

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for April 2 is plastic, glass and metal. Put items in blue bags and place them on the curb.



Sign up for Strong Bonds Family Retreat

A Strong Bonds Family Retreat will be held at Harbor Inn in St. Michael's, Md., April 16 through 18.

"Strong Bonds" is a three day and two night marriage get-a-way for couples desiring to strengthen and enhance their marriage. More detailed information is in article below.

For more information, contact APG Chaplains' Office, 410-278-4333, or register online, <http://www.strongbonds.org/> and follow the prompts.

RAB meeting tonight

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., March 27, at the Edgewood Senior Center on Gateway Road.

The topic of the meeting will be an update on the Canal Creek and J-Field Study Areas.

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.

Registering for Operation Purple® Summer Camp

Registration for the National Military Family Association's Operation Purple® Summer Camp began March 24 and is open through May 5. Operation Purple will host children at 64 different locations in 37 states and territories.

Summer Camp in Maryland is located at Easter Seals Camp Fairlee Manor, a residential recreational camp on 250 acres on Fairlee Creek near Chestertown, Md.

The camp offers children ages 9 through 13 the opportunity to experience the joys and challenges of camp. Camp will be held Aug. 17 through 21 and includes campfire sing-a-longs, the high ropes course, swimming and boating, nature walks and arts and crafts. All activities are success oriented and are designed to meet individual needs.

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'Next Gen' addresses root causes of Army accidents



Courtesy of U.S. ARMY COMBAT READINESS/ SAFETY CENTER

Story by **SAM REYNOLDS**
U.S. Army Combat Readiness/
Safety Center

In an effort to provide Army ReadinessAssessmentProgram users increased navigation

capability and functionality, the Army has announced an updated version of ARAP, called ARAP Next Generation or Next Gen.

For more than two years, the U.S. Army Combat Readiness/Safety Center compiled feedback and suggestions from ARAP users - battalion commanders, Soldiers, Department of the Army civilians and contractors - on possible ways to

improve the ARAP. Next Gen encompasses many of those recommendations.

The USACRC developed ARAP in October 2005 to communicate the Army's conviction that Composite Risk Management is the best way to defend against accidental losses experienced in the Army. In February 2006, the Chief of Staff, Army, directed ARAP as a mandatory program for all battalion commanders, completed in conjunction with the Command Inspection Program.

Designed as a battalion commander's tool addressing root causes of accidental loss by focusing on organizational safety climate and culture, ARAP is comprised of a 63-question online assessment, filled out by Soldiers anonymously, that captures unit posture on command and control, standards of performance, accountability and risk management.

"The assessment highlighted the fact that our leaders were not providing command guidance down to the lowest levels," said an Armor battalion commander. "Many Soldiers indicated they were not provided intelligence updates and were not being briefed on current operations. That made us dig deeper to determine what else was not making it all the way down the chain and we implemented checks to ensure this was corrected."

Once a battalion's assessment is complete, commanders receive one-on-one feedback in the key issues of command climate, safety culture, resource availability, workload, estimated success of certain safety intervention programs, and factors relating to the overall readiness of their unit.

"Some of the improvements to ARAP are the incorporation of improved navigation and

See CAUSES, page 11

ACAP 'Express' debuts

Story by **KAYLA OVERTON**
Army News Service

The launch of the Army Career Alumni Program Express Feb. 28 gives Soldiers, their Families and civilians a jump start on new careers as they retire or separate from the Army.

For example, the new online program will allow Soldiers, who are on deployment or living in remote locations, to begin planning for their future careers earlier than normal. Before ACAP Express, Soldiers had to come to an ACAP Center to receive services they will now be able to obtain online.

The new program will be as simple to use as scheduling an airline reservation online, according to James Hoffman, ACAP director.

Any Soldier on active duty, having at least 180 days of continuous active service, and separating within one year or retiring within two years, is eligible for the services.

Once approved and enrolled in the program, the planning begins. ACAP Express will allow a person to schedule attendance at events, access job assistance training tutorials, access an automated resume and cover-letter writer, and access ACAP counselors. Tutorials on job-search topics will

also be available.

"Around 63,000 Soldiers come through the ACAP program annually," Hoffman said. "Soldiers are interested; they want to be successful, and our program will help them do that."

ACAP meets congressional mandates by offering pre-separation counseling and employment-assistance training.

ACAP Express allows Soldiers the ability to register and schedule services, but Hoffman reminded that ACAP centers at installations are still available. Soldiers deployed in support of operations in Iraq and Afghanistan can also receive support from ACAP centers via phone and e-mail, Hoffman said.

Family members and Army Civilians are also encouraged to use ACAP Express. Once a Soldier retires or separates from the military, spouses sometimes find they have put their own careers on hold, and this is their opportunity to gain knowledge on how to enter the workforce, Hoffman said.

The ACAP Express program will undergo a 12-month pilot test to determine how to best meet the expectations of Soldiers, Hoffman said. He explained that users will critique the program and feedback will be reviewed in order to make the system even better and more functional.

Mileage reimbursement rate increases to 50.5 cents

Story by **GREGG CARLSTROM**
Federal News

The General Services Administration has increased federal employees' mileage reimbursement rate to match the private-sector rate.

Starting March 19, federal travelers now receive 50.5 cents per business mile, an increase from 48.5 cents per mile in 2007.

The decision, which came after months of study, brings GSA's rate in line with the IRS rate used for private businesses. The IRS rate took effect Jan. 1.

GSA is required to study a rate change each year, which often means months of discussion with federal agencies, labor groups and other stakeholders. That means

GSA's decision often lags behind the IRS rate change.

Colleen Kelley, president of the National Treasury Employees Union, praised the increase but called it long overdue.

"It is not right to expect federal employees to continue to cover the cost of gas and maintenance out of their own pockets," Kelley said. "This increase will not fully cover rising costs, but it should help."

GSA has proposed new legislation, the General Services Enhancement Act, that would tie the federal mileage rate to the IRS rate.

The agency hopes Congress will take up the bill after legislators return from the spring recess March 31.

Gates favors pause after surge redeployments

Story by **JIM GARAMONE**
American Forces Press Service

Defense Secretary Robert M. Gates said Feb. 11 he'll probably recommend a pause for evaluation and assessment in Iraq before further troop reductions when the last surge brigade leaves in July.

Gates spoke following a two-hour meeting with Multinational Force Iraq commander Army Gen. David H. Petraeus.

"I think the notion of a brief period of consolidation and evaluation probably does make sense," Gates told reporters traveling with him. The secretary did not speculate on how long the pause would be.

Last month, Petraeus recommended a pause in redeployment from Iraq after the surge brigades left Iraq. The first of the five surge brigades left Iraq in December. The second is scheduled to leave by the end of next month, then one more will go home each month through July. This will leave 15 brigade combat teams - or their equivalents - in Iraq.

Petraeus said he wanted to have a pause to reassess the conditions on the ground and to evaluate how the Iraqis are picking up the security mission.

Gates has said repeatedly that conditions on the ground will dictate how fast further brigades will redeploy. Though he had expressed the hope that more brigades could leave Iraq in August,

See REDEPLOY, page 14

AER helps Soldiers in time of need

AER

Army Emergency Relief is the only organization dedicated solely to helping Soldiers and their Families in time of emergency financial need.

Since AER is the Army's own organization, a separate campaign is conducted once a year for AER (March 1 through May 15). This is the only time Soldiers are asked to help their own organization and their fellow Soldiers.

Contributions remain important to allow AER to fulfill its mission of helping Soldiers in time of distress and misfortune. Contributions will assure continued availability of AER funds to meet increasing assistance needs for Soldiers, and may be submitted as allotments, cash or check.

All military units should by now have an AER unit representative who will solicit campaign contributions from their comrades in their own unit and then turn in the collected contributions to the AER Campaign Coordinator on Wednesdays between 1 and 3 p.m. in building 305. If an AER unit representative has not been assigned, call Maj. Mathieu Petraitis, AER campaign coordinator, 410-278-3000.

Chaplains encourage couples to attend Strong Bonds training



APG NEWS ARCHIVES
A deploying Soldier from the 203rd Military Intelligence Battalion prepares to board the bus as he gets a final embrace from his wife.

Story by **RACHEL PONDER**
APG News

Aberdeen Proving Ground's Chaplain Services along with the APG Family Advocacy Program and Behavioral Health are planning an all expense (except transportation) paid three-day, two-night couples training conference for 16 married couples (first-come-first-served).

The training will take place April 16 through 18 at St. Michaels Harbor Inn, located in St. Michaels, Md., about two hours from APG.

Active duty military and spouses are eligible for the conference, which includes the Army, Navy, Marines, Air Force, National Guard and Reserves that are preparing to deploy or have just come back from a deployment. Department of Defense civilians who have been deployed or are facing deployment can also attend.

The training is intended to help couples deal with communication issues and the stress of a modern day military at war. Chaplain (Maj.) Fred Townsend, installation chaplain resource manager referred to the stress of being a Soldier as a 'personal war.'

"This is a gift back to the Soldiers and their Families for the sacrifices that they make. The full impact of sacrifice is being felt in couples and Families as a whole when a spouse goes to war," he said. "When a Family starts to struggle, the Soldier struggles."

Townsend added that the Army's top leaders recognize how important Family life is to Soldiers.

"The Unites States Congress has set aside millions for Strong Bonds Army wide to build the Family Army strong," Townsend said. "They know that Army Strong equals

strong Families. One does not occur without the other."

According to the Strong Bond's Web site, www.strongbonds.org, more than 30,000 Army couples have participated in Strong Bonds.

Townsend said that there are many success stories because of the training.

APG was given \$30,000 for the Strong Bonds training and retreat. Townsend said that they are planning on having two more conferences this year. Dates are pending, and will be announced in a future issue of APG News.

Townsend pointed out that Col. Jeffery Weissman, garrison and deputy installation commander, also believes in supporting the Family, and has allocated funds to supplement what they have received through the Strong Bonds fund.

Other organizations, like

See STRONG BONDS, page 4

FWP celebrates Women's History Month



Sandy Fazenbaker, a supply clerk at Swan Creek Inn, shows her book of artwork to Lisa Ryan, hotel accounting technician for Swan Creek Inn. She sells her artwork at www.sceniccorner.com.

Story by
RACHEL PONDER
APG News

To celebrate Women's History Month, Aberdeen Proving Ground employees attended the 18th annual Federal Women's Program training conference March 5 at the Edgewood Conference Center.

The FWP promotes the advancement of federally employed women in the workplace. This year's training theme was "Women's Art: Women's Vision."

In keeping with this theme, women displayed artwork in the lobby of the Chemical Demilitarization Training Facility for participants to view during their lunchtime break.

Training workshops focused on professional and personal growth.

Col. Jeffery Weissman, Garrison and deputy installation commander, opened the conference by expressing his appreciation for those who planned the event, and to attendees for their support. He also introduced Maj. Gen. Fred Robinson, commander of APG and the U.S. Army Research, Development and Engineering Command.

Robinson recognized accomplishments of women and gave a special tribute to the women in his life.

"My wife is an amazing woman. She raised the one person that influenced me the most and made me change--my daughter," he said.

Robinson also thanked the artists that displayed their artwork.

"Recognizing women in the arts is special. Not only do the artists represented here today give their all to support the men and women who serve our nation, they also find time to express themselves in what I consider as universal language--art," he said. "Art goes outside of what you normally see, it changes you."

