

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Sept. 10, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



PWOC holds fall kickoff this morning

Protestant Women of the Chapel invite all women to the Fall Kick-off Program: "At The Redeemer's Feet," 9 to noon, Sept. 4, at the APG Main Post Chapel, Fellowship Hall.

The program is the story of Ruth and Naomi taking the risk of asking Boaz to be their kinsman-redeemer to illustrate the need to depend on Jesus as a Kinsman-Redeemer. There will be three new Bible studies this session.

For more information, call the Main Post Chapel, 410-278-4333.

Defense Technology, Intelligence Career Fair Sept. 4

The Army Community Services Employment Readiness Program and the Aberdeen Chapter of the Armed Forces Communications and Electronics Association will co-host a Defense Technology and Intelligence Career Fair, noon to 4 p.m., Sept. 4, at the Aberdeen Area Recreation Center, building 3326.

Job seekers with any security clearance, information technology, technical scientific, military, government, chemical/biological 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.

Acquisition Corps briefing today

Lt. Col. Robert Marion, the Branch Chief of Acquisition Management Branch, and members of his staff, will conduct an Acquisition Corps briefing 9 a.m., Sept. 4, at the RDECOM Conference Center, building E-4810 auditorium. This information session is open to all members of the Acquisition Workforce, both civilian and military.

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Legally Speaking

Army readies for emergency preparedness

IMCOM

The Army's strength is its Soldiers and the Families and Army civilians who support them. In today's era of persistent conflict and with the many hazards (both manmade and natural) that Families face each day, it is necessary to prepare Families with the tools they need to respond in case of a local emergency. Knowing that Families are prepared to respond should disaster strike will help Soldiers focus on the mission at hand, especially when deployed.

To that end, the Army has launched the "READY ARMY" program, born of the 9-11 tragedy that brought to keen focus the need for Families to know how to respond to terrorist attacks and other disasters.

"The increased threat of terrorist use of weapons of mass destruction and naturally occurring crises and disasters demonstrate the need for comprehensive preparedness efforts in advance of any emergency," said Col. Jeffrey S. Weissman, Aberdeen Proving Ground Garrison and deputy installation commander. "Readiness begins with awareness. All citizens, not just Soldiers, need to be well informed and prepared for emergencies."

Recent events such as the flooding and tornados in the Midwest and hurricane Katrina serve to point out that everyone must be ready for anything at anytime.

READY ARMY is a proactive, action oriented, campaign



that emphasizes individual, Family and community hazard awareness and emergency preparedness. The Ready Army campaign supports the Army Family Covenant, the Soldier Family Action Plan and ongoing initiatives under the Army Medical Command.

While partnered and aligned with the Department of Homeland Security's national preparedness campaign called "Ready," Ready Army is specific to Army communities and is intended for use at the Army installation level.

A myriad of products have been developed to educate Soldiers, Families and civilians, by informing them about natural and manmade hazards and encouraging individual, Family and community emergency preparedness.

These materials include brochures, posters, emergency manage-

ment kit information and readiness checklists, Family emergency management planning templates, an electronic media kit, children's activities, to include a poster contest by the Directorate of Family, Morale, Welfare and Recreation, displays in the Post Exchange and Commissary and Web-based tools.

Here at Aberdeen Proving Ground, leadership is taking strides to help everyone prepare for an emergency.

"In the Army we take care of each other," Weissman said. "Instituting emergency preparedness and education programs like Ready Army helps prepare the entire Army community for all hazards. A prepared community aids recovery."

APG kicked off the Ready Army campaign during the National Night Out Against Crime held Aug. 5.

Emergency preparedness pamphlets, brochures and activity sheets were handed out, and children played an emergency preparedness game which taught them about the items required in an emergency supplies kit.

Since September is National Preparedness Month, the *APG News* will feature article(s) each week to help Families in this endeavor.

Look for articles on Family planning, preparing supply kits, protecting pets in an emergency, tips for power outages and sheltering-in-place guidelines. All the articles are available on the Ready Army Web site at <https://www.us.army.mil/suite/page/464795>.

Ready Army and disaster awareness material will be made available to all Soldiers, civilians and their Families so that they will have all the materials they need to keep them safe.

One such tool is a quiz on each household's workplace readiness quotient – a practical "gauge" to assess preparedness, recognize successes and identify gaps where more work needs to be done. (See page 2.)

The following resources provide additional information about preparing for an emergency:

- www.ready.gov
- www.redcross.org
- www.cdc.gov
- www.fema.gov/plan
- pandemicflu.gov

See next week's *APG News* for more about the Ready Army initiative.

Suicide prevention theme focuses on mental health

Story by **YVONNE JOHNSON**
APG News

With the theme: "Shoulder-to-Shoulder: No Soldier Stands Alone," the U.S. Army and the Installation Management Command are encouraging awareness by Soldiers, Family members and civilians about programs, training and resources available to assist in suicide prevention.

Suicide Prevention Week is Sept. 7 to 13 and the World Suicide Prevention Day is Sept. 14. The National Guard and Army Reserve will host a month-long observation, Sept. 6 to Oct. 5.

"The loss of any American Soldier's life is a great tragedy and a matter of concern, regardless of the cause," said Lt. Gen. Michael Rochelle, Army deputy chief of staff for Personnel. "And in the case of suicide, as an Army, we are committed to providing prevention and intervention resources."

Gen. Peter W. Chiarelli, Army vice chief of staff, said that the theme, embodies the Army values of Self-

less Service, Integrity and Personal Courage.

"It means doing the right thing and taking steps necessary to make sure your buddy, Family members or civilian personnel get the appropriate support he or she may need, especially when you know someone is having a tough time with a personal matter," Chiarelli said.

Throughout the month of September, the *APG News* will provide information focused on the Army's message that "Everyone – Soldiers, Families, Army civilians and employers – needs to be involved in suicide prevention" and that no Soldier has to "go it alone."

Information will include the actions the Army is taking to decrease the stigma of Soldiers seeking mental health care and the steps the Army is taking to reduce suicidal behavior, including encouraging personnel and Family members to seek appropriate solutions to their concerns.

The overarching goal is educating Soldiers, Fam-

ilies and civilians about the world class programs, training and resources in place to assist in suicide prevention and creating greater awareness about the warning signs of suicide and the appropriate responses that can save a person's life.

In addition to the *APG News*, information about suicide awareness and prevention can be found on the following Web sites: the Army G1 Suicide Prevention Web site, <http://www.armyg1.army.mil/hr/suicide/default.asp> and Army Knowledge Online, <https://www.us.army.mil/suite/portal/index.jsp>.

Also, the U.S. Army Center for Health Promotion and Preventive Medicine Web site, <http://usachppm.apgea.army.mil/dhpw/readiness/suicide.aspx>, provides links to suicide prevention resources and training products including the ACE card (Ask, Care, Escort), a training tool to help increase awareness and intervention skills for junior leaders to help train their Soldiers.

See **SUICIDE**, page 7

APG Fire, Emergency Services earns second DA award

Story by **RACHEL PONDER**
APG NEWS

For the second year in a row the Aberdeen Proving Ground Fire and Emergency Services Division, Directorate of Safety, Health and Environment, has been recognized by the Department of the Army with a Fire Prevention Program of the Year Award.

In 2007, there was zero reportable structural fire loss within more than 14 million square feet of non-residential buildings at APG, which is in part due to a continued annual reduction in the number of fire code violations detected during APG's periodic inspection schedule.

Fire Chief Edward Budnick, Assistant Chief James Budnick, Fire Protection Specialist Barry Bennett and Fire Protection Specialist André Fournier accepted the award on behalf of the department at the Department of Defense Emergency Services Awards Banquet on Aug. 15 in Denver, Colo.



An Aberdeen Proving Ground Fire and Emergency Services Division ladder truck and "Smoke House," a two-room trailer used to teach children about fire prevention, are displayed during the Night Out Against Crime festivities held at the McGruff House in Patriot Village Aug. 5.

Doug Farrington, fire prevention specialist, said that while he appreciates the award, he and his co-workers are just continuing to take a proactive approach to fire prevention while providing quality services to the APG community.

"We want to continue trying to be the best and improving our pro-

grams," Farrington said. "We are always working to make APG safe. We feel that it is more honorable to prevent a fire than to fight a fire."

Some of the proactive steps include being diligent about conducting fire inspections.

Last year, the APG Fire and Emergency Services performed 2,371

fire inspections serving more than 30,000 military and civilian employees and residents. Farrington said that these fire inspections play a critical role in the prevention of fires.

The fire prevention personnel showed flexibility by volunteering to alter their work hours on a

See **AWARD**, page 5



TRAFFIC ALERT

Expected changes in AA/EA areas of APG

DIO

On or about Saturday, Sept. 6, Ricketts Point Road will be closed to through traffic at the service entrance to building E-3302. Access to buildings north of E-3300 will not be affected. Access to E-3300 and buildings south of E-3300, including range access, will be via Otto Road.

Closure is now scheduled for only one day but may require a second day or even be delayed until the following weekend if weather becomes an issue.

This closure is required for Grimberg Construction to install a new storm drain outfall from the Sample Receipt Facility.

Meanwhile in the Aberdeen Area, work on the new Maryland Boulevard entrance control facility is progressing. The next big traffic change will occur sometime in early to mid-September when the new golf course access road will open. When this occurs, all golf course traffic will be diverted to the new entrance and the old entrance will be closed. Additional announcements will be made prior to this change over.

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

Lanyard Road closed Sept. 12

The outbound land of Lanyard Road, located behind Gate 13 in the Aberdeen Test Center area will be blocked around building 374, 7 a.m., Sept. 12.

Detour signs will indicate detour route for outbound lane.

Roofing work on building 374 will take place approximately 8 hours.



Test your Readiness Quotient

www.ready.gov

In recent years, the American people have been urged to “get ready” and to prepare for emergencies – from natural disasters to terrorist attacks. But no one has ever given the public a simple, comprehensive and consistent tool to actually measure how prepared they are. No one has ever

can take to better prepare yourself and your Family, as well as things you can do to encourage your community, schools and workplace to be better prepared.

Ready to get ready? From power outages to terrorist attacks . . . hurricanes or tornados . . . floods to fires . . . the most important message is simple: Be Prepared. Get Ready. Be Informed.

But how do you know if you are ready enough? How do you know that you’ve done all the right things to be prepared?

Take the RQ Test and find out. RQ stands for Readiness Quotient and was developed by a broad coalition of experts. Through rigorous testing and validation, experts agree these 10 simple questions are actually the most predictive of an individual’s preparedness.

The RQ Test scores individuals on what they know and have already done to get prepared. It also provides the individual with the simple steps to take to improve their score and increase their preparedness.

The first important step is to learn the RQ score. This simple test takes less than one minute to complete.

Get the readiness quotient – “RQ” – by answering these 10 questions.

