

APG News

www.apgnews.apg.army.mil

Published in the interest of the people of Aberdeen Proving Ground, Maryland

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See page 2 for Year of the NCO article.

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Aug. 12, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



Blue Cross/Shield visits APG Aug. 11

The Civilian Personnel Advisory Center has made arrangements for a claim representative of the Service Benefit Plan Blue Cross/Blue Shield to visit APG Aug. 11. The representative will be available from 9 to 11:30 a.m., building 305, room 211 and 12:30 to 1:30 p.m., 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.

New hours for APG Post Offices

Effective Aug. 22, hours for the Aberdeen and Edgewood Area U.S. Post Offices will change.

The AA Post Office hours will be 9 a.m. to 1:15 p.m.; 2:30 to 4 p.m., Monday through Friday and 10 a.m. to noon on Saturdays.

The Edgewood Area Post Office hours will be 11:30 a.m. to 3:30 p.m., Monday through Friday.

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Chapel ministry celebrates Chaplain Corps anniversary

Ordnance Museum begins move to Fort Lee



Photo by YVONNE JOHNSON, APG NEWS

Dr. Joseph T. Rainer, curator of the U.S. Army Ordnance Museum, readies a World War II era 90mm anti-tank gun for shipment on day one of the first phase of the museum's base realignment and closure related relocation to Fort Lee, Va., Aug. 3. More than 60 pieces of the museum's collection will be transported during the five-day operation - the first visible move of the U.S. Army Ordnance Center and Schools to the new home of Ordnance. More photos and a story will appear in future issues of APG News to capture this historic event.

G.I. Bill benefits transferability begins

Story by

SGT 1ST CLASS MICHAEL J. CARDEN
Pentagon

With the Post-9/11 GI Bill's option to transfer unused educational benefits to eligible Family members taking effect Aug. 1, it's no surprise that more than 25,000 service members have pre-applied, a Pentagon official said July 31.

The wave of applicants has

far exceeded the Defense and Veterans Affairs departments' expectations, said Bob Clark, the Pentagon's assistant director for accessions policy.

What's even more impressive is that the Defense Department's Web site for requesting the benefit has been live only since June 29, he added.

"We've seen, roughly, a thousand applications a day for the past week or so, and we expect that to continue," Clark said.

"Transferability of these educational benefits has been one of the most requested provisions by Family support groups, Family advocacy groups and the troops out in the field and fleet, and we're just happy that it starts on the first of August."

The site, <https://www.dmdc.osd.mil/TEB/>, is accessible using a common access card, Defense Department self-service user identification or a Defense Finance and Account-

ing Service personal identification number.

Spouses and Family members must be enrolled under their service member sponsor in the Defense Eligibility Enrollment Reporting System, also known as DEERS, to be eligible for the transfer benefit. Military members also can link to the site through <http://www.defenselink.mil/gibill>.

See G.I. BILL, page 16

BROOKS & DUNN

Pat Green to entertain during Brooks & Dunn Concert

Story by

YVONNE JOHNSON
APG News

Country recording artist Pat Green will entertain fans during the Army Entertainment concert featuring Brooks & Dunn at Aberdeen Proving Ground's Shine Sports Field Aug. 15.

Advance tickets cost \$35 and \$40 the day of the show. Gates open 4 p.m. and the show starts 7 p.m. To purchase tickets in person visit the Leisure Travel Office, building 3326, 11 a.m. to 6 p.m., Tuesday thru Friday, 2 to 5 p.m., Saturday and Sunday or call 410-278-4621; the Edgewood Recreation Center, building E-4140, 11 a.m. to 2 p.m., Monday thru Friday, 2 to 5 p.m., Saturday and Sunday; or at the Ruggles or Exton golf courses (walk-in only).

Non-ID card holders can purchase tickets through TICKETMASTER at www.ticketmaster.com.

The Route 22 and 715 gates will open for fans at 4 p.m. Follow signs to designated parking areas.

Alcohol, cameras, recording devices, coolers, food and drinks not purchased on post and pets are not permitted. Any and all types of weapons are strictly prohibited. Lawn chairs and blankets are allowed for seating. All persons and their possessions, including vehicles, are subject to inspection by APG police. The event is rain or shine and no refunds will be given.

Pat Green

Texas native Pat Green was born in San Antonio, April 5, 1972. Green started writing songs at age 18 while studying at Texas Tech. He convinced his parents to loan him money to record an album, and the independently released Dancehall Dreamer appeared in 1998 just as Green was becoming a hot performer on the local bar scene. A year later, Green wowed an audience of 2,000 people at Willie Nelson's July 4 picnic, and that event

See CONCERT, page 13



TRAFFIC ALERT

See color map on page 19.