Robinson also thanked the workshop trainers and gave them a star note signifying his appreciation for the support that they give the Soldiers.

"Thank you for being part of a continued legacy of women in service," Robinson said.

The lunchtime break was expanded this year for participants to view artwork, visit vendors, and hear guest speaker Marie Joiner from the Office of the Staff Judge Advocate present "Wills: What Women

Should Know."

The artwork displayed included paintings, drawings, quilts and photography. Lishamarie Hunter, Headquarters and Headquarters Company, 61st Ordnance Brigade, showed her quilts, which portray her international travels.

"Everybody can be creative you just have to take time to develop it," Hunter said.

Diane Siler, APG's acting Federal Women's Program manager, said that she thought that the conference went well. This is a yearly educational event which addresses employment concerns.

Attendees had the chance to network with others while learning new professional skills and refreshing previously learned skills.

"We had one hundred and seventy seven registrants for the conference and great feedback from attendees. This year the number of information booths expanded, and we doubled the turnout for the lunchtime presentation on wills," Siler said. "The benefit of this conference is that it is a quality program offered free of charge, and it is located on post so there are no traveling costs."

Penny Robitaille, environmental protection specialist for the Chemical Materials Agency, goes to the FWP Con-

ference every year.

"I enjoy the different topics, and I like going because it is a change from the daily routine," Robitaille said. "I always think they have good speakers. I attended Peak Performance, and thought her presentation was very interesting."

Emotional Intelligence

Norma Tilton, a management consultant and trainer who teaches classes at Harford Community College, taught the Emotional Intelligence workshop which focused on the work environment. Tilton said that great leaders are emotionally intelligent.

Tilton quoted Daniel Goleman, Ph.D. and author of the bestselling book, "Emotional Intelligence."

"We are being judged by a new yardstick; not just how smart we are, or by our training and expertise, but also how well we handle each other."

Tilton discussed how women can be better communicators at work. She said that women tend to be more in touch with their emotions, but they need to learn how to communicate them effectively.

"Sometimes it is not what we say but how we say it," added Tilton. "This is the first day of the rest of our lives, so we might as well enjoy it."

Ways to Find Hidden Cash in Your Budget

Wendy Pietrogio and

Nancy Hill, education counselors from Aberdeen Proving Ground Federal Credit Union, held a workshop on financial literacy.

They told attendees that they should do little things that could result in big savings.

They addressed common problems that women face when they are planning financially, and solutions that could help them solve their problems.

Hill, who gives instruction on money management from youth to adult, thought the workshop was successful.

"The women at the conference were very empowered by the workshop we presented, and made comments on how the suggestions were very beneficial," Hill said.

"I found the group open and interested in the topic of budgeting and creating a more secure future for themselves," Pietrogio said. "It really means so much to me to be a part of helping our community. It was an honored opportunity."

The Benefits of a Mentoring Relationship

Margaret Cottrell, who is a training specialist at the U.S. Army Center for Health Promotion and Preventive Medicine, taught a workshop on the benefits of mentoring. Cottrell said that the workshop was motivational as well as instructional.

"Women do so much; I wanted to tell them that it is okay to ask for help. I also wanted to show that no matter who you are you have something to offer everyday," Cottrell said. "Everyone has a gift."

Cottrell said she encouraged the women to spend some time thinking about what their talents were and how they could use them to help others.

She also told the audience they should think about their goals, professionally and personally, to get the most out of their mentoring relationship.

Cottrell said that a mentoring relationship works best when the mentor and the mentee set goals together and

continually work together to achieve them.

A Writer's Workshop

The Writer's Workshop was split into two parts. Part I, taught by Cindy Sepulveda, a human resource specialist from the Civilian Personnel Advisory Center, was devoted to preparing National Security Personnel System assessments.

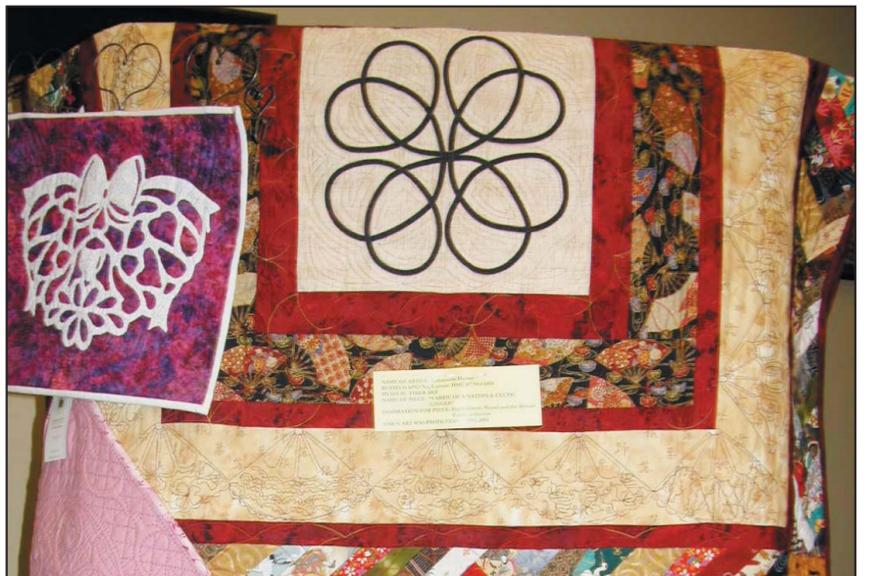
"NSPS assessments help supervisors remember an individual's accomplishments and goals by showing how they met them yearly," Sepulveda said. "It links performance to pay."

Renu Rastogi, from Edgewood Chemical and Biological Center, taught part II, which focused on writing technical and non-technical reports. The instructor also discussed the difference in writing depending on whether the produce is e-copy or hard copy and how to get through the editorial process.

The Peak Performance Commitment

Kim Goad Fabian, the president of Ovations, Inc., a consulting company and a columnist for several publications, taught the Peak Performance Commitment workshop.

"My workshop covered the characteristics of peak performance, the difference between workaholics and peak performers, how to effectively handle challenging situations and how to turn around defeating beliefs that can prevent you from giving your best," Fabian said. "Like a diamond, habits of consistent performance are formed under pressure. Only a relentless response to challenge can give us the edge."



Quilts by Lishamarie Hunter, Headquarters and Headquarters Company 61st Ordnance Brigade, celebrate her international travels. The 18 x 12 wall hanging, left, shows a heart that has empty spaces signifying the empty places left in her heart from leaving friends behind met through her travels. The 24 x 36 wall hanging, right, depicts the Asian influence from her multicultural background.



An acrylic painting by Staff Sgt. Wendy Spohn, Air Mobility Command Band, "Father and Child," represents the desire she had for the perfect family before she was married.



Artist Valerie Patrick, a retired registered nurse who lives in Virginia, painted "Food for Thought," left, and "View of the South Rim," right, with watercolors. Patrick is the mother of U.S. Army Research, Development and Engineering Command contractor, Eliot Patrick.

APG News

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Preventing substance abuse on APG



April is Alcohol Awareness Month

APG ASAP Office

In addition to weekly articles in the *APG News*, the Aberdeen Proving Ground Army Substance Abuse Program Office will sponsor National Alcohol Screening Day events April 3 at the Aberdeen Area Post Exchange, Kirk U.S. Army Health Clinic, and Edgewood Area Shopette, 11:30 a.m. to 1 p.m., and high-light alcohol awareness at all ASAP training conducted within the community.

“ASAP has provided awareness training on a variety of substance abuse related topics and is committed to ensuring the APG community has access to current and fact based information,” said Jareta Coyle, APG alcohol and drug control officer. “This questionnaire is another tool to help identify friends or Family members with a drinking problem.”

Do you have alcohol use concerns about a Family member or friend?

Recognizing signs of an alcohol problem in someone you care about

Check all that apply:

- Guilt about drinking or behaviors while drinking
- Drinking to calm nerves, deal with boredom, forgot wor-ries, or boost a sad mood
- Unsuccessful attempts to cut down/stop drinking
- Lying about or hiding drinking habits
- Causing harm or injury to property, oneself or someone else as a result of drinking
- Needing to drink increasingly greater amounts in order to achieve desired effect
- Feeling irritable, resentful, or unreasonable when not drinking
- Continuing to drink despite medical, social, Family, or financial problems caused by drinking
- Spending a great deal of time getting alcohol, drinking alcohol, or recovering from its effects
- Drinking in risky situations such as before driving or engaging in unwanted/unprotected sex
- Being able to drink large amounts of alcohol without appear-ing or feeling intoxicated

Source: Adapted from Greenfield, S. Educational Lecture for National Alcohol Screening Day. 1999. Updated by Richard Saitz, MD, MPH

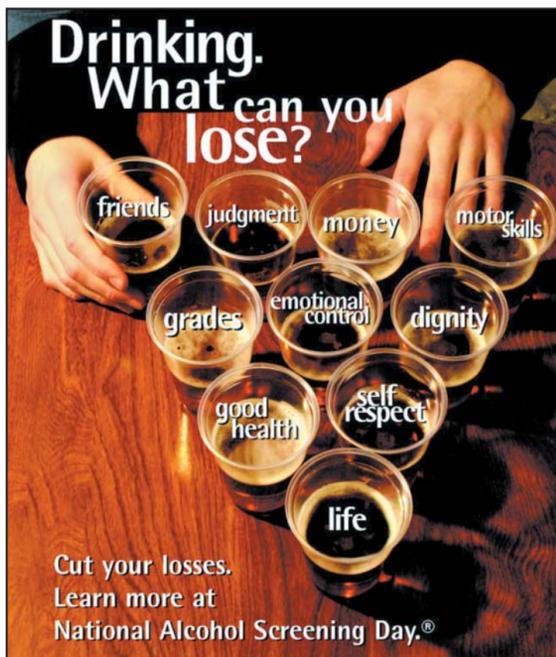
Interpreting questions

If any of the questions above can be answered in the affir-mative, consider talking with a health care professional or contacting the ASAP Employee Assistance Program Coordinator Bill Sanchious, 410-278-5319 for assistance.

Available help

What can be done if a friend of Family member may have an alcohol problem?

- Let the friend or Family member know that risky drink-ing can lead to more severe alcohol problems including alcohol dependence (alcoholism), as well as injuries and unwanted/unprotected sex.
- Seek out resources in the local community such as AA, Al-



Anon, and Alateen, as well as mental health clinics, therapists, clergy, doctors, and social workers who are knowledgeable about alcohol problems. Don't let pride or fear block efforts to get help.

- Use the resources. Encourage the friend or Family member to get help, but remember the only person you can change is yourself. Don't hesitate to use the resources to help yourself.
- Don't make excuses for the drinker. Family members often try to protect a loved one from the consequences of his or her drinking by making excuses to others. Making excuses allows the loved one to avoid changing for the better.
- Choose a good time to talk with the drinker, such as short-ly after an alcohol-related problem has occurred. Choose a time when he or she is sober, when both are calm, and speak privately.
- Be specific. Let the friend or Family member know you are concerned about his or her drinking and want to be supportive in getting help. Back up those concerns with examples of the ways in which his or her drinking has caused problems for both of you, including the most recent incident.
- Seek out the people and resources offering support. Keep in mind that you are not alone. There is hope and practical help available.