1. Does local government have an emergency or disaster plan for the community?
 - Yes
 - No
 - Don’t Know
2. Do you know how to find the emergency broadcasting channel on the radio?
 - Yes
 - No
3. In the past 30 days, have you seen or heard any messages that encourage people to take steps to be prepared for emergency situations in your community?
 - Yes
 - No
4. In the last year, have you prepared a Disaster Supply Kit with emergency supplies like water, food and medicine that is kept in a designated place in your home?
 - Done
 - Not Done
 - Not Sure
5. In the last year, have you prepared a small kit with emergency supplies that you keep at home, in your car or where you work to take with you if you had to leave quickly?
 - Done
 - Not Done
 - Not Sure
6. In the last year, have you made a specific plan for how you and your family would communicate in an emergency situation if you were separated?
 - Done
 - Not Done
 - Not Sure
7. In the last year, have you established a specific meeting place to reunite in the event you and your family cannot return home or are evacuated?
 - Done
 - Not Done
 - Not Sure
8. In the last year, have you practiced or drilled on what to do in an emergency at home?
 - Done
 - Not Done
 - Not Sure
9. In the last year, have you volunteered to help prepare for or respond to a major emergency?
 - Done
 - Not Done
 - Not Sure
10. Have you taken first aid training such as CPR in the past five years?
 - Done
 - Not Done
 - Not Sure

Summer programs keep APG youths busy

Story by **YVONNE JOHNSON**
APG News

On the heels of a successful National Night Out Against Crime which was held at the McGruff House Aug. 5, the Community Policing Office closed out the summer vacation period with several programs that kept Aberdeen Proving Ground youths busy almost up to the first day of school.

Detective Mike “Big Mike” Farlow, the Directorate of Law Enforcement and Security’s community policing officer, said the

summer festivities included a D.A.R.E dance program in which the all male participants graduated Aug. 22; an Aug. 20 visit from Retro Bill, the nationally recognized children’s advocate and D.A.R.E. program representative; and Movie Night in the Park, a fun night out for Families which was held in Patriot Village.

“We had a lot of activities over the summer and parents as well as children have thanked us,” Farlow said.

He expressed his thanks to

Jim Bridges of the Directorate of Information Management “who set up the huge outdoor screen for folks to come watch Shrek the Third.”

The movie started around 8:30 p.m. and about 100 residents, parents and children, showed up, Farlow said.

“It was a bring-your-own-blanket event with non-alcoholic beverages, and we even made an announcement to turn cell phones off before the movie started. The sound and picture

was unbelievable,” he said.

He expressed thanks to Cindy Scott of the APG Army Substance Abuse Program who supplied free popcorn, much of it pre-packaged and sealed with drug-free stickers furnished by the DOIM and APG Garrison.

“Garrison leaders loved the idea and gave us plenty of support,” Farlow said. “The weather was perfect, the popcorn was great. The response was wonderful.”

He said parents said they appreciated having movies “right

in their own backyards,” and some suggested continuing the idea next summer but rotating to the other housing areas.

“We’d like to have one more in September in Bayside Village, if it can be worked out,” Farlow said.

He asked that viewers remember to attend the Community Police Bike Rodeo to receive free bicycle helmets and celebrate McGruff’s birthday during the Fall Festival to be held Oct. 25. Look for information in upcoming issues of the APG News. See photo on page 4.

Centennial of MILITARY AVIATION CELEBRATION and Open House

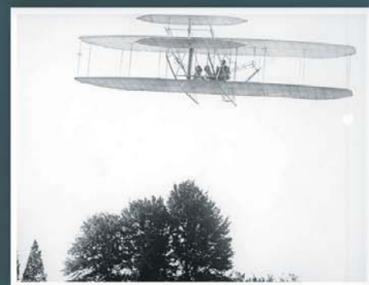
SATURDAY, SEPTEMBER 6, 2008
8:30 A.M. - 4:30 P.M.

FORT MYER, VIRGINIA

General Parking is not available on Fort Myer.
Shuttle service provided from Pentagon North Parking
(Boundary Channel Dr. at Washington Blvd.)
and from Fort Myer’s Wright Gate (North Meade St. and Marshall Dr.)

This is a FREE, family event open to the public highlighting the 100-year anniversary of the Wright brothers’ flight trials at Fort Myer. Experience a unique reproduction of the 1908 Wright Flyer, enjoy flight simulators, interactive museum exhibits, service displays, musical performances, re-enactors and activities for the entire family.

FOR MORE INFORMATION, CALL 703-696-3283/2976
VISIT US ON THE WEB AT WWW.FMMC.ARMY.MIL



APG News

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

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Robert Harting, an equipment specialist with the U.S. Army Communications-Electronics Research Development Command, goes for a spin in his "Critter," a three-wheeled lightweight vehicle that he drives to work whenever the weather permits.

APG is home to all kinds of 'critters'

Story and photos by
YVONNE JOHNSON
APG News

Is it electric? Is it a boat? Where's the rest of it?

Drivers and pedestrians may have noticed an odd shaped vehicle motoring around Aberdeen Proving Ground lately.

The small, white, low-to-the-ground contraption that resembles a car is actually a motorcycle owned by Robert Harting, an equipment specialist who commutes from Laurel, Md., every day.

Harting came into possession of the vehicle labeled the Critter in 2002. He said it was invented in 1990 as a prototype for a commuter vehicle.

"The inventor made three of them and then changed the body to make it more aerodynamic," Harting said. "Most people think that I built it but I can't take credit for it."

Plans for building a similar vehicle can be found on the

Web site, www.rqriley.com, Harting said.

"There's no kit, you have to buy the plans and build it from the ground up," he said.

Harting's Critter is a three-wheeled two-seater, light-weight at just over 1,200 pounds with a 100 horsepower Subaru station wagon motor, a five-speed transmission and dual Harley Road King mufflers. It has a fiberglass body with no doors, a Corvette windshield and removable Plexiglas windows.

Averaging just over 40 mpg, Harting said that the mileage, while decent, is not the main reason he enjoys driving the vehicle.

"The great advantage is that it's a motorcycle, but you don't have to abide by motorcycle rules," he said, adding that since he's had the Critter he's been pulled over three times – the first for having only one license plate; the second for not wearing a seat belt and the

third for not wearing a helmet.

"Motorcycles only have one tag," he chuckled. He said that although the Critter has seat belts he doesn't have to use them because motorcycles aren't equipped with seat belts and that he's not required to wear a helmet because of the Critter's enclosed cabin.

Even though it looks like a car, because it only has three wheels, two in the front and one in the back, the Critter is officially registered as a motorcycle, Harting explained.

"But I do keep the registration handy," he said.

He calls the Critter "a very basic vehicle" with few frills.

"I only drive it when it's not going to rain because it was made for California weather, so it leaks," he said. "It has no heater so I don't drive it in the winter, and there's no air conditioner either."

He said he does all the maintenance on the Critter but has been

a little pressed for time with the recent move.

"It's not in the greatest shape," he said. "It just needs a little T.L.C."

An employee with a branch (C2D) of the U.S. Army Commu-

nications-Electronics Research, Development and Engineering Center that was formerly located at Fort Belvoir, Va., Harting's job relocated to APG over the summer due to Base Realignment and Closure.



Despite a Subaru station wagon motor and five-speed transmission, the odd-looking "Critter" car is officially considered and registered as a motorcycle.

Retro Bill visits APG youths

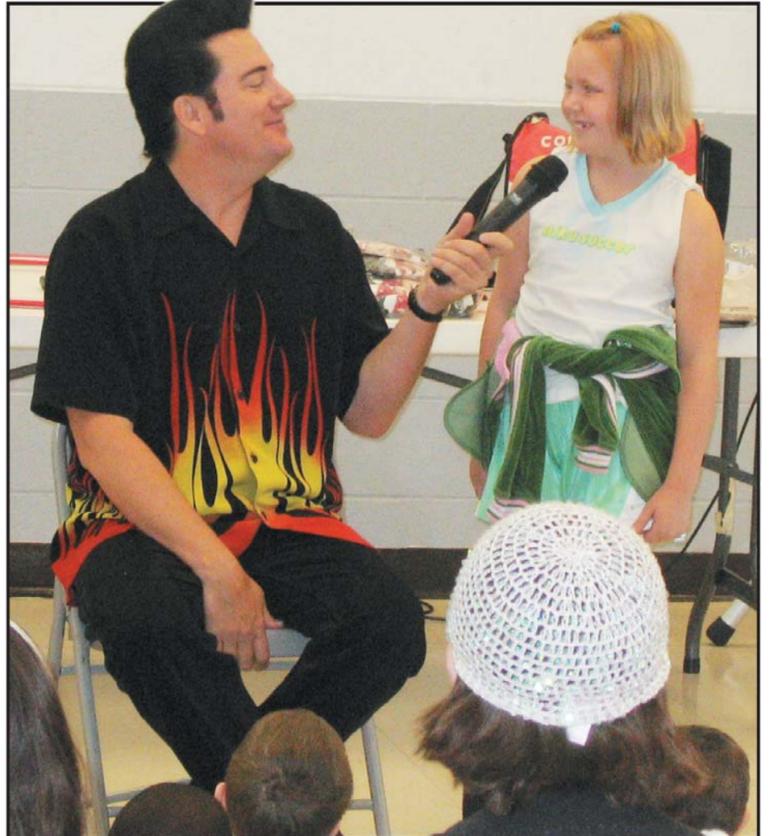


Photo by OFFICER MIKE FARLOW, DLES

Retro Bill, the official D.A.R.E Safety Buddy and official host of National Kid's Day chats with Xiara Long, 9, about her positive attitude during a visit with about 140 youths from the Aberdeen Proving Ground Child Development and Youth Centers at the Aberdeen Area chapel Aug. 20. Retro Bill is a nationally recognized children's advocate who brings drug resistance, self esteem and safety presentations to children across the nation. Mike "Big Mike" Farlow, the Directorate of Law Enforcement and Security's community policing officer and Ann Thacker, Maryland State D.A.R.E coordinator and youth crime prevention specialist, hosted the event, which was presented by the Army Community Service.

"It was a wonderful program that affected not only the children but the adults as well," Farlow said.

Banner welcomes Army Team C4ISR



Photo by RACHEL PONDER

A banner hangs at the Edgewood Area Route 24 Gate welcoming Army Team C4ISR (Command, Control, Communications, Computers, Intelligence, Surveillance and Reconnaissance) Forward employees new to the Aberdeen Proving Ground area.

APG Outdoor Journal

Commentary: Where did summer go?



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

By
BILL ARMSTRONG
APG Wildlife and Marine Law
Enforcement Division

Gadzooks!!! What happened to summer? Seems like it was only yesterday that deer season closed, and now here it is September and the first day of the resident goose season.

That old saying, "the older you get, the faster time goes by," sure has some truth to it.

Anyway, for those of you who appreciate the finer things of life, and I'm of the opinion that sitting in a duck blind on a cold, rainy, wind-blown day is one of

them, APG's hunting program began this past Monday and as usual there's been some changes in the hunting regulations, especially in the deer seasons and the bag limits.

Deer hunting regulation changes

For starters, due to the problem we had last year with the outbreak of EHD (epizootic hemorrhagic disease) in the deer herd, harvest limits this year at APG will be dramatically reduced to a total of seven deer. That's it; seven for the entire year! All of the deer can be antlerless, but

antlered deer must be taken in the following sequence: 1 antlered; 3 antlerless; 1 antlered; 2 antlerless.

All deertaken will be separate from Maryland's Region B bag limit. No Antlered Bonus Deer Stamps will be required for any antlered deer harvested on APG.

