil Young, Soundgarden, Lenny Kravitz and Pearl Jam.

Their Web site, blindmelon.com, states that "Blind Melon had that refreshing vitality that allowed them to grow their fan base the old fashioned way with incessant grass-roots touring."

Blind Melon became

Tickets: \$25 In Advance
\$30 Day of Show
www.apgmwr.com

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ZZ TOP

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Sunday, June 22

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and Special Guest
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a household name when MTV began playing their "No Rain" music video in heavy rotation in 1993. The success of that music video, their self-titled first CD, Blind Melon, produced by Pearl Jam producer Rick Parashar, went platinum four times.

After the release of "Nico", the group stopped working on new music until they reformed in 2007. The fans, who call themselves "Melonheads" played an instrumental role in getting

the group back together.

Even as the group ceased to release new music, interest for the group continued to grow with a growing online community of fans. The growing popularity of "jam band" music, a mix of funk, bluegrass and jazz fusion, that features extended music improvisations over rhythmic grooves over long sets of music, also helped contribute to Blind Melon's continued popularity. Blind Melon released their fourth album this year,

"For my Friends", on April 22. Their popularity continues to grow as they tour around the country.

Information from www.blindmelon.com and myspace.com/blindmelon were used in this article.

About Blackberry Smoke

Atlanta-based Blackberry Smoke continues to grow into the premiere Southern Rock band in America. The band consists of Brit Turner, drums;

Charlie Starr, vocals/guitar; Paul Jackson, guitar/vocals; and Richard Turner, bass/vocals.

Over the last 12 months Blackberry Smoke has shared the stage with ZZ Top, Lynyrd Skynyrd, Montgomery Gentry, Shooter Jennings, Cross Canadian Ragweed and countless others. The band is expected to release a new album this summer.

Information taken from www.blackberrysmoke.com for this article.

Aberdeen & Edgewood Area swimming pools

Aberdeen Area

Olympic Swimming Pool, building 3325

Daily operation: June 13 thru Aug. 22
Labor Day weekend: Aug. 30 thru Sept. 1

- Closes Monday, Sept. 1
- Daily operation schedule
- Child & Youth Service Day Camp: 9 to 11 a.m., June 16 thru Aug. 21
- Open swim: 11:30 a.m. to 7 p.m.

Lap swim lane available during standard hours.

Weekend operation schedule:

Open swim: 11:30 a.m. to 7 p.m.
NOTE: Due to concert preparation, this pool will be closed June 18 thru 23 inclusive. Pool will resume normal operations on June 24.

Shore Swimming Pool, building 2031

Swimming lessons: July 7 thru Aug. 8. Levels 1-6, adult, parent/toddler; Monday thru Thursday, 9 a.m. to 6 p.m. (To be determined by customer demand)

- Daily operation schedule: June 28 thru Aug. 17
- Open swim: noon to 5 p.m.

Weekend operation schedule:

June 28 thru Aug. 17, Saturday

and Sunday

Open swim: 12 to 5 p.m.
NOTE: Due to concert preparation, this pool will be closed June 18 thru 23 inclusive. Pool will resume normal operations on June 24.

Edgewood Area Bayside Swimming Pool, building E-4655

Daily operation: June 13 thru Aug. 22
Labor Day Weekend: Aug. 30 thru Sept. 1

- Closes Monday, Sept. 1
- Daily operation schedule
- CYS Day Camp: 9 to 11 a.m. (June 16 thru Aug. 21)
- Open Swim: 11:30 a.m. to 7 p.m.

Lap swim lane available during standard hours.

Weekend operation schedule

Open swim: 11:30 a.m. thru 7 p.m.

Pool pass fees - FY '08

Daily passes	
Daily	\$.5
Under 5	Free
Guest of eligible patron	\$.9
5 and under (guest)	\$.2
Active duty E1 - E4	\$.2
Lap swim	\$.2

30-day pass

Individual:

E1 - E4	\$.15
All others	\$.35

Family:

E1 - E4	\$.35
All others	\$.70

Season passes

Individual:	
E1 - E4	\$.40
All others	\$.85
Family:	
E1 - E4	\$.80
All Others	\$.175

Swimming lesson fees

\$50 first Family member
\$45 each additional member
*10% discount for each additional child in a session.
*10% discount for each additional session.

Swimming lesson schedule

Shore Pool (building 2031) and Bayside Pool (building E-4655).