For information, educational materials, or prevention educa-tion training or classes contact Cynthia Scott, ASAP prevention coordinator, 410-278-4013, Cynthia.Scott1@apg.army.mil, or William Sanchious, employee assistance program manager, 410-278-5319, William.Sanchious@apg.army.mil or stop by building 2477 and speak with an ASAP staff member or visit the ASAP Web site, <https://apgrc2gag-intra.apg.army.mil/apg/ASAP/>

Chapel News

Confronted with life: The Easter Message

By
CHAPLAIN (COL) RUBEN D. COLON
USAGAPG

Each Easter Sunday I can't help but think of this lovely old legend that tells of the priest who found a branch of a thorn tree twisted around so that it resembled a crown of thorns. Thinking it a symbol of the crucifixion, he placed it on the altar in his chapel on Good Friday.

Early on Easter morning he remembered what he had done. Feeling it was not appropriate for Easter Sunday, he hurried into the church to clear it away before the congregation arrived. But when he came into the church, he found the thorn branches blossoming with beautiful roses. He, in a way of speaking, was confronted with life.

A woman in Ohio had the unusual experience of having her husband show up several years after he had been declared dead. The husband's car had been found on the shore of Lake Erie with a suicide note taped to the steering wheel. He was presumed drowned, although his body was not found. After a year, he was declared dead. The woman remarried. Then her first husband showed up; he had only faked the suicide and had run off to another state.

"I wish he hadn't shown up," the distraught woman said, but still she was confronted with his life and had to deal with his reappearance. She had adjusted to his death and now was confronted with his life.

On a Sunday morning nearly 2,500 years ago, a woman in Israel was faced with a somewhat similar situation. Mary Magdalene came to the tomb of Jesus "early, while it was still dark, and saw that the stone had been taken away from the tomb," John 20:1. After alerting Simon Peter and another disciple, Magdalene returned and waited outside the tomb as the two men entered. While she stood there weeping, "she turned around and saw Jesus standing but she did not know that it was Jesus," v.14, she thought it was the gardener and asked if he had removed the body.

Jesus identified himself to the astonished woman. Like the woman in Ohio, Mary Magdalene had adjusted to death, but was confronted with life. The Lord



Photo by SCOTT NIETO, APG DOIM PHOTO LAB
Despite the low temperatures at 7 a.m., the Aberdeen Proving Ground Easter Sunrise Service drew a crowd of more than 200 March 23.

had come back from the dead.

The message was the same on this Easter Day, 2008 at Aberdeen Proving Ground.

We're still confronted by life. Life confronts us through a fresh opportunity. Life confronts us through a new love that comes into our life through the birth of child or marriage or seeing a friend or relative not seen in many years. Life confronts us in the way of a gift or an inheritance, perhaps a grant or a scholarship. Life confronts us through a challenge. Life confronts us in a release from a burden or affliction, or what Christians celebrate during the season of Easter, conquering once and for all, death.

How one responds when life confronts one makes all the difference in the world.

Take that last one I mentioned, "life confronts us in the release from death."

In my last tour through Europe, my group made a visit to East Germany and on the way back we stopped at the Buchenwald concentration camp.

A story told by a German tour guide we got to know during the visit was one of the most unusual stories to emerge from the darkness of the Holocaust. It was about a group of Jewish doctors at that camp who were also prisoners and who followed the same suffering routines. They arose at 4 a.m., stood and shivered through the roll calls, worked at the day-long drudg-

ery on the autobahn, and finally received a cold bowl of thin soup at the end of the day. They were starved, beaten and overworked like the other prisoners, with no reason to expect any other fate than the miserable death in the crematorium which they saw happening about them each day.

But at night, when the other prisoners were asleep, these weary doctors got up and huddled together secretly in a group and talked. They discussed cases together. They prepared and presented papers to each other. They made plans for improving health conditions. Eventually they smuggled into the camp parts and materials to build an x-ray machine. They used it secretly at night in their efforts to diagnose and treat their fellow prisoners. It was a remarkable story because it was about people who were able to confront life in the midst of death.

The life that confronts us on Easter is not just life for life's sake, but that which is seen through the death and resurrection of Jesus Christ. Easter life is more than just believing in a fatalistic wish that all will be all right in time; it is a reality that comes to life even now that we in fact are made 'new creatures,' given a second chance, brought to life, made alive--the old has passed away, all things are made new. This is the life that confronts us at Easter. I hope it's the same for you.

Strong Bonds

From front page

Child Development Services have also gotten involved in providing free child care to couples attending.

"APG Child Development Services is proud to be a partner with the Chaplain Services in providing overnight child care for couples participating in this important opportunity to renew their commitment to each other," said Regina Dannenfels-

er, director of Family, Morale, Welfare and Recreation.

All accommodations will be provided except for transportation.

"It is a real getaway. It is a beautiful, quaint, harbor town," Townsend said. "During the training there will be time for couples to enjoy sight seeing and shopping."

Townsend mentioned that in addition to seminars, there will be some group work, and time for the couples to speak one on one. He said that the facilitators want to encourage couples to communicate freely during the conference. They will address typical problems

associated with the stresses of a military at war and provide communication strategies. He added that they want to provide a safe, fun environment.

"We want the couples to listen without judgment. When a person is heard most conflict goes away," he said.

Townsend will co-teach the seminar as well as Aida Rivera from the Family Advocacy Program and Joe O'Rourke, chief of Behavior Health at APG.

Townsend stressed that the registration will not be completed until the DA 31 form, specifying a PASS, is submitted through their chain-of-command.

Townsend requested APG's support in the Strong Bonds training to make the Family strong. He added that couples need to be serious about attending the training when they sign up.

"We want to make sure that all sixteen couples attend the training, unless there is a serious emergency," Townsend said.

To register, visit www.strongbonds.org, or call Townsend 410-278-4333. A confirmed registration packet will not be handed out until a signed copy of DA 31 Form is provided to Townsend and an "Agreement to Attend" is signed in person at the Main Post Chapel, building 2485.

POST SHORTS

Transportation costs are not covered.

Interested Families can sign-up to receive e-mail notices and announcements on the Web site.

For more information or to register, visit http://www.nmfa.org/site/PageServer?pagename=op_maryland.

PWOC holds Spring Volksmarch

The Protestant Women of the Chapel will hold a Spring Volksmarch, 9 a.m. to noon, April 3, at Top of the Bay. Everyone is invited to join the volksmarch in a celebration of spring and make new friends. Activities are planned for children and adults – bring the children or drop them off at the Main Post Chapel for free childcare. This event is free, but RSVP is required if children join adults for lunch.

For more information, call 410-278-4333.

MCSC offers scholarships

The Military and Civil-

ian Spouses' Club (MCSC) is accepting applications for scholarships. Scholarship categories for the 2008-2009 academic year include high school senior, undergraduate student, graduate student and non full-time, continuing education or technical program student.

Applications are available for download at www.apgmcsc.org. Applications must be mailed to MCSC-Scholarships, 2806-A McCloskey Road, APG, MD 21005 and postmarked by April 10 to be considered. Applicants are required to be either a current MCSC member or family member to apply.

For more information, call Colleen Shull, 410-435-1526.

Defense Technology and Intelligence Career Fair

The Army Community Services Employment Readiness and Transition Program will co-host a Defense Technology and Intelligence Career Fair, noon to 4 p.m., April 10, at the Aberdeen Area Recreation Center,

building 3326.

Job seekers with any security clearance, IT, technical scientific, military, government, chem/bio warfare, contractor or intelligence background are highly encouraged to attend. Participants can meet with many different employers and recruiters.

For more information or to see a list of exhibitors and jobs being offered, visit www.TransitionCareers.com.

Annual Spring Technology Expo April 16

The Corporate Information Office of the U.S. Army Research, Development and Engineering Command and the U.S. Army Garrison Aberdeen Proving Ground Directorate of Information Management will host the 2008 Annual Spring Information Technology Expo 9:30 a.m. to 1:30 p.m., April 16, at Top of the Bay.

Admission is free and open to all civilian, military and contractor personnel.

For more information or to register online, visit <http://www.fdaexpo.com/register.php?id=37>. Attendees can follow the link and register in advance for the spring show.

For more information, call Chris Zukowski, Corporate Information Office, RDECOM, 410-436-3873, e-mail Christopher.zukowski@us.army.mil.

CPR, AED classes available

The Aberdeen Proving Ground Fire and Emergency Service is offering CPR and automated external defibrillator classes on APG.

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

In the Edgewood Area, classes will be held at the Gunpowder Club, building E-4650 in the Osprey Room, on April 16, June 18, Aug. 20, Oct. 15 and Dec. 17.

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

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

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

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

Community Notes

FRIDAY

MARCH 28 THE SOUNDS OF SPRING – ANIMAL COMMUNICATION

Bring out the whole Family and join retired wildlife biology professor Glenn Dudderar to learn about and practice communicating as some wild species do. Wolves, turkeys, frogs, geese and more - lots of audience participation is needed. Everyone gets a free turkey caller. This program will be held 7 to 8 p.m. for ages 6 to adult (Families). Cost is \$3 per person or \$5 per Family and registration is required.

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

SATURDAY

MARCH 29 STORMWATER MANAGEMENT FOR THE HOMEOWNER AND LANDSCAPER

Join Harford County Department of Public Works personnel to learn about the maintenance of stormwater facilities located in Harford County. Topics will include sand filter basins, bio-retention, swales, pocket ponds, shallow marshes and more. Landscapers who attend this class will be placed on DPW's stormwater management list of contractors who offer maintenance services. This free program will be held 8:30 to 10 a.m. for adults. 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.

HEALING HERBS I – LAVENDER AND OATMEAL SOAP

Explore the medicinal and therapeutic values of herbs and wild plants. Take home a product made from some of the highlighted plants. This session will focus on the calming and cleansing properties of lavender and oats. This program will be held 11 a.m. to 12 noon for ages 14 to adult. Cost is \$4 or \$10 for 3 Healing Herbs programs. 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.

CHILDREN'S GARDENING I

Have fun growing food and flowers. Enjoy crafts, games and science disguised as fun, while learning about seeds, life cycles and growing food and flowers in a watershed-friendly way. This program will be held 1 to 2 p.m. for ages 5 to 10. Cost is \$5 or \$15 for four Children's Gardening programs. 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.

HARFORD COUNTY YOUTH SUMMER/ ENTRY LEVEL JOB FAIR

The Susquehanna Workforce Network will hold a Harford County Youth Summer/Entry Level Job Fair for ages 16 through 21, 9 a.m. to noon, at the Aberdeen Workforce Center located on 34 North Philadelphia Blvd., 3rd Floor, Aberdeen.

For more information, call Stacey Lambert at 410-939-4240, e-mail slambert@swnetwork.org.

SUNDAY

MARCH 30 MEET A CRITTER

Check out one of the live critters up close while discovering what makes that animal special. This free program begins at 1 p.m. for all ages. No registration required.

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

WOOD DUCK CANOE TRIP

Join the Izaak Walton League and explore the wooded marsh on the first canoe trip of the season to welcome back the wood ducks. Dress warmly and bring binoculars. Meet at Bosely Conservancy. This program will be held 4 to 7 p.m. for ages 8 to adult. Cost is \$10 per person. Registration is required.

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

SATURDAY

APRIL 12 ELECTRONICS RECYCLING EVENT

A Community Electronics Recycling event will be held 10 a.m. to 2 p.m. for electronic equipment at St. Ignatius Church located on 533 East Jarrettsville Road, Forest Hill. Computers contain hazardous materials that should not be mixed with regular trash.