Since APG follows the state of Maryland with most of the other hunting seasons, I'm gonna stick to the deer seasons and pass along the dates for the archery and firearms seasons:

Deer archery

Sept. 15 thru Oct. 17;
Oct. 27 thru Nov. 1; Nov. 17 thru Nov. 26; Dec. 1

thru Dec. 20; and Dec. 29 thru Jan. 31

Deer muzzleloader

Oct. 18 thru 25

Deer firearm

Nov. 3 thru 15; Nov. 27 thru 29; and Dec. 22 thru 27

Also remember that all deer harvested must have a completed Field Tag attached to the deer's head prior to leaving the place of harvest, and that the deer must be registered with the State of Maryland Department of Natural Resources within 24 hours of harvest either by calling the Big Game Registration Phone Line at 1-888-800-0121 or via the Internet at www.gamecheck.dnr.state.md.us. APG's public land code is 326.

Canada Goose hunting reminders

As I mentioned, the early resident Canada Geese season opened Sept. 1 and will run through Sept. 15 (Harford County) and Sept. 25 (Baltimore County).

A couple of reminders for the early resident Canada Goose season: shotguns

capable of holding more than three shells may be used to take Resident Canada geese, and shooting hours for Resident Canada geese are from one-half hour before sunrise to one-half hour after sunset.

The deer shacks at EA and Aberdeen Area won't begin "normal" day-to-day work schedules until Sept. 12, so if you're planning on participating in the early resident goose season, rest assured that we will still be

doing a daily "draw." Just drop your Form 47's in the designated box as usual, and we'll make sure they're included.

Hunting Teal waterfowl

Also, as a side note, the early Teal waterfowl season in Harford County will begin Sept. 18 and run through Sept. 27. The shooting hours for this season are from sunrise to sunset.

Where 'did' summer go?

Award

From front page

need-by-need basis in order to provide training and inspections to installation agencies at times that met the agencies' schedules.

"Fire prevention is a three hundred and sixty five day-a-year job," Farrington said.

"This award is directly related to not only the activities by all the members of the Fire and Emergency Services Division but the combined effort of all tenant and operational organizations on post," Chief Budnick said. "This joint effort is critical to make this program an award-winning one. We continue to be enthused about our support and interaction with all these organizations."

APG Fire and Emergency Services Division is active in the community by organizing several block parties like Community Awareness Day, and providing free fire prevention classes on specialized topics such as evacuation

planning, kitchen safety and babysitter fire prevention for base residences, as well as federal employees and military personnel.

The APG Fire and Emergency Services Division is also committed to providing training to children. For instance, they provide merit badge training to Boy and Girl Scouts groups, the Civil Air Patrol, and the Young Marines, and have expanded a mentoring curriculum with the APG-based Maryland Freestate Challenge Academy, as well as conducted career day lectures at seven area public schools serving more than 4,500 civilian and military children.

APG Fire and Emergency Services' commitment to proactive fire prevention

is also playing a critical role during the installation's many ongoing construction projects due to base realignment and closure and APG 2012. For example, they provide continued fire protection consultation for more than \$900 million BRAC projects that will affect the APG installation and established a system for saving costly existing fire protection equipment, such as, alarm panels and transmitters, from large BRAC demolition projects so they could be reused in upgrading existing alarm panels in other APG facilities.

Farrington said that APG Fire and Emergency Services is committed to continue to provide quality servic-

es for the APG community. He added that next year his department hopes to receive the Department of Defense Fire Prevention Program of the Year award.

"Remember, fire and safety is everyone's job every day," Chief Budnick said.

In the event of an emergency, dial 9-1-1. For further assistance, with any fire prevention and protection needs, call 410-306-0572 in APG North and 410-436-4451 in APG South.

Community Notes

THURSDAY THRU SUNDAY SEPTEMBER 4 THRU 7 OUTWARD BOUND WAR VETERANS EXPEDITION

Outward Bound Wil-

derness offers veterans expeditions for those who served in Afghanistan and Iraq. Course Number CEC910 expedition will be held in Leadville, Colo., and includes backpacking and rock climbing in the Colorado Rockies. Under

this program, all Operation Enduring Freedom and Operation Iraqi Freedom veterans, including current and former members of the active and reserve components of the U.S. military are eligible to participate. It doesn't matter what current military status is (active, inactive, discharged, retired) as long as Soldiers deployed in support of OEF or OIF combat operations while in the military.

For more information or to call an admissions advisor, call 866-467-7651, 8 a.m. to 5 p.m., MST, or visit http://www.outwardboundwilderness.org/email_us.html.

SATURDAY SEPTEMBER 6 CHILDREN'S GARDENING – SENSATIONAL SALSA

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. The program will be held 10:30 to 11:30 a.m. for ages 5 to 10. Cost is \$4 per person. Registration is required.

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

PADDLE AND PICNIC

Paddle Otter Point Creek and stop on Snake Island for a picnic. (Bring a bag lunch.) This program will be held 11 a.m. to 2 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.

MIGRATION, WHAT'S YOUR DESTINATION?

Where is everyone going? Why are they leaving so soon? Come learn why going south is so important. Bring a picture of something that migrates, and know

SCHOOL LIAISON

Top Hat theme continues at Roye-Williams



Photo by SHARON KROWN

Roye-Williams Elementary School principal Sue Osborn, left, greets Lt. Col. Stephen Cheng, commander of the 16th Ordnance Battalion, on the first day of school. The staff donned top hats and white gloves to symbolize "Top Hat" behavior. This is the second year the Top Hat theme has been in place for staff and students. Last year students and their families, along with the staff, were treated to a red carpet entrance with an honor guard presentation from the 16th Ordnance Battalion. "Under the new behavior plan, the school has curbed discipline referrals," Osborn said. From left, Osborn; Cheng; Donna Miller, assistant principal and Melissa Alley, para educator.

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

where it spends the winter. This program will be held 2 to 3:30 p.m. for ages 7 to 10. Cost is \$3 per person. Registration is required.

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

BASKET BINGO

Basket Bingo to benefit the Good Shepherd Catholic School will held at the Good Shepherd School, 810 Aiken Avenue, Perryville, 7 p.m. Doors open at 6 p.m.; Early Bird Cash at 6:45 a.m. Tickets cost \$12 per ticket and includes 20 games and all paper cards. Food, drinks and baked goods will be available. Bring a non-perishable food item for a chance on a special drawing. No smoking is allowed.

For more information or to purchase tickets, call Brenda Conjour, 410-273-7332 or call the Good Shepherd School, 410-642-6265.

SUNDAY SEPTEMBER 7 BREAKFAST AT VFW POST 5337

VFW Post 5337, 3706 Pulaski Highway in Abingdon will offer breakfast, 8 to 11 a.m. The cost is \$6. The menu includes eggs (fried or scrambled) omelets, French toast, sausage, bacon, home fries, grits, toast, coffee, orange juice, fruit bowl, cold cereal and cream chipped beef.

For more information, call Leola Bogdan, 410-591-4138.

WINGING IT!

Butterflies, dragonflies and birds, oh my! The estuary is filled with winged animals of all sorts in this not-quite-fall, almost-over-summer season. How many fliers will be seen? This program will be held 12:30 to 3 p.m. for ages 8 to adult. The fee 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.

NATURE TALES - SKUNKS

During story time come listen to some stories, learn new songs and move like the animals. This free program for all ages will be held 1 p.m. No registration is

required.

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

DISCOVERY WALK

Join a naturalist on a nature walk to discover what creeps, crawls, and flies around Leight Park. This free program for all ages begins 10:30 a.m. No registration is required.

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

WEDNESDAY

SEPTEMBER 10 AFTERNOON TEA

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

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

THURSDAY

SEPTEMBER 11 SUNSET CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Sunset Cruise, 6 to 8 p.m., on the Skipjack Martha Lewis. Tickets cost \$25 for adults and \$15 for children ages 10 and under. The ship will cruise around the Susquehanna Flats and upper Chesapeake Bay. Reservations are required. For more information, reservations, call 410-939-4078

FRIDAY

SEPTEMBER 12 MARGARITA NIGHT

The Chesapeake Heritage Conservancy, Inc. will offer Margarita Night, 6 to 8 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The historical dredger will cruise around the Susquehanna Flats area as margaritas are served and Jimmy Buffet tunes play. Also includes light refreshments and beer. Credit cards are accepted.

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

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

POST SHORTS

For more information, call John King, RDECOM G-1 office, 410-436-4141.

Main Exchange offers Buddy List

Customers can now sign up at Aberdeen Proving Ground's Main Exchange to be on a "Buddy List." Customers that sign up on this list will receive "Buddy Messages" via e-mail every Friday, alerting them of weekend sales and happenings in the store and online at www.affes.com.

Heart screening at KUSAHC, through Sept. 4

Walter Reed Army Medical Center Cardiac CT mobile will visit the Kirk U.S. Army Health Clinic, through Sept. 4. Call today to schedule a screening, which is a 15-minute non-invasive process.

Those who will benefit from a heart screening include men and women over 50; individuals with high cholesterol, diabetes, or high blood pressure; individuals who have smoked in the past or still smoke; individuals who have had family members with heart disease, heart attack, or

stroke; and individuals who are obese or sedentary.

If anyone answers yes to one or more of these questions, then call KUSAHC today for a screening, 302-731-4402.

Home Ownership Workshops

Army Community Service will offer free Home Ownership Workshops, 1 p.m. every Thursday, through Sept. 25 at the ACS, building 2754, Rodman Road. Participants may sign up for any scheduled classes: Sept. 4, 11, 18 and 25.

These free educational workshops are designed to guide military Families and DA civilian employees through most of the financial and administrative hurdles of purchasing or selling real estate.

Topics of Discussion include Learn Effective Ways To Buy and Sell Real Estate; New and Exciting First Time Buyer Programs; The Four Keys to Home Ownership; Competing Successfully in Today's Market; Breaking Through the Down Payment Barrier; The Home Financing Process, Selecting an Area; and more.

For more information or

to register, call the Relocation Readiness Program staff, 410-278-2464/7572.

Registration now open for UMUC Fall 2008

Registration has begun for the University of Maryland University College Fall Semester.

Online session 2 runs Sept. 8 to Dec. 14

Online session 3 runs Sept. 21 to Dec. 14

Online session 4 runs Oct. 5 to Dec. 14

At Aberdeen Proving Ground HRMN 300 Human Resource Management will be offered.

Students are advised to register early, as some classes fill quickly. For more information or to register, visit the APG office of UMUC in building 4305, room 210, or call 410-272-8269 or 410-306-2048.

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

Blue Cross/ Shield visits APG

The Civilian Personnel Advisory Center has made arrangements for a claim representative of the Service Benefit Plan Blue Cross/

Blue Shield to visit APG Sept. 9. The representative will be available 9 to 11:30 a.m. in building 305, room 211 and 12:30 to 1:30 p.m. in building E-4520, Chemical Demilitarization Training Facility, Edgewood Area, to discuss claim problems and plan coverage. No appointment is necessary.

For more information, call Teri Wright, 410-278-4331.