Harford Boulevard Gate closure

As part of the new gate construction, the Harford Boulevard (Maryland Route 22) Gate will be closed from 8 p.m., Aug. 7 through 4 a.m., Aug. 31 to allow installation of the new active vehicle barrier. In mitigation, the Aberdeen Boulevard Gate will open for traffic from 4 a.m. until 10 p.m., Monday through Friday starting at 4 a.m. on Monday, Aug. 10. As always, Maryland Boulevard (Maryland Route 715) Gate is open at all times.

The following traffic routing will be in effect for the duration of this closure: Garden Drive will remain open for residents of Patriot Village, New Chesapeake Gardens and Bayside housing areas, school buses and gate construction traffic. Harford Boulevard will be closed to all traffic each side of the Garden Drive intersection. It will also be closed to all traffic west of the Rodman Road intersection and all out bound traffic will be detoured onto Aberdeen Boulevard via Rodman Road.

The Harford Boulevard gate will open from 2:30 p.m. until midnight on Saturday, Aug. 15 for the FMWR concert. The road excavations will be covered with steel plates to accommodate traffic for the event.

Boothby Hill Avenue closure

The partial closure of Boothby Hill Avenue began this week. Boothby Hill Avenue between Maryland Boulevard and Combat Drive will be open only for access to the C4ISR PHASE I campus traffic via the southern portion of Combat Drive. All other inbound through traffic will be detoured via Aberdeen Boulevard.

In addition, westbound Boothby Hill Avenue will be temporarily closed between Darlington Street and Combat Drive and all westbound or outbound Boothby Hill traffic will be detoured onto Darlington Street. These closures will remain in effect until the new Combat Drive extension and its intersection with Maryland Boulevard is completed and opened in early to mid-September.

Morning commute

During the morning commute, Maryland Boulevard will have two lanes open for inbound traffic. After 8 a.m., one inbound lane will be closed from just prior to new Combat Drive intersection to Susquehanna Avenue, and all inbound traffic will be maintained in a single lane through the afternoon commute until 6 p.m. Through traffic will use Aberdeen Boulevard. Susquehanna Avenue and Darlington Street will be restricted to local traffic only.

Traffic management for outbound Maryland Boulevard will be more complex. For the duration of this work, the left outbound lane of Maryland Boulevard will be closed and a single lane of traffic will be maintained from Aberdeen Boulevard to just west of Darlington Street. From 3 to 6 p.m., outbound Maryland Boulevard traffic will be detoured around Deer Creek Loop and will rejoin outbound Maryland Boulevard at the Bush River/Deer Creek Loop/Maryland Boulevard traffic light.

Left turning traffic from Susquehanna Avenue onto Maryland Boulevard will be channeled into the Maryland Boulevard

See TRAFFIC, page 19

For more information, contact Jerry Norris, Directorate of Public Works, 410-306-1159.



APG celebrates The Year of the NCO



First sergeant is backbone of the APG Garrison

Story by
YVONNE JOHNSON
APG News

Because Aberdeen Proving Ground is not your typical Army post, the APG Garrison faces challenges unique to the Army mission. With a diverse and growing workforce in which civilians outnumber service members 3 to 1, military leaders focus on keeping the interests and needs of installation Soldiers in the forefront.

One leader who daily meets these challenges is 1st Sgt. Larry C. Tyson of the APG Garrison's Headquarters and Headquarters Company.

Tyson serves not only as the right-hand man to the HHC commander, Maj. Mathieu Petraitis, but also to Garrison Command Sgt. Maj. Rodney Rhodes.

The odd makeup of HHC Garrison consists of only 12 Soldiers and several civilians, yet this small number supports about 250 Soldiers in major commands from several different states.

Supported organizations whose Soldiers are on the ground at APG include the U.S. Army Materiel Command; the U.S. Army Research, Development and Engineering Command; the U.S. Army Communications-Electronics Command; the U.S. Army Evaluation Center; the U.S. Army Developmental Test Command, and the Aberdeen Test Center Installation as well as elements of the Installation Management Command's Northeast Region.

"We act as their headquarters for all commands that don't have their lower level command structure here," Tyson said.

Because several of the tenant organizations have units spread out on several different installations, the traditional command structure of company, battalion, brigade and division does not apply

at APG, he added. "Those Soldiers have to come under the host installation garrison, which is us," he said.

"Usually when I brief incoming Soldiers from other commands I let them know exactly what we're able to do for them," he added.

Support services include reenlistment and retention; financial and personnel actions as well as disciplinary or punitive actions under the Uniform Code of Military Justice.

"We provide company and battalion level support," Tyson said.

A native of Birmingham, Ala., Tyson attended a vocational/technical college after high school and received his associate's as a welding engineer.

"After high school I just wasn't ready for a four-year academic routine," Tyson said.

With no job offers on the horizon, he looked to the Army as a way to maintain his independence.