Session 1

June 23 to July 9 at Bayside Pool
Levels 4, 5, 6: 9 to 10 a.m., Monday, Wednesday, Thursday
Levels 1, 2, 3: 10 to 11 a.m., Monday, Wednesday, Thursday

Session 2

July 7 to 18 at Shore Pool
Level 1: 4 to 5 p.m., Monday thru Thursday
Levels 2, 3: 5 to 6 p.m., Monday thru Thursday

Levels 4, 5, 6: 6 to 7 p.m., Monday thru Thursday

Session 2

July 7 to 11 at Shore Pool
Adult: 7 to 7:30 p.m., Monday thru Thursday

Session 3

July 21 to 25 at Shore Pool
Parent/toddler: 7 to 7:30 p.m., Monday thru Thursday

Session 3

Aug. 21 July to 8 at Bayside Pool
Levels 4, 5, 6: 9 to 10 a.m., Monday, Wednesday, Thursday
Levels 1, 2, 3: 10 to 11 a.m., Monday, Wednesday, Thursday

Levels 1 - 6: ages 3 thru 15
Parent/toddler: up to 3 years old
Adult: 16 & older

Session 4: July 28 to Aug. 8 at Shore Pool
Level 1: 4 to 5 p.m., Monday thru Thursday
Levels 2, 3: 5 to 6 p.m., Monday thru Thursday

Levels 4 to 6: 6 to 7 p.m., Monday thru Thursday

To register for swimming lessons, call Outdoor Recreation, 410-278-4124.

Activities/Events

Baltimore Orioles Games

Purchase tickets for Orioles baseball at Camden Yards:

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

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

Do-it-yourself New York City tours

FMWR has scheduled several day trips to New York City - eight hours for sightseeing, shopping, seeing a Broadway matinee, venturing into China Town and more June 21, July 19, Aug. 16, Sept. 20, Oct. 18 and Nov. 15.

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

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

New York City Liberty Tour

FMWR Leisure Travel Services is offering a New York City Liberty Tour July 19.

Cruise aboard the famous Circle Line cruise ship down Manhattan harbor to the Statue of Liberty for the best view in the city. Following the cruise, enjoy lunch on the coach touring famous and not-so-famous New York sights narrated by a professional and friendly step-on guide. Then explore and shop in midtown Manhattan. Shop for souvenirs, browse at Macy's or stroll

Times Square.

Cost is \$90 per person and includes roundtrip transportation, cruise and lunch. The bus will depart 7:20 a.m. and return 9:30 p.m.

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

Hip Hop classes

The Aberdeen Area Youth Center, located in building 2522, will hold Hip Hop Dance classes for ages 8 through 18. Classes for ages 8 to 13 will be held 5:30 to 6:30 p.m.; classes for ages 14 to 18 will be held 6:30 to 7:30 p.m. All classes will be held on Mondays.

This is a fun and energetic dance class, great for all ages and levels.

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

SKIES Unlimited

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

Drivers Ed

Drivers Education classes are conducted by Rules Driving School, Inc. Monday thru Thursday, 6 to 9:15 p.m. (Classes are also available 2:30 to 5:45 p.m.) During the summer schedule, which begins June 23, classes will only be offered 2:30 to 5:45 p.m. There are no classes on federal holidays.

Classes are held in Aberdeen at the Community Center, 34 N. Philadelphia Boulevard, room 304, June 23 thru July 8; July 14 thru 29 and Aug. 4 thru 19. For more information about the Edgewood Area class, call 410-278-7571.

Class includes 30 hours of classroom instruction and 6 hours of behind-the-wheel instruction.

Cost is \$295 per student. Last day to register for the class is one week prior to the first class. Students must be between 15.9 and 18 years of age. Parents must attend the first day of class. Open to all DoD ID cardholders.

APG Bowling Center Snack Bar specials Building 2342

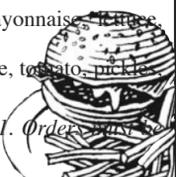
Week of June 9

Special #1: Bacon, lettuce and tomato sub, French fries, cookie and soda for \$5.95.
Special #2: Nine wing dings or wing zings (no mixing), cookie and soda for \$5.95.

Week of June 16

Special #1: Double cheeseburger with bacon, choice of mayonnaise, lettuce, tomato, pickles, onions, french fries, cookie, soda for \$6.95.
Special #2: Ham and cheese sub, choice of mayonnaise, lettuce, tomato, pickles, onions, potato chips, cookie and soda for \$5.45.