G-Street holds Open House Sept. 10 and 13

The Directorate of Safety, Health and Environment and Weston Solutions will host two open houses of the Edgewood Area's G-Street Salvage Yard, site of the Burn Residue Disposal Area, to view the specialized equipment, containment structure and filtration system.

The first Open House, for Aberdeen Proving Ground personnel, will be held 11 a.m. to 1 p.m., Sept. 10.

A second open house will be held for interested members of the communities of Joppa and Edgewood, 1 to 3 p.m., Sept. 13.

Cleanup activities of the G-Street area include excavating buried debris and contaminated surface soil for offsite disposal. All work is being completed under a containment structure as a safeguard against the unlikely occurrence of a chemical release during the excavation.

To attend, contact Deborah Volkmer, Weston Solutions project manager, at 410-612-5900 or e-mail deborah.volkmer@weston-solutions.com. Seventy-two hour notice is needed for anyone attending with special needs.

Visitors must enter the Edgewood Area through the Route 24 gate. A valid photo ID is required for all visitors. Event personnel will be at the gate to provide directions to the open house location. Wear comfortable shoes for walking and standing. Cell phones and cameras are prohibited.

Retiree Appreciation Day Oct. 18

Aberdeen Proving Ground will host the annual Retiree Appreciation Day activities 8 a.m. to noon at the Aberdeen Area Recreation Center, Oct. 18.

For more information, contact Janet Dettwiler, APG adjutant, 410-306-2301.

Thursdays 10 a.m. to 2 p.m. and 10 a.m. to 1 p.m. the first Saturday of the month.

Consignments are taken 11 a.m. to 1 p.m. and 4:30 to 5:30 p.m. on Wednesdays and 10 a.m. to 1 p.m. on Thursdays.

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

LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Carolyn Russell, 410-306-0173, or e-mail carolyn.russell2@us.army.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Donald Adamson	Hester Hayes	Judith Ratledge
Neoma Amberman	Linda Hindman	Carolyn Reedy
Karen Blades	William Horn	Reta Reynolds
Debra Bonsall (daughter has brain tumor)	Sinclair Joe	Steven Sadler
Jeanie Bowman	Mollie Kilby	Gloria Scott
Michelle Brooks	Beverly King (caring for husband)	Donna Sexton
Jane Calahan	Dana Kirkley	Algje Shaw
Donna Cianelli	Paul Kuwik	Mark Shipman
Joyce Clark	Glenn Kresge	Melvin Showell
Barbara Crossley	Frantz Midy	Willie Stevenson
John Daigle	Karen Milton	Angela A. Taylor
Liesolette Dorsey	Cheryl Mitchell	Carrie Theiss
Wayne Doyle	Marie D. Nowak	Mary Wade
Lisa Foust	Dorothy Nowak	Joyce Woods
Rita Fowler	Cindy Orwig	Charles Young
Miriam Garcia	Adrienne Pearson	Barbara Zenker
Sharon Hardesty	Michael Querns	

Suicide

From front page

For more information, visit the Army Behavioral Health Web site at www.behavioralhealth.army.mil.

For a list of resources and events for Army National Guard and Reserve components visit <http://virtualarmory.com/wellbeing/suicide.aspx>.

The Army G-1 stand is that, "Suicide is a preventable tragedy and that every effort must be made to understand and inform Army personnel of the risk factors involved, to train Soldiers to intervene and to make them aware of professional help at every level."

According to the National Suicide Prevention Alliance, "When given a chance, life usually prevails."



FAMILY, MORALE, WELFARE & RECREATION

Activities/Events

MWR daily bus trips to Atlantic City

Roll the bones on daily trips to Atlantic City, N.J. FMWR Leisure Travel Services offers daily bus service to Trump Taj Mahal Casino. Cost of the trip to is \$32 per person with \$25 back in cash and a \$5 buffet coupon. Only for ages 21 and over. The bus will leave Vitali's Restaurant, Best Western in Edgewood at 9 a.m. and return at 9 p.m.

For more information, contact FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail apgr-usag-mwr-leisuretravel@conus.army.mil.

Comedy Jam at the Post Theater

The public is invited to a Comedy Jam, Oct. 18, at the Post Theater, building 3245. Doors open at 7 p.m., and the show starts at 8 a.m.

Comedy acts include Roy Woods Jr., Eric Meiser and Lawrence Owens.

Tickets cost \$15 for active duty military, \$20 for civilians and \$25 at the door. Attendees must be 18 years of age and older.

For more information or to purchase tickets, visit FMWR Leisure Travel Services, building 3326, 410-

278-4011/4907 or Hoyle Fitness Center, building E-4210, 410-436-7134.

Shop at Potomac Mills Nov. 29

Feel like a little bargain hunting for this year's Christmas shopping? Potomac Mills Shopping Outlets offers more than 200 of the best brand names to help save this year. Travel to Potomac Mills Shopping Outlets Nov. 29. The bus will depart Edgewood Best Western at 7:45 a.m. Cost of the trip is \$29 per person. Space is limited, reserve tickets today.

For more information or to purchase tickets, call FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907, e-mail apgr-usag-mwr-leisuretravel@conus.army.mil.

Adult piano lessons

Beginner and intermediate group piano lessons will be held for adults 18 years and older. Meeting dates are scheduled 6 to 7 p.m., Mondays, Sept. 22 through Dec. 15 at the Aberdeen Area Recreation Center, building 3326, and 6 to 7 p.m., Tuesdays, Sept. 22 through Dec. 16 at the Edgewood Area Stark Recreation Center, building E-4140.

Cost is \$90 per person. Study music fundamentals such as note reading, rhythm and theory, piano techniques and interpretation. Instrument provided. Text required; no classes on federal holidays.

The deadline for registration is Sept. 12. Piano lessons are open to all ID card holders. There must be a class minimum of three participants.

For more information or to register, call MWR Registration, building 3326, 410-278-4011/4907 or Hoyle Fitness Center, building E-4210, 410-436-7134.

Sesame Street Live

"Sesame Street Live: Elmo's Green Thumb" will be held 10:30 a.m., Sept. 12; 7 p.m., Sept. 12; 10:30 a.m., 2 p.m. and 5:30 p.m., Sept. 13; and 1 p.m., Sept. 14, at 1st Mariner Bank Arena, located on 201 W. Baltimore Street, Baltimore. Tickets cost \$17 each. **Tickets must be pre-ordered on Sept. 4. No sales will be made after Sept. 4.**

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

Infant/Child First Aid, CPR Class

An Infant/Child First Aid and CPR class will be held 8 a.m. to 3:30 p.m., for ages 13 and older, Oct. 17, building 2752, Child and Youth Services administration building. The class costs \$5 per person.

Pennsylvania Renaissance Faire tickets available

Tickets are available for the 2008 Pennsylvania Renaissance Faire, located on 2775 Lebanon Road, Manheim, Pa.

Tickets cost \$22.50 each for adults and \$9 for children ages 5 through 11. The Renaissance Faire will be held on weekends through Oct. 26. Enjoy a marvelous trip back in time to the days of yore featuring 35 acres of Jousting knights and royal delights. Tickets are good for any day entrance to either the Celtic Fling & Highland Games or the Pa. Renaissance Faire.

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

Free babysitting course

Become a certified babysitter after taking the free 4-H/Army Child and Youth Services babysitting class for ages 13 and older.

The class will be held 8 a.m. to 4 p.m., Nov. 3 and 4 at the EA Child and Youth Services, building E-1902. The objectives are to familiarize participants with the responsibil-

ities of babysitting. This class is open to all DoD ID card holders.

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

York County Fair (Grandparent's Day)

Treat the grandparents to a day of midway games, local and Amish food and fun. End the day at Cracker Barrel Sept. 7. Cost is \$37 per person. Bus departs Golden Ring Terminal at 9:10 a.m.

Contact FMWR Leisure Travel Services for more information at the AA Recreation Center, building 3326, calling 410-278-4011/4907 or e-mailing mwr_registration@apg.army.mil.

Army 10-Miler—runners needed

The FMWR Community Recreation Division Sports Branch will sponsor two teams from APG to compete in the Army 10-Miler, Oct. 5, in Washington, D.C. Team participation is limited to active duty Army personnel assigned to APG.

For more information, call Ralph Cuomo, 410-278-3868, e-mail ralph.cuomo@us.army.mil or visit www.armytenmiler.com.

MWR presents Stepping Up

FMWR presents Stepping Up, performed by Step Afrika, 7 p.m., Oct. 4, at the Post Theater. Step Afrika celebrates stepping, an art form born at African American fraternities and sororities, based in African traditions. As the first professional compa-

ny dedicated to stepping, Step Afrika's intricate kicks, stomps and rhythms mixed with spoken word pound the floor and fill the air.

Advance tickets cost \$15 for active duty military, \$20 for all others and \$25 at the door. This event is open to the public.

For more information or to purchase tickets, call Leisure Travel Office, building 3326, 410-278-4011/4907 or Hoyle Fitness Center, building E4210 or call 410-436-7134.

Do-it-yourself New York City tours

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

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

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

Baltimore Orioles games

Purchase tickets for Orioles baseball at Camden Yards:

- Oakland Athletics, Sept. 7, TBD
- Cleveland Indians, 7:05 p.m., Sept. 9
- Toronto Blue Jays, Sept. 28, 1:35 p.m.

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

Upcoming CWF events

Trip to Broadway

The Civilian Welfare Fund is offering a trip to New York City, Aug. 23, to see the Broadway show, "Spring Awakening," at 2 p.m. Do not miss this hot winner of eight 2007 Tony Awards, including Best Musical. There will be time to shop, sightsee and have lunch

prior to the 2 p.m. show. The trip costs \$150 per person and includes round trip charter bus service and ticket for the show. The show contains adult content and is not appropriate for children.

For more information or for reservations, call Patti Harkins, 410-278-4603.

The Course at APG



Thru September 30, 2008

Save and Play the Golf Courses at Aberdeen Proving Ground:

Ruggles Golf Course: \$30
Exton Golf Course: \$20

Monday thru Friday (weekends after 2:30 p.m.) Includes greens fee with cart

****Must present coupon for special; coupon not valid with any other discount; cut here or go to www.apgmwr.com for coupon**

Eligible patrons are: active duty military, retirees, veterans, DoD civilians, APG contractors and Harford County residents.



For more information call 410-278-4794 or 410-436-2213



www.apgmwr.com

SKIES Unlimited

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

SKIES Unlimited gymnastics program

Gymnastics classes will be held Sept. 13 through Nov. 8 on Saturdays. Class groups include ages 2 and a half to 4, 9 to 10 a.m.; ages 5 to 7, 10 to 11 a.m.; and ages 8 to 18, 11 a.m. to noon.

Youths not already enrolled in the child and Youth Services Program will pay an additional \$18 registration fee.

To register, call the Central Registration Office, building 2752, 410-278-7571/7479.

For more information or to make an appointment, call 410-278-4589, or e-mail stacie.umbarger1@conus.army.mil.

Private piano lessons

SKIES Unlimited private piano lessons will be given 3:30 to 7:30 p.m., on Fridays, Sept. 12 through Oct. 17 and Oct. 31 through Dec. 12. (No class Nov. 28.) Classes will also be given 9:30 a.m. to 12:30 p.m., on Saturdays, Sept. 13 through Oct. 18 and Nov. 1 through Dec. 13. (No class Nov. 29.)