The public is invited to donate their old computers, CPU's, speakers, fax machines, scanners, printers, keyboards, cell phones, stereos, mice and microwaves free of charge. A contribution of \$10 per monitor will be requested. Do not bring television sets. Tax donation receipts will be provided.

For more information, call 443-866-5101 or e-mail computers@aceweb.com.

BULL AND SHRIMP ROAST

The Harford County Municipal Fraternal Order of Police, Lodge 128, will be hold Bull and Shrimp Roast, 3 to 6 p.m. at the Aberdeen American Legion located on 44 North Park Street, Aberdeen. Tickets cost \$30 per person and include an all-you-can-eat bull and shrimp roast, DJ, games, beer and soda. A cash bar will also be available.

For more information or to purchase tickets, call David Swain, 443-876-4419 or e-mail dswain@aberdeen-md.org.

CASINO NIGHT

American Legion Susquehanna Post 135 located on

300 Cherry Street, Perryville, will hold Casino Night, 5 p.m. to midnight. First come, first serve - four Texas hold'em tables. Many games of chance, a cash bar and food will be available.

For more information, call 410-642-2771.

BULL AND OYSTER ROAST – PRIDE OF BALTIMORE II VISIT

The Chesapeake Heritage Conservancy, Inc. will host its 14th annual Bull and Oyster Roast to benefit the Skipjack Martha Lewis, 6 to 10 p.m. under a heated tent in Hutchins Park (foot of Congress Avenue) in Havre de Grace.

The Pride of Baltimore II will visit Havre de Grace to aid in the celebration of the event. Both ships will be docked in Frank Hutchins Park during the event. There will be an open house on the Pride II, noon to 5 p.m.

Tickets cost \$40 per person in advance, or \$50 at the door. Reserved tables of 10 cost \$500.

For more information or to purchase tickets, call 410-939-4078, or visit Amanda's Florist, Bank of Memories, Java by the Bay or the Havre de Grace Visitor's Center, 1-800-851-7756 or 410-939-2100.

SATURDAY

APRIL 19 EARTH DAY 2008 FESTIVAL

An Earth Day celebration will be held 11 a.m. to 4 p.m., at Aberdeen Festival Park located on West Belair Avenue, across from the Aberdeen Library. The free event is for all ages and will include live music, a rock climbing wall, a "moon bounce," tie-dye, recycled games, prizes and face painting.

For more information, to register or for directions, call 410-297-4215.

SATURDAY

APRIL 26 GREAT TRAIN ROBBERY BAND

American Legion Edgewood Service Post 17, located on 415 Edgewood Road, Edgewood will hold a dance, 9 p.m. to 1 a.m. Doors open

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

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

SATURDAY

APRIL 29 IAC SMALL BUSINESS INDUSTRY DAY

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

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

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

SATURDAY

MAY 3 UNITY IN THE COMMUNITY DAY

Unity in the Community will be held noon to 5 p.m. at the Festival Park located at the corner Parke and Franklin streets in Aberdeen. Admission to the festival is free. The event includes a day

of a day of food, crafts, fellowship and fun, crafts, a 3-on-3 basketball tournament, entertainment and more. Food vendors, crafts persons and community representatives are needed.

For more information or to reserve space for food vendors and crafts, call 410-306-6029 or 443-910-6118 or e-mail UITC1@yahoo.com.

FRIDAY

JUNE 20 CRAB FEAST AND BASEBALL FUNDRAISER

The Family and Children's

Services of Central Maryland will host a crab feast and baseball fundraiser, 6:30 to 8 p.m., at Ripken Stadium, 873 Long Drive.

Tickets cost \$65 per person and include all-you-can-eat crabs, corn on the cob and game ticket to see the Aberdeen Ironbirds vs. Brooklyn Cyclones.

Proceeds will benefit Family and Children's Services Harford County programs.

For more information or to purchase tickets, call 410-838-3222 ext. 221; callers from Baltimore, call 410-803-9617.

Legal notice

Anyone having claims against or is indebted to the estate of Pfc. Bobby Ray Lerma, Company C, 143rd Ordnance Battalion, should contact the Summary Courts Martial Officer, Capt. Henry Payne, 443-307-1772, or e-mail henry.r.payne@us.army.mil.

APG Outdoor Journal

Commentary: Introducing the 'APG Outdoor Journal' column



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

By
BILL ARMSTRONG
APG Wildlife and Marine Law Enforcement Division

Yes, I know what you're thinking. The APG News must have really been scraping the bottom of the barrel when they asked me to do an outdoor column for the paper.

There I was, sitting at my desk, day-

dreaming about my favorite trout stream in West Virginia, when George Mercer from the APG News called wanting some information about the installation's recreational boating regulations. From the way he explained it, a reporter from one of the Baltimore television stations was bugging him about one of our restricted access areas on the Gunpowder River.

Now you all know George...ain't never met a stranger and he can talk the bark off of a locust post in the dead of winter. Anyway, when he finally stopped to catch his breath, I quickly jumped in and answered his question. That's when he brought up the idea of me putting together a piece for the newspaper about the hunting and fishing and boating at APG.

"Heck," he said, "you're too old to do anything else. You might just as well try to do something constructive."

So here I sit putting pen to paper with the idea in mind of "shining a light" on the outdoors at Aberdeen Proving Ground; perhaps along the lines of focusing one week on the fishing or crabbing in our part of the upper Bay, with maybe the next

week being something about the hunting or boating around APG. Heaven knows, with two major rivers flowing through the installation and acres and acres of pristine marsh and woodlands, there's plenty of outdoor things to write about.

When I asked the newspaper if they wanted me to sign a long-term contract, the only response I got was from the editor, "Let's hold off on that for the time being." She went on to say something about reader interest and space in the paper but I missed most of what it was she was trying to say. After being a game warden for forty years and being around firearms and outboard motors for most of my life, my hearing isn't as good as it used to be, so I guess we'll just have to wait and see how long the newspaper will put up with me.

By the way, if you have any questions or suggestions about hunting, fishing or the boating programs on APG, please feel free to contact me at 410-436-4357 or e-mail william.f.armstrong@APG.Army.mil. Hopefully the editor will give me space in the paper to be able to print questions from the readers and my answers.

Commentary: Catching by land and by sea

By
BILL ARMSTRONG
APG Wildlife and Marine Law Enforcement Division

Well folks, it looks as if spring is just around the corner at Aberdeen Proving Ground. Whistle pigs (groundhogs for all you yuppies) are stirring, bald eagles nesting at APG have eggs in their nests and the white and yellow perch are making their spawning runs up the Bush and Gunpowder rivers.

If my internal clock is still ticking after all the years I've spent out in the bushes, it's time to start digging out your bucktails and turkey calls.

On March 1 the "catch and release" rockfish season kicked off in portions of the Chesapeake Bay.

Of particular interest to

APG anglers, in the Aberdeen Area, the Susquehanna Flats will be open north of a line drawn from Sandy Point (Spesutie Island) across the Bay to Turkey Point, and in the Edgewood Area (Gunpowder), that portion of the Bay south of Abbey Point at the mouth of the Bush River across the Bay to Worton Point will be open. This will include both the Bush and Gunpowder rivers.

Please note however, that portion of the Chesapeake Bay from Sandy Point south to Abbey Point will remain closed during this period.

This "catch and release" striped bass season will continue through April 18.

For those hardy rockfish angling enthusiasts who don't mind the uncertain weather conditions and the sometimes nasty winds, this can be an exciting

experience. This is the time of year when the big "cow" rockfish move up the Bay to the Susquehanna Flats to spawn.

My personal best "catch and release" rockfish caught during this early season was a handful at nearly 40 pounds. By the time I was finally able to release her, she'd pulled me nearly a mile from where the tug-of-war first began.

The fishing is still on the slow side at APG due to the cold water and the high winds of late, but the commercial guys I talked with last week assured me that the perch are definitely in the rivers.

Normally by this time of the year the water temperature is up near the 50 degree [Fahrenheit] mark with the perch jumping all over minnows and grass shrimp. Guess we'll just have to wait until the water clears up some.

And heaven forbid that I should forget to mention the annual run of shad in the Susquehanna. That's one you don't want to miss. One of the first things I watch for when fishing for hickory shad is the blooming of the forsythia, that's when I start getting my shad darts ready to go. Well, I saw my first forsythia blooming this weekend, so if you're looking for me this week and the water is clear, chances are you'll find me up on the river.

As a gentle reminder to those of you thinking about going out on the Bay this time of the year, please remember this...hypothermia is a killer. And even though the air temperature might be 60 degrees Fahrenheit, the Bay water is still cold. It doesn't take very long in 40 degree water to drop your core temperature down to a dangerous level. In recent years several fatalities have occurred at APG involving hypothermia and drowning, so dress for it, wear your life jacket and pay attention out there.

For those of you who enjoy spring gobbler hunting, the season at APG is fast approaching. Opening day is currently slated for April 18, and from the large numbers of turkeys we've observed, it appears that the birds have wintered well.

If you would like additional information on the striped bass Catch and Release season, or the upcoming turkey season, give the APG Wildlife and Marine Law Enforcement Division a call at 410-278-3305 or 410-436-4357. They'll do their best to keep you on the straight and narrow.

LAW

Phishing scams, frivolous arguments top the 2008 'Dirty Dozen' tax scams

IRS

The Internal Revenue Service issued its 2008 list of the 12 most egregious tax schemes and scams, highlighted by Internet phishing scams and several frivolous tax arguments March 13.

Topping this year's list of scams is phishing, which encompasses numerous Internet-based ploys to steal financial information from taxpayers. New to the "Dirty Dozen" this year is a scheme, which IRS auditors discovered, that relates to unreasonable and/or excessive fuel tax credit claims.

"Taxpayers should be wary of scams and promises to avoid paying taxes that seem too good to be true," acting IRS Commissioner Linda Stiff said. "There is no secret formula that can eliminate a person's tax obligations. People should be wary of anyone peddling any of these scams."

Tax schemes can lead to problems for both scam artists and taxpayers. Tax return preparers and promoters also risk significant penalties, interest and possible criminal prosecution.

The IRS urges taxpayers to avoid these common schemes.

Phishing

Phishing is a tactic used by Internet-based thieves to trick unsuspecting victims into revealing personal information they can then use to access the victims' financial accounts. These criminals use the information obtained to empty the victims' bank accounts, run up credit card charges and apply for loans or credit in the victims' names. Phishing scams often take the form of an e-mail that appears to come from a legitimate source. Some scam e-mails falsely claim to come from the IRS. To date, taxpayers have forwarded more than 33,000 of these scam e-mails, reflecting more than 1,500 different schemes, to the IRS. The IRS never uses e-mail to contact taxpayers about their tax issues. Taxpayers who receive unsolicited e-mail that claims to be from the IRS can forward the message to a special electronic mailbox, phishing@irs.gov, using instructions contained in an article titled "How to Protect Yourself from Suspicious E-Mails or Phishing Schemes." <http://www.irs.gov/individuals/article/0,,id=155344,00.html>. Remember: the only official IRS Web site is located at <http://www.irs.gov/>.