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





Health Notes

New autism demonstration expands opportunities for ABA providers

U.S. DoD Military Health System

The Department of Defense and TRICARE, the DoD's health entitlement program for more than 9.2 million beneficiaries, have announced a demonstration project to care for military Family members diagnosed with Autism Spectrum Disorders.

The Enhanced Access to Autism Services Demonstration, which went into effect March 15, allows reimbursement for educational intervention services, such as Applied Behavior Analysis, delivered by paraprofessional providers. ABA is a systematized process of collecting data on a child's behaviors and using a variety of behavioral conditioning techniques to teach and rein-

force desired behaviors while extinguishing harmful or undesired behaviors. Time-limited, focused ABA methods have been shown to improve communication abilities, reduce or eliminate specific problem behaviors and teach new skills to some individuals with autism.

"We think this demonstration project will address some of the concerns Families had—their inability to locate authorized ABA providers. However, we will only be successful if providers come forward to support our uniformed service Families," said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity.

TRICARE is in need of

ABA professionals, or supervisors, and paraprofessionals, or tutors, to provide services that will enhance the effectiveness of academic instruction and provide training in life skills (language, communication, self-help, activities of daily living, etc.)

The DoD has been a leader in providing coverage for health and special education services for children with autism. TRICARE is one of the very few health plans providing coverage for special education services. In recent years, the per month special needs benefit for qualifying Family members under TRICARE's Extended Care Health Option was increased from \$1,000 to \$2,500; however, TRI-

CARE beneficiaries still find it difficult to obtain services from authorized ABA providers.

TRICARE authorized providers are currently limited to those recognized by the Behavior Analyst Certification Board. However, the professionalization of the field remains in its infancy and the number of BACB-certified behavior analysts is limited. These certified professionals are for the most part providing behavior analysis evaluation and intervention planning services rather than the one-on-one technical intervention that is the actual tool effecting behavior change in autistic children. This new field has yet to define the pro-

vider class that delivers the one-on-one technical services to children. ABA tutors will increasingly be asked to provide services to the many children being diagnosed with ASD.

"It is our intent that the provider qualifications set forth for the demonstration be in place only as a temporary bridge until national standards are established by an appropriate nationally recognized certifying body for ABA providers," Granger said. "In the meantime, as a health care provider, we must take action on behalf of the children of our service men and women by allowing trained, supervised paraprofessionals to provide hands-on intervention services."

Seeking mental health care is encouraged, Army psychiatrist said

Story by

NAVY LT. JENNIFER CRAGG

Special to American Forces Press Service

Reducing the stigma related to service members seeking mental health assistance is a total team effort that involves educating peers to look out for each other and encouraging those who might be reluctant to receive care, a senior military medical official said yesterday.

"Commanders and noncommissioned officers really play a critical role in eliminating stigma, especially the junior-level noncommissioned officers who are with the troops on a day-to-day basis. They play a key role in this goal of decreasing stigma," Col. (Dr.) C.J. Diebold, chief of the psychiatry department at Tripler Army Medical Center in Hawaii, said in an interview on the "Dot Mil Docs" program on **BlogTalkRadio.com**.

He added that improving one's overall behavioral health by eating sensibly, getting exercise and practicing good hygiene are key factors when facing stressful situations.

"Behavioral health is important to everyone, as it directly affects how a person feels and acts," Diebold said.

He added that keeping up overall mental health is especially crucial when deployed to a combat zone.

"When one is deployed in a place like a combat zone, one must really maintain a really healthy lifestyle and a positive attitude to be able to maintain good behavioral health," Diebold said.

Encouraging service members to learn more about maintaining overall mental health for not only themselves, but also for their Families, is just one of the elements highlighted in May, which [was] Mental Health Month.

"It jogs people's consciousness to recognize the importance of mental health, and hopefully that will continue throughout the entire year," Diebold said.

Many lessons have been learned by looking at mental health issues year-round, he added.

"One of the lessons learned over the past few decades is the importance of a service member's psychological well-being in terms of being able to perform their mission, but also the psychological well-being of their Families," Diebold said. He added that service members who may need assistance either during or after



PHOTO COURTESY OF U.S. ARMY

The constant stress, anxiety and fear that are hallmarks of combat may lead to post traumatic stress disorder in any Soldier, no matter how long he/she has served.

their deployment have a lot of different options to choose from.

"A service member could go to their unit chaplain, and I have talked with service members over the years, and this is really the first place that a lot of people will go to," he said. "The chaplains are a very good way to go and be able to talk through some of the issues that are going on."