Lessons cost \$102 per student and include six weeks of 30-minute lessons once a week. Parents choose which time frame session they want to sign-up for when they register their child.

Students are responsible for purchasing the required books for the course recommended by the instructor.

Private Voice Lessons

Ages 7 and older can register for private voice lessons, 4 to 7 p.m., Mondays,

Sept. 29 through Oct. 27 (no class Oct. 13), at the Aberdeen Area Youth Center, building 2522. An award-winning singer/songwriter will instruct students. No experience 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.

SKIES Unlimited offers Driver's Ed

Drivers Education classes are conducted by Rules Driving School, Inc. Monday thru Thursday, 6 to 9:15 p.m. Classes will be held in Aberdeen at the Community Center, 34 N. Philadelphia Boulevard, room 304, Sept. 15 thru 30; Oct. 6 thru 22 (no class Oct. 13); Oct. 27 thru Nov. 12 (no class Nov. 11); Nov. 17 thru Dec. 3 (no class Nov. 27) and Dec. 8 thru 23.

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

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

Taekwondo classes offered

Taekwondo promotes discipline, as well as muscle toning and conditioning. Classes will be held at the Aberdeen Youth Center, building 2522, Monday and Wednesday, Sept. 15 through Oct. 8, and Oct. 20 through Nov. 12, 5:30 to 6:15 p.m. (ages 6-11) \$65 per student and 6:30 to 7:30 p.m. (ages 12-18) \$75 per student.

Students must wear a white T-shirt and sweat pants.

Open to all DoD ID card holder Family members.

Employment Readiness Program offers free classes

Computer Basics Class

Sept. 9 thru 18, Tuesday and Thursday, 6 to 8 p.m.

This hands-on class is designed for those with little or no background in computers. Learn the basics skills needed to operate a computer.

Seating is limited. Must register at ACS. For more information call Marilyn Howard, 410-278-9669/7572.

Smart Start Your Business

All sessions 11:30 a.m. to 1 p.m. ACS classroom, Sept. 24, Oct. 22,

Nov. 19.

This class is sponsored by APG ACS Employment Readiness Program in partnership with Aberdeen Proving Ground Federal Credit Union and Harford Community College SBDC. This 90-minute orientation program provides an overview of the ways to start a business, the skills and duties of a successful entrepreneur and how to write a strategic business plan. Other services offered by the SBDC are also discussed.

To reserve seating, call Marilyn Howard, 410-278-9669/7572. Space is limited.



Health Notes

Center creates 'little miracles' in treating post traumatic stress

Story by
DONNA MILES
American Forces Press Service

A revolutionary treatment program at Fort Bliss, Texas, is demonstrating "little miracles" as it gives new hope to Soldiers afflicted with post-traumatic stress disorder who want to stay in the Army, its director reports.

The new program is the brainchild of clinical psychologist John E. Fortunato, who uses a holistic approach to treating PTSD at the new Fort Bliss Restoration and Resilience Center.

Fortunato conceded that his proposal "wasn't an easy sell" initially, particularly because it wove yoga, massage therapy and other nontraditional approaches into its treatment program. But driven by the frustration of seeing Soldiers with PTSD forced to leave the Army against their wishes, Fortunato pressed forward and won approval for his prototype program.

With \$2.2 million in initial funding and a 1940s barracks building to rehab, he set out to launch the Restoration and Resilience Center in June 2006. The center opened last summer.

Fortunato was convinced traditional PTSD treatments weren't long enough, intense enough or comprehensive enough.

"So we set out to create a program to address all aspects of PTSD and treat the whole Soldier," he said.

The participants, all volunteers, take about

one-half the doses of medications they'd typically get through community mental-health programs.

"That's because we're doing a bunch of other things," Fortunato said.

Many PTSD-afflicted Soldiers experience "hyper-arousal," which the center staff treats with techniques like medical massage and "Reiki," a Japanese stress-reduction technique.

Acupuncture has proven to be "extremely effective" in treating the anxiety, panic, and tension-induced physical pain many experience, Fortunato said.

There's a big physical component to the program, too. The Soldiers must walk at least 10,000 steps a day, including a daily 45-minute "power walk." They play water polo three times a week, forcing interaction that Fortunato said many would rather avoid.

"That's another piece of PTSD. They want to socially isolate. They don't like to interact with other people," he said. "So we have them interact with the people they feel most comfortable with: other Soldiers with PTSD."

Field trips during the program take the Soldiers to the local mall and Wal-Mart, "two hells" to many of them because they're too big, too crowded and too noisy, Fortunato said.

"We teach them ways to regulate their stress level so they can handle those kinds of environments," he said.

Many afflicted Soldiers have trouble with concen-

tration and memory, Fortunato said. For them, the program's mix of physical activity and calming techniques appears to help. They do yoga; tai chi, a Chinese martial art; "Quigong," a centuries-old Chinese self-healing method; and bio-feedback, which uses the mind to heal the body.

"We have a meditation room that looks like it came out of a Zen monastery," Fortunato said.

The program aims to repair the physical damage to the "learning center" in many PTSD sufferers' brains. That's caused, Fortunato explained, when the body's stress hormone is elevated too high and for too long -- as it commonly is among combat troops.

"The good news is, [the learning center] is one of only two parts of the brain that can grow new cells," he said.

His program requires participants to sit at a computer several times a day, doing mental exercises to help them regain their cognitive functioning.

While confronting the physical aspects of PTSD, the program also addresses the emotional and spiritual aspects.

"Few Soldiers come back from war without terrible images and events in their head," Fortunato said. Many "suck it up and Soldier on" in the combat theater because they have no choice. But when they return home, these issues can percolate to the surface as nightmares, flashbacks and other problems, he said.

Fortunato's program uses "rehearsal therapy" to help participants confront their most painful memories and experiences.

"The Soldier tells the story, as painful as it is, over and over until you've emptied it of its emotional punch," he said. "They are never going to forget the story, but it doesn't have to have the grip on their guts that it did before."

Meanwhile, many Soldiers with PTSD find that their combat experience has shaken their core beliefs and values, Fortunato said. A chaplain helps them review "the big organizing things in their life" as they address the spiritual piece of their PTSD struggle.

"We weren't doing much to address this before," but it's critical to a Soldier's healing, he said.

Fortunato said there's nothing monumental about the Recovery and Resilience Center's approach to treating PTSD.

"If you put all of that together, it isn't magic," he said. "None of it is magic. And do you know what? None of it is new. All we did is, we looked at the whole Soldier and tried to treat all of him."

The "whole Soldier" approach appears to be paying off. Twelve of the 37 Soldiers who volunteered for the program have graduated and returned to their units. Among the recent graduates is a Soldier who was in a catatonic state in August, but now is free of all signs of PTSD.

"Little miracles are what we are watching happen," Fortunato said.

So far, only two participants have washed out of the program, both taking medical discharges from the Army.

Fortunato is the first to say his program isn't for everyone.

"This is a hard program," he said. "[Participants are] in treatment thirty-five hours a week [with] daily psychotherapy, daily group therapy [and] integrative medicine. They go from 8:30 in the morning until 4:30 every afternoon. You have to be highly motivated to put up with that much treatment."

There's no set timetable for completing the program, but Fortunato said he's finding six months to be optimal for most Soldiers.

"As long as they are working hard, we are going to hang in with them," he said.

The Soldiers formed their own platoon, which they dubbed, "the Wolf Pack."

It's a testament, Fortunato said, to the way they take care of each other and the strength they've shown in admitting they have PTSD and seeking treatment.

As the Soldiers work to overcome their combat stress and return to their units, Fortunato said he's convinced the program is in the Army's best interest as well.

The cost alone of treating a Soldier - somewhere between \$14,000 and \$20,000 - is a bargain to the

force, he said. By comparison, he said it would cost about \$400,000 to recruit and train a new Soldier and provide lifetime disability payments and medical care to the discharged Soldier.

"So why wouldn't you do this?" Fortunato said. "I think the numbers are all in our favor."

Defense Secretary Robert M. Gates appears to agree. He toured the Restoration and Resilience Center on May 1, calling the visit an "extraordinary experience."

"They are doing some amazing things here in terms of helping Soldiers who want to remain Soldiers but who have been wounded with post-traumatic stress disorder," he said. "It is a multi-month effort by a lot of caring people, and they are showing some real success in restoring these Soldiers."

Gates called the center an example of new approaches the military is taking to care for these troops.

"This center here is illustrative of what can be done," he said.

Gates said he'll consider the idea of possibly replicating Fort Bliss' prototype program to other posts.

Fortunato said he's all for duplicating his effort, but emphasized that his program's small size is a key to its success. The Soldiers and staff all know each other, have nicknames for each other and feel a personal commitment to each other.

"We all love these guys," he said.

Military Health System prepares more online mental health tools

Story by
NAVY LT. JENNIFER CRAGG
Special to American Forces Press Service

The Military Health System is planning a late-September update to its behavioral health Web site, **AfterDeployment.org**.

The site was launched Aug. 5. "AfterDeployment.org provides service members, their families and veterans with online behavioral health tools," Dr. Robert Ciulla, **afterdeployment.org** project manager at Madigan Army Medical Center, Fort Lewis, Wash., said on the "Dot Mil Docs" program on **BlogTalkRadio.com** Aug. 21.

"The Web site is a self-care solution targeting post-deployment adjustment concerns," he said. "Individuals who might not otherwise seek out services can now be empowered to use AfterDeployment's resources at their own pace."

During the initial phases of the site's development, officials worked to understand the site's eventual user population, Ciulla said, recognizing that since



October 2001, more than 1.5 million United States troops have deployed to Operation Iraqi Freedom and Operation Enduring Freedom. Among that group, Ciulla noted that the most troops are between the ages of 17-29, and have a high school-level education.

"We also recognized that our user population is knowledgeable about computers," Ciulla said. "The intent, then, was to build

a site that offered more than just a lot of text-based articles; we wanted the materials to be interactive. We wanted to give users a variety of ways to access the information."

The site has many features. "If a user wanted to get a better understanding about their stress level or their anger problem, they can take a quick self-assessment right on the site and get some immediate feedback

concerning their scores," Ciulla said.

Users also can test their knowledge with user-friendly quizzes and participate in narrator-guided multimedia workshops tailored to address specific concerns.

AfterDeployment.org also includes video-based testimonials from service members, veterans and Families discussing their deployment challenges and how they coped.

Online tools have several advantages, including 24/7 access anywhere an Internet connection is available. Users can log on to **AfterDeployment.org** in the privacy of their own homes, which should help to reduce or eliminate barriers to care and the stigma associated with seeking out in-person consultation, the doctor said. For some, **AfterDeployment.org** may serve as an alternative to traditional face-to-face care, while others may use the site in tandem with an actual provider, he added.

Ciulla said the self-care tools available on **AfterDeployment.org** provide the entire military community with vital service-

delivery options. The site has particular advantages for National Guard and Reserve units, who may be distant from a military treatment facility or otherwise located in areas lacking providers who are knowledgeable about military-related adjustment concerns, he noted.

Additionally, military leadership and health care providers can tap the site's materials to learn about common problems and change strategies, and to obtain useful contact information concerning local resources, he said.