Scams related to the economic stimulus payment

Some scam artists are trying to trick individuals into revealing personal financial information that can be used to access their financial accounts by making promises relating to the economic stimulus payment, often called a "rebate." To obtain the payment, eligible individuals in most cases will not have to do anything more than file a 2007 federal tax return. But some criminals posing as IRS representatives are trying to trick taxpayers into revealing their personal financial information by falsely telling them they must provide information to get a payment. For instance, a potential victim is told by phone or e-mail that he or she is eligible for a rebate but must provide a bank account number (or similar information) to get the payment. If the target is unwilling, the victim is then told that he cannot receive the rebate unless the information is provided. Individuals should remember that the only way to get a stimulus payment is to file a 2007 tax return. The IRS urges taxpayers to be extra-vigilant. The IRS will not contact taxpayers by phone or e-mail about their stimulus payment.

Frivolous arguments

Promoters of frivolous schemes encourage people to make unreasonable and unfounded claims to avoid paying the taxes they owe. Most recently, the IRS expanded its list of frivolous legal positions that taxpayers should

stay away from. Taxpayers who file a tax return or make a submission based on one of these positions on the list are subject to a \$5,000 penalty. The most recent update of the list of frivolous positions includes: misinterpretation of the 9th Amendment to the U.S. Constitution regarding objections to military spending, erroneous claims that taxes are owed only by persons with a fiduciary relationship to the United States, a nonexistent "Mariner's Tax Deduction" related to invalid deductions for meals and the misuse of the fuel tax credit (see below). The complete list of frivolous arguments is on the IRS Web site, <http://www.irs.gov/taxpros/article/0,,id=159853,00.html>.

Fuel tax credit scams

The IRS is receiving claims for the fuel tax credit that are unreasonable. Some taxpayers, such as farmers who use fuel for off-highway business purposes, may be eligible for the fuel tax credit. But some individuals are claiming the tax credit for nontaxable uses of fuel when their occupation or income level makes the claim unreasonable. Fraud involving the fuel tax credit was recently added to the list of frivolous tax claims, potentially subjecting those who improperly claim the credit to a \$5,000 penalty.

Hiding income offshore

Individuals continue to try to avoid paying U.S. taxes by illegally hiding income in offshore bank and brokerage accounts or using offshore debit cards, credit cards, wire transfers, foreign trusts, employee leasing schemes, private annuities or life insurance plans. The IRS and the tax agencies of U.S. states and possessions continue to aggressively pursue taxpayers and promoters involved in such abusive transactions.

Abusive retirement plans

The IRS continues to uncover abuses in retirement plan arrangements, including Roth Individual Retirement Arrangements. The IRS is looking for transactions that taxpayers are using to avoid the limitations on contributions to Roth IRAs. Taxpayers should be wary of advisers who encourage them to shift appreciated assets into Roth IRAs or companies owned by their Roth IRAs at less than fair market value. In one variation of the scheme, a promoter has the taxpayer move a highly appreciated asset into a Roth IRA at cost value, which is below annual contribution limits even though the fair market value far exceeds the amount allowed.

Zero wages

Filing a phony wage- or income-related information return to replace a legitimate information return has been used as an illegal method to lower the amount of taxes owed. Typically, a Form 4852 (Substitute Form W-2) or a "corrected" Form 1099 is used as a way to improperly reduce taxable income to zero. The taxpayer also may submit a statement rebutting wages and taxes reported by a payer to the IRS. Sometimes fraudsters even include an explanation on their Form 4852 that cites statutory language on the definition of wages or may include some reference to a paying company that refuses to issue a corrected Form W-2 for fear of IRS retaliation. Taxpayers should resist any temptation to participate in any of the variations of this scheme.

False claims for refund and requests for abatement

This scam involves a request for abatement of previously assessed tax using Form 843, "Claim for Refund and Request for Abatement." Many individuals who try this have not previously filed tax returns. The tax they are trying to have abated has been assessed by the IRS through the Substitute for Return Program. The filer uses Form 843 to list reasons for the request. Often, one of the reasons given is "Failed to properly compute and/or calculate Section 83-Property Transferred in Connection with Performance of Service."

Return preparer fraud

Dishonest tax return preparers can cause many problems for taxpayers who fall victim to their schemes. These scam artists make their money by skimming a portion of their clients' refunds and charging inflated fees for return preparation services. They attract new clients by promising large refunds. Some preparers promote the filing of fraudulent claims for refunds on items such as fuel tax credits to recover taxes paid in prior years. Taxpayers should choose carefully when hiring a tax preparer, especially one who promises something that seems too good to be true.

Disguised corporate ownership

Some people are going as far as forming domestic shell corporations in certain states for the purpose of disguising the ownership of a business or financial activity. Once formed, these anonymous entities can be used to facilitate underreporting of income, non-filing of tax returns, engaging in listed transactions, money laundering, financial crimes and even terrorist financing. The IRS is working with state authorities to identify these entities and to bring the owners of these entities into compliance.

Misuse of trusts

For years, unscrupulous promoters have urged taxpayers to transfer assets into trusts. They promise reduction of income subject to tax, deductions for personal expenses and reduced estate or gift taxes. However, some trusts do not deliver the promised tax benefits. As with other arrangements, taxpayers should seek the advice of a trusted professional before entering into a trust.

Abuse of charitable organizations and deductions

The IRS continues to observe the misuse of tax-exempt organizations. Misuse includes arrangements to improperly shield income or assets from taxation, attempts by donors to maintain control over donated assets or income from donated property and overvaluation of contributed property. In addition, IRS examiners are seeing an uptick in instances where taxpayers try to disguise private tuition payments as contributions to charitable or religious organizations.

IRS watches scams that fall off the list

While the IRS has seen a decline in the occurrence of some of these scams, other problems, such as abuse of the American Indian Employment Credit and misuse of structured entity credits, continue to be areas of concern. The absence of a particular scheme from the Dirty Dozen should not be taken as an indication that the IRS is unaware of it or not taking steps to counter it.

How to report suspected tax fraud activity

Suspected tax fraud can be reported to the IRS using IRS Form 3949-A, Information Referral. Form 3949-A is available for download from the IRS Web site at www.irs.gov. The completed form or a letter detailing the alleged fraudulent activity should be addressed to the Internal Revenue Service, Fresno, CA 93888. The mailing should include specific information about who is being reported, the activity being reported, how the activity became known, when the alleged violation took place, the amount of money involved and any other information that might be helpful in an investigation. The person filing the report is not required to self-identify, although it is helpful to do so. The identity of the person filing the report can be kept confidential.

Whistleblowers also could provide allegations of fraud to the IRS and may be eligible for a reward by filing Form 211 located at <http://www.irs.gov/pub/irs-pdf/f211.pdf>, Application for Award for Original Information, and following the procedures outlined in Notice 2008-4, <http://www.irs.gov/pub/irs-drop/n-08-04.pdf>, Claims Submitted to the IRS Whistleblower Office under Section 7623.

Causes

From front page

functionality, including multiple dropdown windows added to ARAP's registration process," said ARAP Team Chief Sam Reynolds.

"Additionally, Next Gen provides quicker access to a battalion's summary and detailed roll-up reports, printable analysis charts and tables and issues completion certificates," added Reynolds.

Brigade commanders and

higher-level commanders are afforded the opportunity, with Next Gen, to receive a debriefing focusing on the aggregate data collected from all enrolled units in that command.

An additional feature of Next Gen is automated e-mails generated to commanders informing them of their ARAP status.

"An e-mail will be sent when the unit is registered and ninety and one hundred and twenty day notifications sent as well, if the unit has not accomplished its survey requirements," Reynolds said. "Three weeks

following a completed assessment, the commander receives an e-mail query asking them to share benefits, issues or concerns associated with the assessment."

"Overall, ARAP feedback from the last twenty eight months is extremely positive," Reynolds said. "Commanders value a tool that assists in putting their finger on the safety climate and culture's pulse in the organization."

Soldiers and employees appreciate ARAP because it affords them the freedom to share with their command-

er those issues and concerns that they believe are of utmost importance when dealing with safety issues and at the same time provide anonymity. Additionally, higher-level commanders agree that ARAP affords the opportunity to provide direction and resources to the battalion commanders as needed, to effectively reduce accidental losses and positively affect the unit's safety climate and culture."

For more information on ARAP Next Gen or to enroll, visit <https://unitready.army.mil>.

Commentary: Making the safe decision

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

Our Army recruits and retains many generations of high-quality men and women. These Soldiers are instilled with integrity, personal courage and a commitment to our great nation that is more than admirable – it is the foundation of our volunteer force protecting freedom.

When I ponder the million-man force that is the Army today, I am convinced that 99 percent of Soldiers ultimately want to do the right thing. Furthermore, I'm convinced that Soldiers do not wake up one day and ask themselves, "What can I mess up today?" With that said, how do we convince Soldiers to cross the fine line of wanting to do right and actually doing so?

Our Soldiers deploy throughout

the world and make safety decisions during missions and on the battlefield that save lives. In fact, statistics confirm that fewer accidents occur in deployed locations versus home stations and off duty. What does this tell us?

It tells us that the same Soldiers who are making the right decisions to prevent accidents while deployed are then coming home and making decisions that lead to accidents. The high safety awareness established while deployed is not returning with our Soldiers.

I believe we can effectively categorize the majority of accidents with one or more of the following contributing factors. You have heard them before and there is absolutely nothing unique in these. However, about 90 percent of every accident investigation report we execute, review and receive includes one of the following contributing factors:

- Complacency
- Overconfidence
- Untrained
- Indiscipline

There is not one solution set or a single answer "how to," but I contend there exists numerous tools that afford Soldiers situational awareness. For starters, we know accountable leaders, engaged at the proper echelon with every comrade, immediately save lives. They promote change in our Soldier's culture, instinct and intuition for our future. But where is that engagement when those leaders are not physically present?

The Family? Seems the one person who provides input to Soldiers up until and way past their early years in life resides in the Family. Soldiers listen to these Family members when it comes to decisions, behaviors and actions. Some say besides the spouse, there is no one who exhib-

its influence on a Soldier's life more consistently than the Soldier's mother. Is there value in engaging and educating the extended Families to cover the gaps created by leadership absences during times such as block leave, noncommissioned officer education and changes of command?

So how do we successfully engage the entire formation in various environments? Seems the answer is simple: "3 to 6." The "3 to 6" principle is a viable and uncomplicated solution that [USACRC] Command Sgt. Maj. Tod Glidewell and I endorse. This unspoken principle proposes every leader is best effective in the leadership role when they are responsible for three to six Soldiers.

How well do you know your "3 to 6?" Check the December 2007 issue of Knowledge at <https://crc.army.mil/Knowledge>. "Making a Difference with Engaged Leaders" to see

how your leadership measures up. In the article, Glidewell relates a story a wise sage passed along to him, that every Leader need not focus past the three to six Soldiers within his/her immediate sphere of concern. That a leader at squad level has three to six within that squad; a platoon sergeant has three to six in that platoon; and a company first sergeant has three to six in that company. By knowing your "3 to 6" Soldiers, you'll know where to affect positive change and which tools are most effective with your Soldiers. Our Army operates on this concept and it works.

Needless to say, you as leaders have difficult tasks to perform and the challenges you face are daunting, but there are tools that benefit you and your formations. Engage and achieve success. Engage and get to know your "3 to 6." Thanks and remember, an Army Safe is Army Strong!!

Commentary: Enhancing your driving skills

By
COMMAND SGT. MAJ. TOD GLIDEWELL
U.S. Army Combat Readiness/Safety Center

As Brig. Gen. W. H. Forrester alluded to in his article [above] this month, we suffered significant losses in our ranks during the month of February to on- and off-duty accidents. Some of these accidents included vehicle rollovers, vehicle ejections and head-on collisions.