Diebold said still other outlets include talking with primary care providers, behavioral health professionals, psychologists, psychiatrists, social workers, Family therapists and alcohol and substance abuse counselors.

"The important thing to remember is that if a person is concerned that they may have experienced a traumatic event in theater and some other environment, and it is really affecting them, to go in and talk to a counselor [or] their primary care manager and get evaluated and get treated if it is indicated," Diebold said. "The sooner it's recognized and the sooner it is evaluated and treated, the better a person is going to feel, and [it decreases] the chance that they may have long-term effects."

Service members may encounter post traumatic stress disorder or combat and operational stress during or after deployments, Diebold said.

"I think that it is now the longest continuous combat operations of any war besides the Revolutionary War, and we have had service members deploying multiple times now," he said. "The stress that service members [are experiencing] have been

well recognized, and that is why these special programs and bolstering of helping services have been implemented to help out."

Some of the symptoms associated with PTSD are nightmares, nervousness, anxiety or flashbacks.

In contrast to PTSD, combat and operational stress reactions are short reactions to stress from being in the combat zone. Usually, combat and operational stress symptoms will resolve with rest, short-term counseling or sometimes simply on their own, he explained, whereas symptoms of PTSD can last a few days, months or even years.

Diebold added that the Department of Veterans Affairs has been working to find treatments for PTSD. Usually, with treatment, a service member affected by PTSD can return to active duty. Mental health professionals are deployed in theater to aid service members who may be dealing with PTSD or know someone who is, he noted.

"Our mental health professionals are out there among the troops, educating the troops that this is an expected reaction and here are some of the things that you can do to help decrease some of your stress. Commanders and Soldiers are being educated and being encouraged to go in and seek mental health treatment," he continued, "and leaders are encouraged to allow their Soldiers time away from work ... to get evaluated and treated."

(Editor's note: Navy Lt. Jennifer Cragg works in the New Media branch of the Defense Media Activity.)

Health, special education services available for military children with autism

<http://www.wrightslaw.com/phprint.php>

The Department of Defense has been a leader in providing coverage for health and special education services for children with autism.

Military life, coping with disruption of routine or environment, is particularly difficult for children with autism and their Families.

Based on the most recent prevalence data that 1 in 150 children have an autism spectrum disorder, as many as 12,000 children in military Families (active duty, reserve and guard) may have autism. These Families are affected substantially by the financial and emotional costs of raising a child with autism.

On May 22, HR 5658, the Defense Authorization Act of 2009 passed the House by a vote of 384 to 23.

Congressman Joe Sestak (PA - 07), a member of the House Armed Services Committee, successfully inserted numerous pieces of legislation as an amendment to the bill that was passed by the House.

The amendment addresses the difficulty faced by thousands of armed forces personnel and their Families who are unable to obtain appropriate care for autistic children through the military's Extended Care Health Option. With passage of this legislation, autistic children of servicemen and women will receive a minimum of \$5,000 per month of autistic services, which is double the current limit of \$2,500 per month.

Approximately 8,500 children from these Families have autism, which is the fastest growing serious developmental disability in the United States; however, a recent estimate by the Congressional Budget Office shows only 700 autistic children are enrolled in ECHO because of long waits and limited coverage.

ECHO's limit on autistic care allows only five hours of therapy per week, while studies by the American Academy of Pediatrics and the National Research Council show that these youth need from 25 to 40 hours per week.

This amendment also requires a study by the Secretary of Defense that examines ways to improve autistic services.

On March 15, the Enhanced Access to Autism Services Demonstration, went into effect. This project allows reimbursement for educational intervention services, such as Applied Behavior Analysis, delivered by paraprofessional providers.

Related resources

Autism and its Impact on the Military Family

- DoD Report and Plan on Services to Military Dependent Children with Autism (July 2007)
- Specialized Care Organizational Record (SCOR)
- Autism Services Demonstration (PPT) (March 2008)

Autism Eligibility Checklist

- Making Autism a National Priority FY08 Autism Appropriations
- Department of Defense Project Will Help Care for Military Dependents with Autism
- Wrightslaw: Autism and Autism Spectrum Disorder
- Wrightslaw: Military & Dept of Defense Special Education

Safety

From page 3

with soapy water to accomplish the task. Don't forget to give fresh fruits and vegetables a bath too. Do it just before you're ready to use them, and don't use soap. Rinse them under cold running water, scrubbing briskly with your hands or a soft brush, then dry with paper towels. Even items like cantaloupe and watermelon, with a rind you don't intend to eat, need this same washing routine to prevent any harmful organisms from contaminating the fruit's flesh when sliced open with a knife.