AfterDeployment.org offers 12 programs: Adjusting to War Memories, Dealing with Depression, Handling Stress, Improving Relationships, Succeeding at Work, Overcoming Anger, Sleeping Better, Controlling Alcohol and Drugs, Helping Kids Deal with Deployment, Seeking Spiritual Fitness, Living with Physical Injuries and Balancing Your Life.

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

Commentary: These four habits will prolong your life

By
COL MICHAEL CUSTER
CHPPM

Soldiers are busy. Their families are busy. Health is important to us, but we have so many competing activities we often neglect our own care.

However, there are several obvious actions that can dramatically improve health. Some are easy to do; some may be more difficult, but the benefits for your health and the health of those around you are awesome.

First, a most serious habit—tobacco use. If you use tobacco in any form, you should stop, period. If you don't use it, do not start.

The bad effects of tobacco on health are well known. Most people know also that tobacco

use is an addiction that is difficult to break. It is a terrible choice to start this habit and an unfortunate situation once it has been established. Nevertheless it is especially important for leaders to urge Soldiers to quit, because the Army has high rates of tobacco use. Urging individuals to quit counteracts complacency and denial on the part of tobacco users who may rationalize that tobacco's terrible health effects are "no big deal" because no one says anything about it.

Here is another healthy habit that is easy to implement. Eat five servings of fruit and vegetables every day. Current statistics show that 39 percent of Soldiers eat fruit less than three times a week, and 26 percent eat vegetables less than three times a week.

If you really want to maximize the benefit of eating fruits and vegetables, concentrate on the yellow, orange and red fruits and the green, leafy vegetables. They will help reduce cancer risks, keep blood pressure down and improve gastrointestinal health, to name just a few of the many health benefits they provide.

Walking or exercising every day for 30 minutes is a third, excellent habit to implement. The benefits of regular exercise are well known, and studies that concentrate on walking have shown that walking is linked to reductions in premature death when they are compared with sedentary people. Walks can be relaxing and help reduce stress. Health promotion experts often say that you should walk your dog once

a day whether you have a dog or not.

Here is the last recommendation: drink alcoholic beverages in moderation. Five or more drinks for men and four or more for women on one occasion are considered heavy drinking. Currently 25 percent of Soldiers self-report as heavy drinkers. A little moderation in the amount of alcohol consumed can have a big impact on your health. Heavy drinking is associated with a wide range of health problems from [injuries from drinking and driving] auto accidents to liver disease.

A recently published study in England demonstrated that middle-age individuals aged 45 to 79 who practiced these four health habits lived 14 years longer than those who didn't use any

of the four habits. The findings were published online in Public Library of Science Medicine, <http://medicine.plosjournals.org/perlserv/?request=get-document&doi=10.1371/journal.pmed.0050012>.

Let's recap the habits in order of priority: 1. Do not use tobacco. 2. Eat five servings of fruit and vegetables every day. 3. Exercise or walk 30 minutes every day. 4. Drink moderately. These four habits are simple to implement and will reap impressive health benefits for anyone who adopts them.

(Editor's note: Author is an Army public health nurse and the director of Health Promotion and Wellness at the U.S. Army Center for Health Promotion and Preventive Medicine.)

Chemical defense collaboration helps protect Warfighter, nation

Story and photo by
SARAH MAXWELL
MRMC

What was once a barn for goats is now a place where scientists on the forefront of chemical defense research try and test their theories to help protect and heal the nation's Warfighters.

A sturdy 6,800 square foot structure made of cement blocks, the barn was transformed into the U.S. Army Medical Research Institute of Chemical Defense's Collaborative Research Facility, part of the U.S. Army Medical Research and Materiel Command, at Aberdeen Proving Ground.

The three new labs in the renovated building are within the scope of ICD's comprehensive Collaborate Research Program, which brings in ideas from scientists outside the institute who could develop improvements to help protect service members from possible chemical weapons attacks.

"The collaborative research here leads to countermeasures to protect the Soldiers and ultimately protects the nation," said Capt. Jeremy Goodin, Research Collaboration Program director.

The facility is expected to enhance the program's ability to accommodate work with other organizations, allowing a steady flow of scientific ingenuity. By using ICD scientists, who are part of only a handful in the world certified to handle the strongest chemicals, they can get their theories tested, Goodin said.



Carol Jacoby, a research scientist for the U.S. Army Medical Research and Materiel Command's Institute of Chemical Defense, works in the newly renovated Collaborative Research Facility at Aberdeen Proving Ground. The facility was once a goat barn and is now part of the MRICD's comprehensive collaboration program that works with government and civilian organizations to advance the nation's chemical warfare defense.

The Army expertise is becoming more and more sought after in research communities around the country. Just five years ago, there were only 23 collaborations, and this year the chemical defense program already has 101 projects in the works from dozens of other groups.

"From 2003 to 2008 the col-

laboration program skyrocketed," Goodin said. "We stood up the CRF to accommodate the needs and interests of investigators."

Many times researchers at institutes like universities, government agencies and other military laboratories will have promising results in a bio-chemical experiment but will not have

the authority to test their theories on chemical agents due to stringent safety requirements. That's where the collaboration program comes in. The other agency will coordinate with the principal investigators at ICD to safely perform the portion of their experiments that require chemical agent.

"I don't think collaborative research anywhere else in the military is like it is here. It's a really good deal for them and us," said Dr. Jack Baggett, chief of ICD's Program Strategies and Operations Office. "Although the amount of time to get a project done is a little on the long end compared to the outside research facilities, it's because we are much more careful. We don't rush anything."

Baggett said the collaboration program as well as all the research conducted in ICD's 10 other buildings and laboratories ensures science performed by the ICD investigators is verifiable through rigorous testing and documentation. That way, the scientists who submitted their work will know that it can be published and shared with the broader scientific community.

"Collaboration is the way to go," Goodin said. "As a researcher, I've always worked with people in academia. It increases research exponentially and helps publish more papers."

But not everyone who wants their theories tested by ICD will get the chance to use the princi-

pal investigators and facilities. Potential collaborators submit their request, and if the research is found beneficial for protecting or treating service members, it may get picked up. The other agencies also pay a fee for the Army's ability.

"We don't approve everything that comes through our door," Baggett said. "If it doesn't fit our mission, we're not going to do it."

Since the program gets so many requests, the MRICD researchers can be very selective and concentrate on experiments that will have the broadest benefits to the country.

"We're not a for-profit laboratory," Baggett said. "I'd rather have someone doing one to three experiments extremely well than just getting six done."

Benefiting from collaboration on a number of projects with ICD, Dr. Richard Gordon at MRMC's Walter Reed Army Institute of Research in Silver Spring, Md., said he very much appreciates his more than 10-year-old working relationship.

As one of his partnership projects, he and an ICD investigator will be delving into decontaminating and detoxifying sponges for chemically exposed skin.

"We have a group of people who want to do some of the same research at ICD as at WRAIR, but we can't work with the chemical agents," Gordon said. "We're on equal footing with the science but go there to execute."

Complex being built to map aircraft sound

Story by
DREW HAMILTON
ATEC

The future of military and civilian aircraft will be a silent one with the construction of the Aeroacoustic Research Complex on White Sands Missile Range, N.M.

The one of a kind complex will be used to map sound being emanated from aircraft in flight. The sound data collected can then be used to design quieter aircraft to gain military advantages.

The complex is composed of an array of microphones both on the ground and mounted on a pair of 300-foot tall towers currently under construction.

Test aircraft will fly between the towers, enabling acoustic data to

be collected and evaluated. The information will then be used to attempt to identify methods of reducing the sound being emitted by the aircraft.

While the complex will initially only be able to evaluate small aircraft, such as helicopters, light fixed wing, and UAVs, plans have already been approved to construct a larger set of towers to enable the testing of larger aircraft.

"Eventually [we'll be able to test] any kind of platform you can think of, cargo, commercial, anything," said 2nd Lt. Boyce Dauby, a project engineer with WSMR's detachment of the 46th Test Group.

The ARC will be ready to begin testing as early as September.

What makes the complex unique is that unlike other aeroacoustic facilities, the ARC will be able to map the data out in three dimensions. While 2D mapping facilities already exist, the 3D data mapping that the ARC will be capable of will allow for more advanced and accurate data collection.

"Noise propagates in every direction and you can't do the kind of [data collection] we want to do with a 2D system," Dauby said.

WSMR's controlled airspace and large open ranges made it an ideal location for the ARC.

"You have to ensure that you have a quiet zone around the measurement site. Any noise encroaching on the test can con-

taminate the data," said John Hall, ARC project leader from the Air Force Research Laboratory. Hall said that WSMR's quiet natural background has made it a location to perform acoustical experiments in the past, and it's controlled airspace and ranges ensures that testing won't be disrupted by other activities.

The benefits of quieter aircraft aren't limited to the battlefield; many airbases and airfields around the world are located near civilian populations. Encroachment of civilian communities and developments can result in noise complaints and limit training opportunities. Reducing the noise emitted by military aircraft will allow

U.S. air assets to operate and train near civilian populations while minimizing complaints.

The ARC's capabilities will also be attractive to commercial industry as there is a great deal of interest in noise reduction from civilian aircraft manufacturers. "We've already been approached by a lot of aerospace corporations, both on the engine and airframe side... because it's a big selling point in commercial aviation if you can mitigate noise --- complaints," Hall said.

As a dual use facility, civilian companies can run experiments and collect data to help the development of quieter private and commercial aircraft.

According to Micah

Downing, chief scientist from Blue Ridge Research and Consulting, an acoustical firm supporting the ARC, densely populated regions like Europe have stronger environmental regulations and a greater need to limit noise pollution.

AFRL has partnered with NASA on this project through an Interagency Agreement to share the investment. AFRL would like to thank Detachment 1 of the 46th Test Group as the Air Force sponsor of the ARC, WSMR's Business Development Office and WSMR's environmental division for their help in the approval process.

"A big milestone was the approval of the environmental assessment," Hall said.

JACKS – a single knowledge center for the CBRN community

Story by
LEN GULDENPFENNIG
and
KATIE ADAMS
Edgewood Chemical and Biological Center

The Joint Program Executive Office for Chemical and Biological Defense equipment plays a vital role in the Department of Defense's mission to defend the nation and Warfighters against chemical, biological, radiological and nuclear threats. Through the procurement of CBRN detection, analytical and protective equipment and training this mission is accomplished.

To facilitate distribution of current and relevant CBRN equipment information, a powerful tool has been created.

The JPEO-CBD Director for Knowledge Management, Brenda Besore, and Lead for Web-Based Systems, Patricia Estep, established the Joint Acquisition Chemical Biological Radiological Nuclear Knowledge System, also known as JACKS, in support of DoD's mission. JACKS is a Web-based knowledge management system that provides information for the CBRN defense community, regardless of the agency, equipment manager or data owner.

The Edgewood Chemical Biological Center Information & Technology Solutions Team at Rock Island Arsenal, Ill., developed and maintains JACKS.

The DoD employs a large number of CBRN-supporting Web sites, systems and databases, typically aligned with an

organization or office. A key characteristic of JACKS is that it accesses these multiple DoD databases and systems, pulling CBRN-oriented information into one focused resource to support the CBRN community. This is commonly referred to as a data federation.