As Soldiers, we have the opportunity to participate in driver's training programs that are offered at many of our military installations. While most of these programs are geared

toward our Soldiers operating a military vehicle in a tactical environment, complete with full battle rattle, the emphasis of the training is teaching Soldiers to make smart decisions behind the wheel to avoid an accident.

One way to aid in the fight against these type incidents is to conduct privately owned vehicle check rides and continue driver's training at your installation after you return [from deployment].

A common trend in many communities across our nation is the availability of defensive driving training courses. For the motorcyclist, the Motorcycle Safety Founda-

tion® courses are provided at most installations by Information Management Command. These courses, usually taught by certified contractors that use a standardized program of instruction, have one objective in mind – saving lives.

A best practice I witnessed during a recent visit to an installation was a remedial driver's training program. Those individuals who had been cited for violations in which they had lost their post driving privileges were required to attend the class prior to reinstatement. The eight-hour class is taught on a Saturday and requires participants to show up in a Class A uniform with their first-line

supervisor. At the end of the class, the Soldiers have to pass a written exam. It's a simple, yet effective, use of corrective training that worked for this installation.

Tactical driving can be another story. For example, we currently have those that have never driven to those that have logged thousands of miles in combat conditions. For that reason, it is best to start driver's training early in the reset period in a controlled environment, not combat. I know of no better way to engage our young Soldiers than for noncommissioned officers to mentor them on the "do's and don'ts" of operating vehicles

such as the high mobility multi-purpose wheeled vehicle. The best driver's training programs incorporate on- and off-duty driving in all types of weather and visibility. They then move on to more advanced tasks such as driving with night vision devices, load planning and security of loads.

Many installations have moved toward a driving center of excellence. Fort Polk and ARCENT in Kuwait have done so in tactical driving. Fort Drum has taken it one step further with its driver's training program. Set in a real-world environment, the program combines both POV and tactical training in a one-

stop building. Fort Drum also is working to partner with the state of New York to teach driver's education on post. The program will focus primarily on Soldiers, but it may also be made available to Families.

To expand the program your post offers, check into ways to work with your local and state enforcement agencies. Also check out what we have to offer at the U.S. Army Combat Readiness/Safety Center by visiting our Driver's Training Toolbox. It has the resources to either get you started or enhance the program you currently have in place at <https://crc.army.mil/drivertrainingtoolbox/>.

APG offers basic, experienced motorcycle rider's courses

DSHE

The Basic Rider and Experienced Rider Course is free and mandatory for any Soldier, civilian, retiree, Family member or contractor who wants to operate a motorcycle on post.

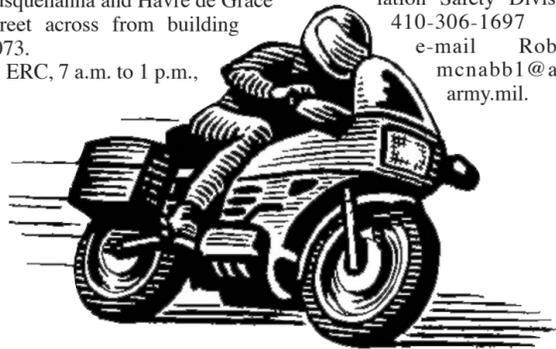
BRC is designed for the novice rider who holds a learner's permit and has his/her own motorcycle.

BRC is scheduled 9 a.m. to 4 p.m., at building 4303, Hazardous Waste Training Room, on April 15 through 17, May 13 through 15, June 24 through 26, July 22 through 24, Aug. 22 through 24, Aug. 19 through 21, Sept. 23 through 25, BRC classes also will be held 7 a.m. to noon, Oct. 20 and 22 at building 5442, Range at Susquehanna and Havre de Grace Street across from building 3073.

ERC, 7 a.m. to 1 p.m.,

will be held at the Motorcycle Range at Susquehanna Avenue and Havre de Grace Street, across from building 3073. ERC is designed for the licensed motorcyclist who wants to sharpen his/her riding skills and has their own motorcycle. Mandatory for any Soldier, civilian, retiree, Family member or contractor who does not have a valid MSF card and wants to operate his/her motorcycle on post. The motorcyclist should have at least been riding one season. Dates are: March 27, April 28, May 16, June 27, July 25, Aug. 22, Sept. 29 and 30, Oct. 23 and Nov. 14.

For more information or to enroll, call Bob McNabb, Installation Safety Division, 410-306-1697 or e-mail Robert.mcnabb1@apg.army.mil.



Traffic Safety

COMMENTARY: Vehicle headlamps, fog lights required on APG

By
JOSEPH L. DAVIS
Directorate of Law Enforcement and Security

Notwithstanding any other provision of the Maryland Transportation Article, if a driver of a vehicle on a highway operates the vehicle's wipers for a continuous period of time because of impaired visibility resulting from unfavorable atmospheric conditions, the driver shall light the vehicle's headlamps or fog lights.

Basically, every time you place the windshield wipers in operation you should automatically turn your vehicle's headlights or fog lamps on.

A police officer may enforce the windshield wiper provision only as a secondary action when the police officer detains a driver of a motor vehicle for a suspected violation.

Be safe, buckle up and look before you back.

Letter to the Editor:

Dear Editor,

A newsworthy story would be to have the Garrison commander explain the rationale for taking control of the Aberdeen and Edgewood [area] boat clubs away from the patrons, and tripling the rates in order to generate more profit for MWR.

For the last 45 years, active duty and retired civilian and military personnel have had access to boating in the Chesapeake Bay through two APG Morale, Welfare, and Recreation boating clubs: the Spesutie Island Boat Operations (SIBO) in the Aberdeen Area and the Gunpowder Neck Boating Activity (GNBA) in the Edgewood Area. There are approximately 300 patrons between the two boat clubs.

These clubs, with minimal amenities, have always been operated by the club patrons, who pay for services (slip fees, boat ramp access, winter storage, etc.) based on rates determined by the club.

In addition to membership fees and moderate usage charges, the club members are obliged to conduct the majority of required maintenance and repair through committees and work parties.

All funds collected are turned over to MWR, and funds are then provided by MWR to buy needed materials and supplies. The boat clubs are operated smartly and prudently with minimal frills to minimize costs, are financially self-sufficient and are a source of profit for the MWR.

On Feb. 7, the Garrison commander signed a letter taking control of the boat clubs away from the patrons and tripling the rates in order to generate more profit for MWR. This is a tragedy that will put the cost of boating out of reach for most of the current patrons, and the boat clubs will go from being self-sufficient to becoming a burden on MWR, and will thus cease to exist at all in the near future.

The mission of MWR is "to serve the needs, interests and responsibilities of each individual in the Army community for as long as they are associated with the Army, no matter where they are. By offering services that reduce stress, build skills and self-confidence and foster strong esprit de corps, MWR services also help the Army attract and retain talented people. MWR is proof of the Army's commitment to caring for the people who serve and stand ready to defend the nation."

The intention to turn the boat clubs into profit-making MWR businesses is not in accordance with the MWR mission, nor is it in the best interest of the Army community.

The boat clubs have been role-model MWR organizations for 45 years, fostered by an unparalleled sense of teamwork and community.

The patrons, keep in mind, are active duty and retired civilian and military personnel who selflessly serve our nation, with rates of pay that don't allow for luxuries. These are retirees that own boats, cannot afford to put gas in them, but are drawn by the sense of community and love of the Bay. These are retired and active duty noncommissioned officers and civil servants, with Families, that labor in their jobs and have labored to build the boat clubs, seeking the continued opportunity to enjoy the Chesapeake Bay.

Otherwise, only the higher paid are able to do so, with the high costs of marinas and fuel.

The goal of MWR should not be to make a profit. The goal of MWR should be to promote morale and provide recreational opportunities to the Army community. The government should not be running marinas. The govern-

ment should be promoting the existence of and providing support to self-sufficient, member-operated organizations such as these.

The people involved in the case of the boat clubs inherently know how to take care of a marina facility.

MWR staff could not do a better or more cost effective job, and considerable money will be spent, which will raise prices and eliminate the benefit for the majority of the Army community.

Over 45 years and hundreds-of-thousands of man-hours the patrons have managed to build what is, without question, a marketable facility. The garrison is taking advantage of the patrons' efforts in an attempt to exclusively reap the monetary benefits.

This is also one terrible case of the government losing focus on promoting the sense of community that has always been at the heart of our military and our nation, without consideration for the "Army's commitment to caring for the people who serve and stand ready to defend the nation."

John Hersey
GNBA patron

Response

Mr. Hershey:

I am writing in response to your letter to the editor regarding the changes in operational procedures at the APG marinas.

By regulation, our marinas are categorized as business operations under the auspices of the Directorate of Family and Morale, Welfare and Recreation. The Army Installation Command has established corporate strategies for these activities to ensure they produce sufficient revenue to sustain and improve operations.

Since 1999 more than \$330,000 in locally generated income has been invested in capital improvements in the Gunpowder Marina and \$11,500 in the Spesutie Island Marina. Within the next few years, dredging will again be required at a cost that will exceed one half million dollars.

Revenue generated by the marinas must be sufficient to cover the costs of these capital improvements as well as annual maintenance and operational costs.

Annual price comparison surveys are now mandated by IMCOM to ensure that pricing incorporates current rate of inflation and is comparable to rates charged within the local community. The most recent survey results indicate that the prices charged for slips in the local community range from \$38 - \$100 per foot, with an average cost of \$78 per foot.

Our new slip rates effective 1 March 2008 are \$17 per foot, which are significantly less than those charged by the least expensive marina in the local community.

Unfortunately, as our costs to deliver programs and services to the community increase, those expenses must be shared by our customers. Please be assured that DFMWR will continue to provide high quality programs and services at a fair price in support of the well-being of the APG community.

Regina Dannenfels
Director
FMWR



FAMILY, MORALE, WELFARE & RECREATION

Activities/Events

2008 Army Concert Tour presents ZZ Top Sunday, June 22.

Nashville Star seeks military country musicians

A casting call will be held April 11, at Norfolk Naval Station, Va., for the NBC show "Nashville Star." Auditions are open to active duty personnel, National Guard and reserve members, retirees, veterans, Defense Department employees and their Family members. Defense contractors are eligible, but their Family members are not. There is no fee to audition.

Up to 40 people will be selected at the auditions, which will be held from 10 a.m. to 6 p.m., April 11, at Norfolk Naval Station's Devary Hall Theatre, also known as building C-9. Those who audition should be prepared to stay an extra day in case they are called back to take part in a videotaping for "Nashville Star" on a Navy ship April 12.

For more information, call 757-444-4814 or e-mail nsmilitarycasting@martennee.com.

APG holds Armed Forces Day 10K run

Aberdeen Proving Ground and Morale, Welfare and Recreation will host the second

annual Armed Forces Day 10K Run, 8 a.m., May 17.

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

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

For more information, contact Ralph Cuomo, MWR sports director, 410-278-3812 or e-mail ralph.cuomo@apg.army.mil.

Sign up now for the Spring Aerobics program

Spring forward with Spring Aerobics at the Aberdeen Area Fitness Center, building 320, March 31 through May 30. Cost is \$44 per person.

Cost includes a different aerobic workout each day 11:30 a.m. to 12:30 p.m., Monday through Thursday and 5 to 6 p.m. Monday and Wednesday.