Separate so you don't contaminate: This caution starts in the cart at the commissary and carries through to refrigerator storage, to packing a cooler, to cooking and serving. Always keep raw meat, poultry and seafood, and any of their leaking juices away

from already cooked, ready-to-eat foods and fresh produce. Use soap and water to wash hands, utensils and cutting boards that have come into contact with raw meat, poultry and seafood before handling other foods. And, never put these foods, after they have been cooked, back on the same plate that held them raw. Always use a clean plate. If raw meats, poultry or seafood must share space in the same cooler as other foods, carefully pack each of them in sealed, leak-proof containers.

Chill perishable foods promptly and thaw foods properly: Nothing will give you a faster start toward growing some nasty, illness-causing germs than thawing foods on the kitchen counter at room temperature. Don't do it. Thaw foods in the refrigerator, allowing 24 hours for each five pounds of frozen food to be thawed. For quick thawing, submerge foods wrapped in airtight packaging in cold water, changing the water every 30 minutes. Thaw foods in the microwave, only if you'll be

cooking them immediately.

Refrigerate perishable foods immediately upon arriving home from the commissary, placing raw meat, poultry and seafood on the bottom shelf to eliminate the possibility of accidental drips contaminating other foods.

Cook it safe – test the temperature:

If you're not in the habit of using a meat thermometer to verify that everyday items like hamburgers, pork chops or chicken breasts have reached a safe internal temperature, do yourself and your Family a favor by changing that bad habit. Even though the accepted advice used to be "cook ground beef patties until the center is no longer pink," judging when the food is done based on color alone has been proven to be unreliable. As a matter of fact, a USDA study found that one out of every four hamburgers turns brown in the center before it reaches a safe internal temperature. So, break out that meat thermometer,

and make temperature taking a regular habit.

To learn more visit <https://www.commissaries.com>, click on Food Safety Information, then follow the links to "Four Easy Lessons in Safe Food Handling."

Apply all you've learned next time you're in the mood to grill some rib eye steaks, and try this recipe.

Pepper Steak Salad (serves 4 to 6)

1/2 pound cooked beef rib eye steak, thinly sliced

1 each small green, yellow, orange, and red bell peppers, julienned

1 (6 oz.) can pitted ripe olives, drained

1/3 cup Italian salad dressing

Mixed salad greens

Combine the steak, pepper strips and olives in a large bowl. Add the Italian dressing and toss to coat evenly.

Portion the salad greens on individual serving plates, top with the steak mixture and serve immediately.

APG combatants top RSA for Ordnance belt

Story and photos by
ROGER TEEL
U.S. Army Ordnance Center & Schools

A titanic battle was waged in the APG Fitness Center May 8 between the Army's two ordnance training brigades -- APG's 61st Ordnance Brigade and the 59th Ordnance Brigade from Redstone Arsenal, Ala.

The event was a much-ballyhooed Combatives Championship featuring the finest combatants from each brigade, conducted during Ordnance Week for the entertainment of visiting dignitaries and Army Ordnance personnel.

"It was too close to call," said Col. Bobby Towery, commander, 61st Ordnance Brigade. "It was tight for the overall title and went down to the last match."

The 61st nipped the fighting 59th by one point, 39-38, to win the Ordnance Belt, presented to Command Sgt. Maj. Donald Freeman by Regimental Command Sgt. Maj. Daniel Eubanks. Each combatant was awarded a medal and "coined" by the colonels and sergeants major from both brigades.

"It's HOOAH to offer Soldiers an opportunity to participate in a competition that enjoys such tremendous support from the command," said 2nd Lt. Jeremy Stearns, event coordinator from Basic Officer Leadership Course 003-08. "The 59th Ordnance Brigade put up a great fight, and the tournament was a nail-biter until the last two matches as the brigades were evenly matched."

"This was the inaugural event," Towery said. "We hope it's something we can continue on an annual basis."



APG Soldiers flash their "Charlie Rock" showing support to the 61st Ordnance Brigade combatants.



59th Ordnance Brigade's Bethany Onibokun puts her opponent Toni Mason in a precarious position in the early stages of their match, won by Onibokun.