JACKS' overarching concept

JACKS is a key repository of CBRN-oriented data sets. For example, it serves as an information source to such systems as the CBRN Research Development Acquisition Detector database effort between Australia, Canada, the United Kingdom and the United States. These modules provide users clear, accurate and maintained sources of CBRN information in one easy to navigate system.

Unlike many unofficial systems that do not receive the maintenance and updating necessary to be reliable, JACKS uses official System of Record data sources. For example, the Federal Logistics Information System is accessed weekly to update information on more than 100,000 National Stock Numbers. The DoD Demilitarization Program database is the source for demilitarization code "F" instructions that JACKS uses.

JACKS' CBRN Shelf Life Information System is an example of both a CBRN data repository and an official system of record. This JACKS system hosts and displays CBRN Shelf Life expiration, extension and condemna-

tion information by NSN and lot number, as well as other required surveillance information. CBRN Shelf Life extending and condemning actions are the responsibility of the technical expert engineering agencies that have the authority to make such decisions.

An archive of CBRN-oriented advisory messages is maintained within JACKS. Multiple maintenance, logistical, supply, safety of use and other advisory messages are included in the archive, regardless of the agency or command that originated the message. If a message is CBRN-oriented and targeted to the DoD community, it will be archived into JACKS.

The Joint Equipment Assessment Program utilizes JACKS to provide current and accurate shelf life information and updates. This close relationship between JEAP and JACKS ensures essential information is available and accessible. Several agencies provide background database connections and data feeds to maintain current data updates directly into JACKS. Regardless of the agency that is responsible for data, it is available in JACKS for Warfighters and other consumers to use at their discretion.

The information within JACKS is unclassified, but considered sensitive. While JACKS provides anyone who can access the site with 24/7 CBD support, major parts of the system are accessible only to DoD personnel with a Public Key Infrastruc-

ture digital identity certificate or an Army Knowledge Online or Defense Knowledge Online account. Support for multiple levels of permissions is a useful tool many users of JACKS utilize.

Complete access control exists within the system, allowing the user to grant access to entire areas or just certain sections. This function permits the exchange of information while also maintaining permission control. This is usually associated with a Common Access Card or Army Knowledge Online account. JACKS is accessible to more than 90 percent of DoD's military and civilian personnel worldwide.

Various functions within JACKS are access-controlled; and are managed via permissions based upon the specific function and the user's need to know. For example, customers attempting to go to the CBRN Shelf Life update area log into the same JACKS Web site that all users access. Since certain personnel are identified as members of the technical community and have been given additional permissions with their CAC PKI certificate, they have access to additional links and options in JACKS that provide access to the shelf life update forms.

The capabilities and functions of JACKS are expanding based on user feedback and CBRN community information requirements. It is an evolutionary system that is constantly being

improved to meet the demands of the CBRN community.

Points-of-contact for recommendations, suggestions and questions can be accessed on JACKS. Widely available and a highly valuable CBRN information resource, JACKS adds value to the Warfighter and the CBRN community. As the system continues to develop and evolve, even more data marts or doorways of information will be shared with Warfighters and the CBRN community. JACKS has been developed under an ISO 9001-2000 certified quality management system that promotes, facilitates and enables consistency and continual improvements.

JACKS can be accessed at <https://jacks.jpeocbd.osd.mil>. Users are encouraged to submit suggestions for improvement. The JPEO-CBD goals of focusing less on organizational structure and more on supporting the CBRN defense community and warfighters continue to be the primary focus of JACKS. By providing portals to the vast amounts of critical information, JACKS brings the CBRN community closer together.

For more information on JACKS or inquiries regarding information technology support, contact the Knowledge Management Division of JPEO-CBD: commercial 703-681-9600, DSN: 761-9600, or e-mail webmaster@jpeocbd.osd.mil, or the CBRN Information Resource Center, 800-831-4408 or e-mail cbn@conus.army.mil.

August Well-Being meeting focuses on upcoming APG events

Story by
RACHEL PONDER
APG NEWS

Aberdeen Proving Ground organization representatives announced upcoming APG events as well as important information pertaining to the APG community at the Well-Being Council meeting held at the Aberdeen Post Chapel Aug. 21.

Command Sgt. Maj. Pedro Rodriguez opened the meeting by welcoming attendees and advising them to stay alert for traffic changes.

"There are new changes every day. Be careful," he said.

FMWR

Chris Lockhart, marketing and sponsorship manager for Family and Morale, Welfare and Recreation, gave updates on upcoming events.

"Ruggles Golf Course is currently being renovated. The clubhouse is staying open but you have to go through a slightly different entrance (through the Pro Shop)," Lockhart said. "During this time please be patient with the renovations."

She added that on Sept. 13 and 14 Ruggles Golf Course will hold its club championships.

Lockhart also said that the Southside Grill in the Edgewood Area is undergoing renovations. The target grand opening date for the restaurant is Nov. 13.

The Bowling Center will be undergoing renovations in September that will have a slight impact on bowling leagues over the next 5 to 8 weeks. For more information and hours during renovations, contact the Bowling Center, 410-278-4041. Announcements will also be made in the *APG News* and on FMWR's Web site.

There will be an FMWR amateur boxing night Sept. 13, and on Oct. 18, FMWR will host Comedy Jam Live.

AFFES

Debbie Armendariz, store manager at the Aberdeen Post Exchange, announced that Toyland, where customers can buy Christmas toys, will open at the PX the second week in September.

Customers can also sign up at the front of the PX to be on a "buddy list" for e-mails notifying customers of weekend sales and store happenings. Online sales at www.affes.com will also be announced.

She added that patrons can now use their Military Star Card to get \$.03 off per gallon at the gas pump.

KUSAHC

Lt. Col. Larry Patterson and Deborah Dodsworth, represented Kirk U.S. Army Health Clinic.

"We just hired a second pharmacist," Patterson said. "This is a significant improvement, although the ideal is three pharmacists."

He said that the third pharmacist they hire would be the chief of Pharmacy. He welcomes any recommendations and referrals. To recommend a pharmacist for this position, call Dodsworth, 410-278-1724.

Patterson stated that for the last five months KUSAHC has been struggling with access to appointments, loss of positions, deployments to Iraq and many other things happening that affect patient care. KUSAHC was able to hire a few contractors for the short term.

Patterson said that they do not know the exact date when the flu shots will be coming in at KUSAHC but they are expected to come in soon. When the flu shots are ready to be administered, information will be announced in the *APG News* and other sources of information.

Priority for the flu shots is deploying Soldiers, AIT students, permanent party followed by high risk patients and then all other TRICARE beneficiaries. For more information, call 410-278-1746.

Patterson said that all TRICARE beneficiaries are required to take over-the-counter medication classes before they are issued a medication card, which allows patients to receive medication.

"With this class you will be provided education about a variety of medications and how to practice self care," he said.

"The knowledge you gain from the

classes can eliminate the need to go to the drugstore or to call the doctor every time you have an illness," Dodsworth added.

Smoking cessation classes will be offered at KUSAHC in November. Those who wish to take smoking cessation classes in September and October, Harford County offers classes free of charge.

"Attendees must provide proof of attendance going to the meeting to obtain nicotine patches from a KUSAHC doctor," Dodsworth said.

For more information on the smoking cessation and OTC classes, contact KUSAHC's community health nursing, 410-278-1964/1774.

Dodsworth announced that TRICARE beneficiaries should have school physicals done at KUSAHC because TRICARE will not cover school physicals administered at other health care facilities.

Patterson added that children can go to school in Harford County for up to six months without a physical.

DIO

Pat Hector, chief of the Housing Division, represented the Directorate of Installation Operations. She said that last month they held a focus group on housing with the RCI contractor, Picerne. Hector said that although she sent letters to residents informing them of the focus group, attendance was low. She said that she would like to try to have another focus group with more participants, but this will need to be coordinated with Picerne. She added that this is an important meeting to attend so that residents can make recommendations for improving the housing or voice their concerns.

"We really want input on how you want these new quarters to look like," Rodriguez said. "The Soldiers and spouses are highly encouraged to attend."

Rodriguez added that they seriously consider Soldiers and spouses' recommendations.

Open forum

Janelle Ferguson, APG Installation Safety Office, responded to a comment about walkers and children playing on Plumb Point Loop.

"We get reports of cars coming through and not seeing people, and people walking two and three abreast, as opposed to single file. That is a dangerous area. We are asking that motorists use caution and that pedestrians wear safety reflective belts," Ferguson said.

Ferguson also made an announcement regarding backpacks.

"Backpacks with wheels do more harm than good. Children will put more weight in these backpacks and as a result there are more reports of children with spinal injuries," she said. "Also children have trouble getting these backpacks up the stairs, sometimes causing them to fall."

She concluded by asking attendees to "please watch for children playing in the streets, especially due to all of the construction going on at APG."

One attendee asked about upcoming Halloween festivities.

Rodriguez said that every year Halloween trick-or-treating is held 6 to 8 p.m., Oct. 31. Children under 12 years of age must be accompanied by an adult. Also, Better Opportunities for Single Soldiers is planning a haunted house again this year.

Rodriguez said that while attending a BOSS conference in early August it was announced that last year's haunted house at APG won second place, competing with more than 30 small installations.

"I was really proud of APG. We hope to make it even better this year," Rodriguez added.

The Hallelujah Harvest, which is held at Aberdeen's Post Chapel, will be Oct. 31.

Stacie Umbarger, the Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited director, announced that she has a babysitter referral list of teenagers who have taken a babysitter's course through SKIES. Call her at 410-278-4589 for a copy of the list.

The next council meeting will be held in the Aberdeen Area Post Chapel 9:30 a.m., Sept. 18.

Chapel News

CWOC hosts event Sept. 8

The Catholic Women of the Chapel Kick-Off for 2008-2009 will be held 6:30 to 8:30 p.m., Sept. 8, at the Main Post Chapel. Come join a group of women for music, food, fellowship and fun. There will be door prizes and many other surprises. Everyone is invited to attend and to bring their friends. Nursery will be available. For more information, call 410-278-4333.

Worship schedule

Aberdeen Area
Main Post Chapel, building 2485

Catholic
Confession 8 a.m.
Sunday mass 8:45 a.m.

Protestant
Worship 10:15 a.m.

Gospel
Sunday School 11 a.m.
Worship service noon

Edgewood Area
building E-4620

Catholic
Confession 10 a.m.
Sunday mass 10:45 a.m.

Protestant
Worship 9:15 a.m.

For more information, call 410-278-4333.



Office of the Staff Judge Advocate at http://www.apg.army.mil/apghome/sites/installation/Staff_Judge/index.html

Service members eligible for household goods reimbursement when evicted as a result of landlord's foreclosure

Story by
ERIC FEUSTEL
OSJA

Foreclosure is a legal process in which a lender, such as a bank, repossesses and sells a home when the homeowner falls behind on payments to a loan secured by the home. In cases where the home is being used as a rental property and the homeowner is also a landlord, it usually means the tenant is evicted.