"I've always had a job, and I was used to being self sufficient," he said. "I looked at it as an opportunity to travel and grow in my profession."

He enlisted prior to his graduation and entered three days before his birthday.

Tyson entered the Army in 1984 as a 19K, armor crewman. During his first three years, he served as a driver, loader, gunner and tank commander on the M60A3 tank with the 72nd Armor Brigade while at his first duty station in Korea.

"I loved it but realized my body wouldn't last twenty years doing that," he said. However, he said he found Korea to be "enjoyable."

"I think if you emerge yourself in the culture, stay occupied and keep your mind moving, time goes fast," he said.

He taught himself the Korean language, but because of his unit mission

was not able to see as much of the country as he hoped to during his first tour.

"We were limited to how far away we could go because of the mission," he said. "We always had to be combat ready. When it came time to move, we had to be ready to move out right away."

He said he learned much more about the country during his second tour in 2001 when he was stationed in Yong Son and lived on the economy. He said he picked up the language again and did much more traveling, mostly by train.

"I rode from Camp Casey to the Port of Inchon," he said. "If I would have to name a favorite assignment it would have to be Korea. It's one of those hidden secrets."

From Korea, Tyson went to Fort Polk, La., to serve with the 370th Armored Regiment, where he said he "lost the love of being a tanker."

"I began thinking about what would I do after twenty years," he said.

He managed to raise his GT Score from 103 to 126 and reclassify into the personnel actions field as an information management Specialist. He received training at Fort Benjamin Harrison, Ind., and returned to Fort Polk where he served with the 5th PSC, a part of the 5th Infantry Division.

"It was really a change for me," he said. "I had always been a tactical Soldier, and they didn't Soldier as hard as I was used to. A tactical Soldier's decisions could cost lives, whereas in personal actions, a bad decision wasn't as detrimental. It took some adjustment."

He recalled that for his first early-morning alert in his new unit he was the only Soldier to show up in full combat gear and was surprised to be told that all he had to do was sign in.

"I was used to going to the field for thirty days and they would complain

about going for five," he said. "I realized I was more hardened and I could have relaxed but I wanted to maintain that edge."

He said he used to grab a Meal Ready to Eat for lunch and go out in the woods and practice skills like land navigation.

"It was important to me to maintain that level of professionalism. I still performed well as a PSC NCO but it was definitely two different environments," he said. "There was nothing combat support could do to faze me. I'd done it all."

"I'm glad my career started out that way," he added. "I think those years in Korea molded me into the NCO I would become."

He said Korea also provided his first mentors in his platoon sergeant and squad leader who taught him the importance of completing the mission.

"They taught me that if something was wrong with it, state your grief later, but complete your mission," he said. "They were fair and treated every Soldier the same with no favoritism."

He said they also inspired him to "become more rooted in the church."

"They knew that if you're going to claim the Christian faith, then you need to do the right thing at all times. Be honest, candid, tactful and always set the example for your Soldiers. I think if you do those things you become an NCO who takes care of Soldiers and who always completes the mission."

Tyson has served as the HHC first sergeant since 2005 and he plans to retire within the next year. He said he would like to be remembered as "someone who tried to do the right thing, and led by example."

"You have nothing to fear if you're doing the right thing," he said. "There's no waiting for repercussions. Once you

See TYSON, page 16

Purple violas will be blooming Aug. 7

NCO active in local Purple Heart chapter, VFW and other veterans' organizations

Story and photo by
ROGER TEEL
20th Support Command (CBRNE)

Violas, rare purple flowers that blossom but once a year, will be available for a small donation Aug. 7.

August 7 is Purple Heart Day, this year commemorating the 51st anniversary of the Military Order of the Purple Heart. Across America, members of the MOPH will be in high-traffic shopping areas, wearing purple bibs, dispensing purple violas.

Sergeant First Class John Stricklett, 39, senior operations noncommissioned officer with the 20th Support Command (CBRNE), placed an order July 29 for violas for his newly formed chapter, a 20-man group of Cecil County (Maryland) Purple Heart awardees that goes by the name Chapter 703.

The name is derived from the date the chapter received its charter which, in this instance, was July 3, 2009.

"We made it happen," he said of his organization's rush to become a chapter. Stricklett is reportedly the youngest elected MOPH chapter commander in America.

"It usually takes about a year to get a chapter together, but they did ours in, like, two months. The big push was because of the Salute to Veterans celebration on the third of July," he said.

More than 9,000 veterans live in Cecil County, many having been injured during military service. The Cecil County MOPH Chapter headquarters is in North East. The group meets in the Veterans of Foreign War 6027 hall the second Wednesday of each month.

"The VFW meets the second Tuesday of every month, and ours is the next day. I set it up that way so I could get a plug in on Tuesday to help out," Stricklett said.