Lunchtime workouts include Monday, strength training with Barbara; Tuesday, Yoga with

Steve; Wednesday, step and sculpt with April; and Thursday, kickboxing with Ray. Evening aerobics on Monday and Wednesday includes step with Joe.

At least 12 participants are needed to hold each class.

For more information or to sign up, call 410-278-9725.

Hairspray on Broadway

The Civilian Welfare Fund will sponsor a bus trip to see Hairspray on Broadway, 2 p.m., April 19. Tickets cost \$140 per person and include bus transportation and Broadway play. This event is open to all DoD ID card holders.

"Hairspray" is based upon the New Line Cinema film written and directed by John Waters. In this musical, it's 1962 - the '50s are out and change is in the air. Baltimore's Tracy Turnblad, a big girl with big hair and an even bigger heart, has only one passion - to dance. The songs take the audience to the soundstage of a 60's-style dance show, to the streets of Baltimore, to a downtown rhythm and blues record shop.

Bus departs for New York at 6 a.m. There will be time for shopping and lunch prior to the show. The bus will depart Broadway at 5 p.m.

For more information, for reservations, or to purchase tickets, call Patti Harkins,

410-278-4603.

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 for an appointment.

Do-it-yourself New York City tours

MWR has scheduled several day trips to New York City - eight hours for sight-seeing, shopping, seeing a Broadway matinee, venturing into China Town and more April 19, May 17, June 21, July 19, Aug. 16, Sept. 20, Oct. 18 and Nov. 15.

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

For more information or to register, call or visit MWR Leisure Travel Services, Aberdeen Area Recreation Center, building 3326, 410-278-4011/4907

or e-mail MWR_LeisureTravel@apg.army.mil.

Karate classes

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

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

Tae Kwon Do classes

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

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

School age/middle school services summer program taking applications

The Aberdeen and Edgewood area's summer programs will run for nine weeks, June 16 through Aug. 15, Monday

through Friday, 6:30 a.m. to 5:30 p.m.

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

Tuition fees are based on total Family income.

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

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

Registration will be held Saturday, April 19, at the Edgewood Area Youth Services and Saturday, April 26, at the Aberdeen Area Youth Services for all sponsors who have been offered openings by the Central Registration office. Registration packets, an up-to-date physical and Family income information must be completed prior to the registration appointment.

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

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

SKIES Unlimited

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

Friends self defense class today

Friends Self Defense training will be held for ages 7 and over, 1 to 3 p.m., March 27 at the Aberdeen Area Youth Center, building 2522.

Friends can bond with one another while learning a very valuable skill, self defense. This course will teach students how to develop healthy boundaries and will include some basic self defense techniques that could help save their lives.

There is a maximum of 16 students for the class. Students should wear comfortable athletic type clothing to class. Cost is \$30 per student.

Drivers Education

Drivers education will be taught 6 to 9:15 p.m., March 31 through April 15, at Rules Driving School, Inc. located in the Aberdeen Community Center, 34 North Philadelphia Blvd., room 304. Classes are also available 2:30 to 5:45 p.m. Students age 15.9 to 18 years of age must have a learner's permit and must complete 30 hours of classroom instruction and 6 hours behind the wheel instruction.

Cost of the class is \$295 per student. The last day for students to register is one week prior to the first class. Open to all DoD ID card holders.

Call about SKIES Unlimited Drivers Education in the Edgewood Area.

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

Tutors available for all grades

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

Tutors are available Monday through Friday, from April 22 through May 13 and cost \$140 per student for four one-hour sessions. Times and days vary with each participant. Open to all DoD ID card holders.

Private guitar lessons

Private guitar lessons for ages 7 and over will be held 3:30 to 6 p.m., Tuesdays, from April 22 through May 13.

An award winning singer/songwriter will teach students to play the guitar like they have always wanted. No experience necessary.

Cost of the lessons is \$132 per student and includes one 30-minute session per week for four weeks. Students must provide their own guitar and also are required to purchase required for the course as recommended by the instructor. Books are a one-time purchase. Parents can choose which time frame session they want to sign up for when they register their child.

Private voice lessons

Ages 7 and over can register for private voice lessons, 3:30 to 7 p.m., Tuesdays, from April 22 through May 13. An award-winning singer and songwriter will instruct students. No experience is necessary.

Singing lessons cost \$132 per student and includes one 30 minute session per week for four weeks. Parents choose which time frame session they want to sign up for when they register their child.

Songwriting lessons

Ages 7 through 18 can take Songwriting Lessons, 6 to 7 p.m., Tuesdays, from April 22 through May 13. Learn from an award winning singer/songwriter to write songs. No experience is necessary. Musical knowledge is preferred, but not required.

The class costs \$65 per student. Each session is one hour per week for four weeks. Open to all DoD ID card holders.

Beginner Spanish 101

Hola! Habla Espanol? Beginner Spanish 101 is a great opportunity for children ages 5 and older, to learn Spanish through games and student-centered activities. The class is for students with little to no Spanish language experience.

Two classes will be held: 5:30 to 6:20 p.m. for ages 5 through 7; and 6:20 to 7:30 p.m., for ages 8 through 11. Classes will be held on Tuesdays, April 22 through June 3, at the Aberdeen Area Youth Center, building 2522.

The class will include hands-on activities such as games, songs, crafts, stories, and some familiar movies, all in Spanish.

Class price is \$55 per stu-

dent with a minimum of six students per hour and a maximum of 16 students only. Open to all DoD ID card holders.

Private piano lessons

SKIES Unlimited private piano lessons will be given 3:30 to 7 p.m., March 7 through April 18. Lessons cost \$102 per student and include six weeks of 30-minute lessons once a week. Students are responsible for purchasing the required books for the course recommended by the instructor.

Brazilian Jujitsu

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

Three sessions will be held on Tuesdays and Thursdays, from March 11 through April 10; April 15 through May 15; and May 20 through June 19.

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

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

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

SCHOOL LIAISON

HAR-CO scholarship application deadline April 25

HAR-CO

HAR-CO Maryland Federal Credit Union invites all graduating Harford County High School seniors who will be attending college in fall 2008 to apply for one of 14 available HAR-CO scholarships. The credit union is offering a total of \$18,000 in scholarships for 2008 in three categories.

* HAR-CO offers one \$1,000 scholarship to a student at each high school in Harford County, public and private. Applicants must be HAR-CO members to apply with a minimum GPA of 2.75. In addition, applicants must reside in Harford County and have been accepted to a four-year college or university for the fall 2008 semester.

* The HAR-CO Federal Credit Union Scholarship to Harford Community College is a \$5,000 scholarship for a Harford County graduating senior who has been accepted and will attend Harford Community College full time. Applicants must be HAR-CO members and Harford County residents with a minimum GPA of 2.25 to qualify.

* The \$1,000 Edward V. Goetz Memorial Environmental Science Scholarship is available for any Harford County graduating seniors pursuing environmental studies.

All applicants must be high school seniors who are current HAR-CO members and plan to enter an advanced environmental program in the next year. A minimum GPA of 2.00 is required to apply.

"As Harford County's education community credit union, HAR-CO can't think of a better way to invest in our members and our community than through our annual scholarship program," said Joyce Minkley, vice president marketing director for HAR-CO. "This year we are very proud to be offering even more scholarship money to the community - eighteen thousand dollars in total - and we are very excited by the opportunities these scholarships will provide to our young members."

Applications are due April 25, and are available at any HAR-CO Credit Union branch, through high school guidance offices or online at <http://www.harcocu.org/>. All Harford County seniors are encouraged to apply.

HAR-CO membership requires just a \$5 deposit to qualify; complete eligibility requirements for each scholarship are listed with the applications and can be reviewed online at <http://www.harcocu.org/>.

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

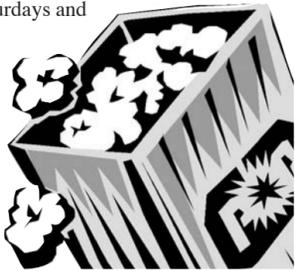
Free movies at the Post Theater

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

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

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

Snack Bar will be open for all performances.



Golf news

Exton open for season

Exton Golf Course is now open for the season. For more information, contact the Pro Shop at Exton, 410-436-2213 or e-mail ruben.ferguson@us.army.mil.

Spring Golf Scramble at Exton

The Spring Golf Scramble at Exton Golf Course will be held 8:30 a.m., April 19, and includes greens fee, cart, continental breakfast, lunch and prizes.

Prices are \$20 for Annual Patrons, \$30 for Value Card holders/Authorized Patrons and \$40 for guests.

Register in the Pro Shop at Exton or

Ruggles.

For more information, call 410-436-2213 or e-mail ruben.ferguson@us.army.mil.

Spring Golf Scramble at Ruggles

The Spring Golf Scramble at Ruggles will be held 8:30 a.m., April 5, and includes range balls, greens fee, cart, continental breakfast, lunch and prizes.

Prices are \$25 for Annual Patrons, \$50 for Value Card holders/Authorized Patrons and \$60 for guests. Register in the Pro Shop at Ruggles or call 410-278-4794.

For more information e-mail david.correll@us.army.mil.

APG Bowling Center Snack Bar specials Building 2342

Week of March 24

Special #1: Chicken tender wrap with cheddar cheese, lettuce, tomato, ranch dressing, potato chips, one cookie and soda for \$4.95.

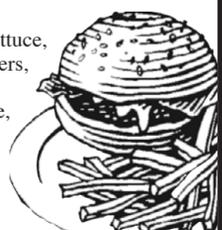
Special #2: Fish filet with cheese, choice of mayonnaise, lettuce, tomato, pickles, onions, curly French fries, one cookie and soda for \$7.25.

Week of March 31

Special #1: Chicken cheese steak sub, choice of mayonnaise, lettuce, tomato, pickles, onions, mushrooms, sweet peppers, jalapeno peppers, potato chips, one cookie and soda for \$7.75.

Special #2: Chicken tender sub, choice of mayonnaise, lettuce, tomato, pickles, onions, cheddar cheese, potato chips, one cookie and soda for \$6.35.

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





Your health is KUSAHC's goal



KUSAHC describes Pharmacy policies

KUSAHC

Medications have improved the quality of life for millions of Americans, but medicines may also cause serious harm if not taken correctly.

To make the most of health care providers, it is best to use only one pharmacy so all medication records are at one location. This way, there will be less risk of duplicating medicine or having one prescription interact harmfully with another.

Pharmacists who know their patients and have their medication profiles on file will be aware of possible harmful drug interactions or allergies to certain drugs. The pharmacist also will be able to discuss possible side effects; what foods, drinks, or activities that should be avoided while on a medication; what to do if a dose is missed and a wide range of other helpful information.

Before taking any new medications, verify:

- What is the name of the medication and what is it supposed to do?
- When and how is the medicine taken?
- How long should the medicine be taken?
- Does this medication contain anything that can cause an allergic reaction?
- Should the patient avoid alcohol, any other medicines, foods and/or activities?
- Should the patient expect any side effects?
- What if the patient forgets to take medication?
- Is it safe to become pregnant or to breast-feed while taking this medication?
- How should the medication be stored?
- Will this medication interact with other medications, vitamins or herbal supplements?

Patient safety tips

Be sure that the patient's name is on every container of medication. If the medicine is for a child, be sure that the child's name is on the label.

Never take a medication out of its original container to store it.

Highlight the patient's name, the medication name, and the expiration date (if any) with a marker so they can be easily seen. Use a different color marker for each member of the Family.