Frequently, the sole remedy for the tenant is to sue the landlord for breach of contract under the lease agreement. Unfortunately, a successful suit often does not mean the renter gets to stay in the home, it only means that the landlord must pay damages which could include reimbursement of the security deposit and moving expenses. When the landlord is already in financial difficulty, this may result in a

judgment in favor of the tenant which cannot be collected from the landlord.

The recent mortgage crisis has affected many homeowners who rent their homes.

As a byproduct, many renters have been evicted from properties that have been sold as a result of foreclosure. Fortunately, with the recent passage of the Housing and Economic Recovery Act of 2008, service members are now authorized a short distance move which may include reimbursement for a do-it-yourself-move (DITY) when they are forced to relocate because the landlord is in foreclosure.

The Joint Federal Travel Regulation was modified effective July 30 to incorporate this change. (See <http://perdiem.hqda.pentagon.mil/perdiem/trvlregs.html>).

The change to the regula-

tion includes the following information:

"An armed forces member who relocates from, or whose dependent relocates from, leased or rented private housing, by reason of a foreclosure action against the landlord is authorized a short distance move. This provision does not apply if a member and/or dependent is the homeowner. The HHG [household goods] move is to another dwelling from which the member is to commute daily to the PDS [permanent duty station] (or at a location at which the dependent resides)...Before use of this authority, a member is encouraged to exhaust remedies available under the Service Members Civil Relief Act (50 USC, App 531) and state law."

Service members should first contact their local legal assistance office to exhaust all legal remedies before contacting the

transportation office to establish eligibility for this benefit.

For instance, in Maryland, courts have held that where the tenancy began before the mortgage was recorded, the tenant may retain a right of possession against the purchaser after the foreclosure sale. In cases where there is no right to remain on the property, a legal assistance attorney may still be able to help negotiate a new lease with the new homeowner thus allowing the service member to remain in the home.

In cases where a legal remedy is in doubt and the new homeowner is not interested in negotiating a new lease, the service member may still be able to delay an eviction by requesting a court hearing.

Maryland law provides that the tenants have the same rights and remedies against the purchaser in a foreclosure as they

had against the original landlord on the day the mortgage was recorded. In such cases, a judge may delay the eviction pursuant to a provision of the Service Members Civil Relief Act or even delay the entire proceeding if the service member is unavailable due to a deployment or other critical military mission.

To make an appointment with an attorney from the Client Services Division, Office of the Staff Judge Advocate to discuss a foreclosure action or a short distance move as a result of a foreclosure action, call 410-278-1583 or visit building 4305, 3rd floor, room 346, Monday-Friday from 8 a.m. to 1 p.m.

Questions about eligibility and reimbursement for short distance moves pursuant to a foreclosure action can be directed to the staff of the Transportation Office, 410-306-2056.

Soldiers now have more flexibility in naming beneficiaries

OSJA

Based on changes to law over the past two years, Soldiers now have greater flexibility in determining whom they designate to receive their \$100,000 death gratuity.

On July 1, the law began allowing Soldiers to designate up to 10 beneficiaries, in \$10,000 increments, none of whom are required to be a spouse or Family member.

To accommodate the change, the Office of the Secretary of Defense has published an updated version of the Department of Defense Form 93, Record of Emergency Data.

Since July 1, however, a number of Soldiers filled out the 1988 version of the DD Form 93. These Soldiers must now complete a new DD Form 93 using the January 2008 version.

Forms sent since July 1 need to be redone.

Before the new form was available, the Department of the Army issued guidance designed to allow for the new beneficiary options. Feedback from the field, though, indicates that the work-around does not adequately allow Defense Finance and Accounting Service to clearly determine Soldier intent regarding their death gratuity choices, officials said.

Only Soldiers who completed the old DD Form 93 since July 1 are required to go back and complete the new version, officials said, but they added that all Soldiers are eligible to update their beneficiaries.

DD Forms 93 that were completed or updated prior to July 1 remain valid, officials said. They added, however, that Soldiers are encouraged to update their DD 93s on the new forms as soon as practicable.

"This is a command issue," said Gen. Pete Chiarelli, the vice chief of staff of the Army. "All commanders and leaders must ensure that Soldiers receive proper guidance and counseling related to their expanded death gratuity options. Talk to your Soldiers; tell them to talk to their spouses and help them make appropriate decisions."

For more information or questions regarding the death gratuity and the DD Form 93, Soldiers and their Family members should contact their local servicing personnel administration center.

"Aberdeen Proving Ground Soldiers

needing help with a beneficiary designation for a minor child or to a trust should consult with an attorney from the Client Services Division, Office of the Staff Judge Advocate," said Eric Feustel, chief, Client Services Division.

"One of the benefits of this new ability to designate the Death Gratuity beneficiary will be in the case of a Soldier who wants to designate a minor child as the beneficiary, but does not want the other parent of the child to have any control of the money. Instead of a court appointing a guardian of the property (often the ex-spouse or other parent), the Soldier can now specify a trustee or Uniform Gift to Minors Act/Uniform Transfer to Minors Act (UGMA/UTMA) designation. In those cases, Soldiers can use language similar to that used for Soldiers Group Life Insurance (SGLI) designations," he said.

In the process of completing the DD Form 93, Soldiers should specify a non-medical attendant to assist them should they become injured and the geographic area they would which to be located during such treatment. Soldiers should carefully select an individual they believe would be most supportive of them should they require medical care and treatment. This individual's name is placed in Block 14 of the DD Form 93.

Soldiers should understand however, that a non-medical attendant does not have the same powers of an individual appointed under a Healthcare Power of Attorney such as access to health care records and making health care decision on behalf of the injured Soldier. "To authorize the non-medical attendant to make healthcare related decisions if they are not authorized to do so by law (for instance a spouse) the Soldier should also prepare a Health Care Power of Attorney which can be done by appointment at the Client Services Division," Feustel said.

To make an appointment with an attorney from the Client Services Division, Office of the Staff Judge Advocate for assistance with Death Gratuity beneficiary designations, Non Medical Attendant designations, or a Health Care Power of Attorney, call 410-278-1583 or visit building 4305, 3rd floor, room 346, Monday through Friday, 8 a.m. to 1 p.m.

Law school available to junior officers

OSJA

The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education program. Under this program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense if funding permits. Selected officers will attend law school beginning the fall of 2009 and will remain on active duty while attending law school.

Interested officers should review Chapter 14, Army Regulation 27-1 (The Judge Advocate General's Funded Legal

Education Program) to determine their eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain and must have at least two but not more than six years of active duty at the time legal training commences. Further eligibility requirements are governed by statute (10 U.S.C. 2004) and cannot be waived.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test. Applicants must send their request through com-

mand channels, to include the officer's branch manager at AHRC, with a copy furnished to the Office of The Judge Advocate General, ATTN: DAJAPT (Ms. Yvonne Caron-10th Floor), 1777 North Kent Street, Rosslyn, VA 22209-2194, to be received before Nov. 1. Submission of the application, well in advance of the deadline, is advised.

Interested officers should contact Maj. Richard Hatfield, Deputy Staff Judge Advocate, U.S. Army Garrison, or Nora L. Farrell, paralegal specialist, 410-278-1112/1107, respectively.

Phishing scam targets Families of fallen

Army News Service

A "phishing scam" targeting the Families of fallen Soldiers reportedly has con artists promising compensation in exchange for information that might aid them in identity theft.

The scam artist pretends to be from the Defense Finance and Accounting Office or the Army Human Resources Command, according to an Army G3 Information Paper. The Families of deceased Soldiers are informed that they are entitled to monetary compensation in excess of \$12 million that will be available to them in one week of responding to the request for additional information.

The Families are instructed to provide sensitive personal information, such as Social Security number, date of birth, address and other facts about the deceased Soldier.

They are instructed to either visit the Army Human Resources Command offic-

es in Alexandria, Va., or e-mail the information to an overseas Yahoo account.

Angela Sykes, an operations security officer with Army G3, said that the scammers reportedly get the name of fallen Soldiers from the Web, then either call or e-mail Families with the same last name in the Soldier's hometown.

"We sent word to all the OPSEC program managers ... and asked them to disseminate the information to their personnel," Sykes said.

The Army Human Resources Command asked that the field be advised of the phishing scam after the Casualty and Mortuary Affairs Operations Center learned what was happening.

The Army Installation Management Command was notified of the scam, along with the Family, Morale Welfare and Recreation Command. These commands then alerted Family Readiness Group liaisons to further disseminate the information.

Maryland retirees, disabled vets still can file for 2008 stimulus payments

IRS

Even though April 15 has passed, the Internal Revenue Service is reminding retirees, disabled veterans and others who normally do not file a tax return that there is still time to submit a 2007 form to receive an economic stimulus payment.

People who have no tax filing requirement but have at least \$3,000 in qualifying income should file a simple Form 1040A. Qualifying income includes any combination of earned income, nontaxable combat pay as well as certain payments from Social Security, Veterans Affairs and Railroad Retirement.

"Don't worry if you did not file a return by April 15. If you meet the criteria, you are still eligible for a stimulus payment. The quicker you file, the quicker you'll get your payment," said Jim Dupree, IRS spokesman.

People must file a return by Oct. 15 to receive an economic stimulus payment this year.

Dupree urges friends and Family members to reach out to acquaintances or relatives who may either be unaware of the Economic Stimulus Payment or unable to file the tax return themselves.

"We need everyone's help to make sure all eligible people get the economic stimulus payments," he added.

For taxpayers who are required to file an income tax return, the IRS will use the 2007 tax return to determine eligibility for economic stimulus payments of up to \$600 (\$1,200 for married couples). There also is a payment of \$300 for each qualifying child younger than 17.

Those not required to file a return because their income is too low or nontaxable must file a tax return to obtain their economic stimulus payment. The Economic Stimulus Act of 2008 provides a minimum payment of \$300 (\$600 for married couples) plus the \$300 payment per eligible child, if the person (or married couple) has at least \$3,000 in qualifying income.

The types of Social Security benefits that are considered qualifying income include retirement, disability and survivor payments. Supplemental Security Income is not qualifying income. The types of Veterans Affairs benefits that are considered qualifying income include disability compensation, disability pension and survivor payments. Qualifying Railroad Retirement payments include the social security equivalent portion of Tier 1 benefits.

People not otherwise required to file an income tax return must file a simple Form 1040A with basic information to ensure that they receive the economic stimulus payment. This information includes their name; address; dependents, if any; amount of their qualifying income (which must be \$3,000 or more); direct deposit information and their signatures. Forms 1040A and instructions are available at www.irs.gov.

Eligible people, including their qualifying children, must have Social Security numbers. Also, people cannot be claimed or be eligible to be claimed as a dependent on another's tax return. People with Individual Taxpayer Identification Numbers are not eligible.

There are IRS Taxpayer Assistance Centers open during the week to provide assistance. To find the nearest IRS office, go to www.irs.gov and click on "Contact IRS," then "Contact Your Local IRS Office." These sites offer free tax preparation and filing for individuals and Families whose income is \$40,000 or less. A select number of volunteer tax assistance sites in local communities may also remain open. People can call 1-800-906-9887 to find the volunteer tax assistance site closest to them.

If people want to file their own return electronically, they can still use Free File - Economic Stimulus Payment, also available at www.irs.gov. This program provides free software and free electronic filing of Form 1040A, and it remains open after April 15.