61st Ordnance Brigade		59th Ordnance Brigade
Pfc. Alexeis Alexander	beat	Pfc. Rita Ramirez
Pvt. Kaylee Waskom	lost to	Pfc. Autumn Turk
Staff Sgt. Herman Baker	beat	Sgt. 1st Class Rafi Gonzalez
Spc. Sopheap Ros	lost to	Pfc. Stanley Burton
Pvt. Otilia Vaka	beat	Pvt. Michelle Klava
Pvt. Toni Mason	lost to	Pvt. Bethany Onibokun
2nd Lt. John Bender	lost to	Sgt. 1st Class Douglas Elliot
Spc. Brad Jacquin	beat	Pfc. Nathan Oliver
Pfc. Amanda Nix	lost to	Pvt. Shawntee Ford
Spc. Mark Newcomb	beat	Pfc. Douglas Rea
Staff Sgt. Paris Skidmore	beat	Sgt. Timothy Hardeman
Pvt. Joseph Newman	lost to	Pvt. Renn Bane
Pvt. Decory Holden	beat	Pvt. Shawn Hershner
Pvt. Dean Goodlow	lost to	Pvt. Keith Hannum
Pvt. John Gregg	beat	Pvt. Gustavo Bojado
2nd Lt. Leda Mora	beat	Sgt. 1st Class Amanda Wall
Pvt. Dennis Murphy	beat	Pvt. Andrew Cortina
Pfc. Manual Rios	lost to	Pfc. Nicholas Radakovick



Staff Sgt. Herman Baker of the US Marine Corp, Detachment fighting for the 61st Ordnance Brigade, top, looks for leverage in his match against Sgt. 1st Class Rafi Gonzalez.

Camps

From page 5

to military kids across the nation. Go to Operation Military Kids and click on a state to find programs available in the area.

Operation Purple Camps, a program of the National Military Family Association, offers a free week of summer fun for military kids with parents who have been, are currently, or will be deployed. Campers from all service branches will gather together to experience a week of fun and adventure at overnight camp, with a focus on learning coping skills to better deal with a parent's deployment.

Camps are free to all eligible children thanks to a partnership with the Sierra

Club Foundation and support from the Michael & Susan Dell Foundation, as well as local community support. In many locations, Operation Purple camps are hosted by Camp Easter Seals whose mission is to create solutions that change the lives of children and adults with disabilities and their families.

Contact the Operation Purple camp to find out what programs are available and to arrange for accommodations for children with special needs.

Camp Island Lake - Free summer camps for military kids, Starrucca, PA.

Cybercamps - Nellis AFB in Nevada, MacDill AFB in Florida and Fort Lewis in Washington state also offer free computer camps for military kids called Cybercamps,

in partnership with a company called Giant Campus. These courses teach game design, robotics, animation, Web design and more. And the kids don't spend all day in front of a computer, they have fun outdoor activities as well.

Giant Campus also offers free computer classes for adults on those bases, and they're open to active duty and retired Soldiers, military personnel and their families.

Contact the local Child, Youth and Family Services Office for information on summer camps and programs.

Summer planning resources from MilitaryOneSource*

- Summer Planning for Children with Special Needs
- Choosing a Summer

Day Camp

- Choosing and Preparing for Summer Overnight Camp

Planning Your School-Age Child's Summer

- Summer Opportunities for Teenagers

*You must first register and login to <http://www.militaryonesource.com> before being able to access this premium, free content from Military One Source Online.

Other resources

- National Directory of Day and Residential Camps, Camp Easter Seals.

• American Camp Association - Accreditation resources. Camperships Make Camp Affordable for Military Families.

SOAR, Inc. is a non-profit wilderness adven-

ture program for AD/HD and LD youth.

Selecting a camp is a big problem for military Families because of frequent moves, says Jeff Solomon, executive director of the National Camp Association. He fields scores of inquiries from military Families every year through CampQuest, a free online referral service that helps Families locate camps based on various search criteria.

Advisors also are available at 800-966-CAMP.

Bob Kobiush, president of Christian Camping International (CCIUSA; 719-260-9400), agrees.

"Parents want to feel safe in sending their children to camp, but military Families don't always have local connections to know

how good a particular camp may be," Kobiush said. He urges parents to contact camps and ask questions. His organization operates a free online search service of religious camps.

The American Camp Association, one of the largest camping organizations in the United States, also operates a free referral service at CampParents.org or call 765-342-8456.

My Summer Camps.com

- KidsCamps.com

• National Camp Association, Inc. - a recognized authority on summer camps. This free public service provides personalized guidance and referrals to summer camps for children worldwide.

• CampSpecialists.com - summer camp referral program.