The patient should read the entire label every time the medication is taken or given to a Family member.

If the patient has stopped taking a particular medicine but still has some left, check with the pharmacist or doctor. Many medications should be taken until they are all gone, and having leftover medications could indicate that the

medication was not taken properly.

Properly dispose of any medicine that has not been used in six months.

Do not share medicines. Medication should be taken only by the patient for whom it was prescribed.

Keep a permanent, updated list of all medications taken by each Family member as part of the Family's history, including both prescription and nonprescription medicines.

Frequently asked questions

The Pharmacy staff at Kirk U.S. Army Health Clinic carefully fills and checks every prescription to ensure that each patient is provided with the right medication. The pharmacy staff also checks for dangerous drug interactions, verifies appropriate dosing, offers drug counseling services and much more.

With each new prescription filled, the pharmacy gives an accompanying information sheet which informs the patient/caregiver about the medication prescribed.

Question: What are the qualifications of the Pharmacy staff?

Answer: Pharmacy technicians have passed a rigorous national exam with the National Board of Pharmacy Technicians to obtain their pharmacy technician certification. Pharmacists go through a minimum of 6 years of pharmacy training at an accredited university to complete the Degree in Pharmacy and are licensed by the State Board of Pharmacy.

Question: If patient received a prescription for medicine from a doctor at Walter Reed and it is not on the KUSAHC drug formulary, can it be filled at KUSAHC?

Answer: Prescriptions written at WRAMC for KUSAHC non-formulary medications that are on the formulary at WRAMC must be initially filled at WRAMC to assure you receive your medication in a timely manner. These prescriptions may be refilled at KUSAHC using the special order process.

Question: Why do patients have to wait so long to get a prescription filled/refilled?

Answer: The Pharmacy at KUSAHC fills between 550 and 650 prescriptions each day. Although it appears to be an easy task to put a few tablets in a bottle and attach a label, be assured that the Pharmacy staff is also checking for dangerous drug interactions and verifying appropriate dosing information that is specific to assure the patient's utmost safety.

Question: Why can't the Pharmacy accept faxed prescriptions or phoned-in prescriptions from an outside provider?

Answer: KUSAHC policy is to only accept hand-written prescriptions from an outside provider. Many faxed forms are not legible, thus potentially allowing a medication error to occur and/or causing the Pharmacy staff to spend a significant amount of time calling the provider to clarify the prescription. Alleviating the need to clarify the faxed prescription or spending time on the phone with providers will allow the pharmacy staff to continue filling the prescriptions that are brought into the pharmacy.

Question: How does a patient refill a prescription?

Answer: Refills are made by telephone or using the Internet and are available for pick-up in the Pharmacy after 2 p.m. the following business day. Refills for special order items should be called in 3 days ahead of time to allow for procurement.

The APG South Health Clinic has limited medications for Sick Call use. There is no refill service available at the Edgewood Clinic.

Refill options:

Telephone: 1-800-248-6337

Web: <https://consult.wramc.amedd.army.mil/refills>

Question: Can one Family member pick up a prescription for another Family member?

Answer: Forms are available at the Pharmacy which allows an individual to designate another person to pick up their prescription. This form must be completed by the patient prior to picking up the prescription. This form should be kept by the person who is picking up the prescription. The Pharmacy does not keep this information on file.

Question: Patient is not active duty, but why can't prescriptions be picked up before 8:30 a.m.?

Answer: The Pharmacy services only active duty members for Sick Call from 7 to 8:30 a.m.

Question: How does a patient with a prescription for a medication that is not on the KUSAHC drug formulary get it filled?

Answer: Prescriptions for KUSAHC non-formulary medications written by a civilian provider must use the mail order pharmacy or a

TRICARE network pharmacy.

Question: With the Pharmacy expanding, will more medications be added to the formulary?

Answer: No. The medications on the formulary are those selected by the Pharmacy and Therapeutics Committee from Kimbrough Health Clinic at Fort Meade.

Question: If an outside physician prescribes a medication not carried at KUSAHC, does the patient have to get it filled at WRAMC?

Answer: There are several options. A participating community pharmacy can fill the medication. Another option is the TRICARE Mail Order Prescription Plan, where patient mails in a prescription and it is filled by the mail order service and directly mailed to patient's home. The other option is to have the prescription filled at WRAMC, if the medication is on the WRAMC Formulary.

Pharmacy will validate beneficiary eligibility for all prescriptions written by external providers prior to filling the prescription.

Hours of operation

Monday through Friday
7 to 8:30 a.m. – Sick Call, active duty personnel only
8:30 to 5 p.m. – All beneficiaries
Closed Thursdays, 12:45 to 2:15 p.m.

DoD anti-tobacco campaign invades military markets

U.S. DoD Military Health System

The Department of Defense isn't just blowing smoke about its tobacco cessation campaign. "Quit Tobacco. Make Everyone Proud" is making its presence felt with enthusiastic marketing initiatives in 13 U.S. metropolitan markets containing 28 major military installations. "Quit Tobacco" focuses on the interactive Web site, www.ucanquit2.org.

[Ucanquit2.org](http://www.ucanquit2.org) provides help to service members wanting to quit tobacco use and those helping others quit. The campaign positions military members as role models, particularly to children, as a motivation to quit using tobacco.

On the site, users can get information; develop a personalized plan for quitting; play games; listen to podcasts; connect to federal, military, state, local and on-line cessation programs and communicate privately with a trained cessation counselor seven days a week from 8:30 p.m. to 2:30 a.m. (EST).

"Kicking the habit can be tougher than a lot of people

think. Aside from the obvious nicotine dependency, psychological barriers may be just as difficult to overcome," said Assistant Secretary of Defense (Health Affairs) S. Ward Casscells, MD, in a recent blog on www.health.mil. "The 'Quit Tobacco. Make Everyone Proud' campaign is designed to help service members quit by reminding them to do it for themselves and the people they love."

The social marketing initiative for the tobacco cessation campaign targets 702,000 military active duty personnel, junior enlisted E-1 through E-4s. Marketing and advertising placements include major Web presence on www.military.com, mobile and stationary billboards, direct mailings to 160,000 active duty, radio public service announcements and paid ads in *Military Times* and *Stars & Stripes* newspapers. There are also placements in commercial theaters, on pizza delivery boxes and gas pump toppers at commercial locations within five miles of targeted military installations.

According to a DoD survey of health-related behaviors among junior enlisted active duty military personnel, the prevalence of smoking among 18 to 25 year olds was significantly higher than for their civilian counterparts, as well as for older, higher ranking service members.

Tobacco use costs DoD an estimated \$1.6 billion a year in additional medical care through increased hospitalization, missed work days, and decreased night vision among others. Ultimately, tobacco use affects military readiness. Eliminating harmful tobacco products keeps service members at their best and "fit to fight."

"Every year tobacco use leads to unnecessary compromises in the readiness of our troops and costs the Department of Defense millions of dollars in preventable health care costs. I am personally encouraging all service members who use tobacco to visit [ucanquit2.org](http://www.ucanquit2.org) and open an account," Casscells said on his blog. "Develop your own quit plan."

Tobacco Cessation classes required to use MTF

KUSAHC

Department of Defense requires that TRICARE Prime recipients who desire to quit using tobacco products are required to attend tobacco cessation classes prior to receiving any medication from a military treatment facility.

"Classes held through Harford County Health Department are acceptable, however, the patient must bring documentation and/or a certificate to validate attendance, prior to receiving medication," said Ann Laughton, RN, Kirk U.S. Army Health Clinic.

If nicotine patches are



desired prior to attending classes, patients will have to pay, in full, at any outside pharmacy.

Once the attendance requirement has been met, nicotine patches or other medications, can be picked up at the KUSAHC Pharmacy after a prescription has been obtained," Laughton said. "Occasionally

patients have complained about the initial out of pocket cost for nicotine patches (roughly twenty five dollars). However, if one is to compare smoking a pack of cigarettes a day, at six dollars per pack, the cost savings is significant. In addition, the immediate improvement to one's health cannot be measured in dollars and cents."

Chantix is not an approved medication through Express Scripts, the prescription plan portion of TRICARE.

For more information or to sign up for the tobacco cessation classes, contact Laughton, 410-278-1964.

Obtaining well-woman exams, including pap smears, from TRICARE network

KUSAHC

For a temporary period, all women, active duty and dependents, who are enrolled at Kirk U.S. Army Health Clinic must obtain well-woman exams, including pap smears, from TRICARE Network providers.

Dependent Beneficiaries may self-refer, without a Primary Care Manager or Health Net referral, to network provider for well-woman exams.

TRICARE Prime covers pelvic examinations in conjunction with pap smear testing annually beginning at age 18 (or younger, if sexually active).

In addition, TRICARE Prime covers breast examinations (mammograms) annually for women age 39 and older and at the PCM's discretion (medically documented necessity) for women younger than 39 who are at high risk of developing breast cancer.

These services are available without a referral generated by a PCM or by health Net. However, the service must be provided by a TRICARE Prime Network provider in order to avoid being billed. Visit www.hnfs.net to generate a list of TRICARE Prime participating providers or ask at the TRICARE Service Center at KUSAHC (first floor, first hallway).

Active duty females must have a referral from their PCM in order to obtain a well-woman exam and/or mammogram with a TRICARE Network provider. The referral request can be made over the phone by contacting the General Medicine Clinic.

"You will be directed to a nurse who will enter the referral request," said Deborah Dodsworth, patient advocate. "Our TRICARE Service Center will send the authorization with a Network provider's contact information to your mailing address, or you can walk in to pick it up."

After completing the well-woman exam, active duty females must bring in proof of the examination to the KUSAHC training office (first floor, second hallway) or to the General Medicine Clinic (first floor) to enter the data into MEDPROS for deployability and unit readiness purposes. Pap smear results are not necessary for MEDPROS entry, only proof of examination.

Dodsworth also notes that beneficiaries who self-refer for any other service except what is stated above, will be using their point-of-service option and will pay higher out-of-pocket costs for care.

For more information, call Dodsworth, 410-278-1724.

Redeploy

From front page

he said he had been leaning toward a brief pause.

"I had been kind of headed in that direction as well," he said. "One of the keys is how long is that period and then what happens after that. All of that is still to be determined, and then ultimately decided by the president."

When Gates arrived in Baghdad he immediately went to a working dinner with Iraqi officials, including Prime Minister Nouri al-Maliki. Gates complimented the Iraqis on the legislative progress they

have made and urged them to keep it up.

Breakfasting with Multinational Corps Iraq sergeants major, Gates said the sergeants major talked to him about troop morale, the commitment the troops have made and problems that remain.

Following the breakfast, he moved to the Al Faw Palace and presented Army Lt. Gen. Raymond T. Odierno and Command Sgt. Maj. Neil L. Ciotola with awards for their service in Iraq. Odierno and Ciotola are the commander and senior enlisted advisor for the Multinational Corps Iraq, and they're wrapping up their 15-month tour this week. Pending Senate con-

firmation, Odierno is slated to receive his fourth star and to become Army vice chief of staff later this year.

"General Odierno and his team arrived last year in what was considered a grim time in the Iraq mission," Gates said. "Under the guidance of General Petraeus, the corps carried out a strategy that combined classic counterinsurgency principles with approaches that broke new ground in the history of warfighting."

Gates said the corps made impressive gains under Odierno and Ciotola, saying attacks have dropped and the Iraqis have a chance for freedom and prosperity.