Sergeant First Class John Stricklett is the youngest elected chapter commander currently serving in the Military Order of the Purple Heart.

"You're only commander for a year, and I'm just getting started," he said.

An explosive ordnance disposal technician with three tours in Iraq, Stricklett is energetic and engaging when he talks about how he came to join the MOPH.

"My father passed away in 2007 while I was in Iraq. My brother was stuck with the funeral arrangements, making sure everything was in order for my father, a retired first sergeant," Stricklett explained.

"Because of the geography (his father was buried in Illinois), Fort Leonard Wood, Missouri, was only going to send two Soldiers to my father's funeral. Two Soldiers!" he exclaimed, incredulously. "So I got on the phone with the Reserve Command in Chicago and they sent down seven Soldiers, which, in my opinion, was still not right, but seven was better than two."

"The ceremony they conducted, well, they were young kids and probably hadn't done many funerals. Their uniforms looked great, but the way that they conducted themselves was very amateurish."

"Veterans go to their graves thinking they're going to get full military honors," Stricklett continued. "And because there's not a major military installation [nearby], veterans are getting substandard benefits — benefits being pallbearers and a firing squad. My dad got a twelve-gun salute — not a twenty-one-gun salute — and they weren't in synch. You could tell they hadn't practiced. It was appalling to me."

"So I decided when I got back [from Iraq] I was going to get involved in a veteran's organization and volunteer as much of my time as I could because we owe it to those people," he said.

"That's what got me involved in this organization as well as the VFW. I'm also trying to get in the Disabled American Veterans, not that I'm disabled but just to lend my support," he said.

Overall, what the organizations do is the same, according to Stricklett.

"We work to instill patriotism and camaraderie with other veterans, and do the same things -- fund raising and developing a sense of pride in the community," Stricklett said.

"This is all new to me. I'm still learning," he added. "It seems like MOPH is corollary to VFW and American Legion. It's a fraternal kind of thing, like the Marine Corps Association," he said.

"Not just anybody who went overseas can be part of this. You're combat wounded, and the MOPH is also the only congressionally mandated veteran's organization."

Stricklett said there are only three categories of membership: be a Purple

Heart recipient, be the spouse of a Purple Heart recipient (auxiliary) or be an associate member.

"I want to see this chapter grow," he said. "I'd like to see it become the best chapter in the state of Maryland. So I'm recruiting people, doing things, participating in parades, getting out to the hospitals and seeing these kids who are coming back. That's a big thing. That's a real big thing, actually, letting them know that people care, other than the military. It's telling them 'The public cares about you.' It's not about, 'Join my organization. Give me fifty dollars.' If there was a way around that fifty dollars [for lifetime membership], I'd like to find it," Stricklett said.

"Especially with these guys who are hurt real bad -- I want them to see that these guys who have been hurt are right there with you."

"Some of these guys [members of the MOPH] were hospitalized for a very long time, and if you're having a hard time dealing with something, talk to this guy," he said.

"And veterans who are in a financial hurt, we can get them assistance, whether from our money pool or if we have to put it out there to the Marine Corps Association, the VFW or American Legion or other state organizations. We can help," Stricklett said.

"I saw that happen in the VFW. That would make me happy to be able to do stuff like that. 'Your ball team needs two thousand dollars for new equipment? There you go (as he symbolically signs an imaginary check).'"

"Yeah, I'd like to see us grow like that," he said.

His organization's growth begins with a field of purple violas Aug. 7.

APG News

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

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COMMANDER'S CORNER

Opening of the Defense Acquisition University

By
MAJ. GEN. PAUL S. IZZO
Commander, USARDECOM

Last week marked a significant milestone in the transformation of Aberdeen Proving Ground. On July 27, the Senior Service College Fellowship of the Defense Acquisition University opened its doors to the inaugural 2009-2010 class.

The SSCF is a 10-month program designed to develop senior civilian leaders in the Army Acquisition Corps in preparation to assume positions of greater responsibilities with expanded spans of control.

Fellows benefit from a unique learning environment which encompasses program management training, hands-on field trips and interactive workshops.

It's equivalent to the Army War College opening its doors on post.

As APG becomes an even greater player in the Army's science and technology arena, having a local capability



ty to train Acquisition Corps members to perform better in a complex and often ambiguous strategic environment is a tremendous asset for the installation. It is also a great opportunity for the

workforce.

We now have an executive level course that offers a one-of-a-kind approach to gaining competencies such as leadership effectiveness, integration and collaboration, and effective stakeholder relationships necessary to address program challenges and dilemmas in the acquisition field. Therefore, this venue will allow us to develop civilian acquisition leaders in preparation for roles as product and project managers, program executive officers and other key acquisition positions.

Aberdeen Proving Ground becomes only the third location for the Defense Acquisition University's SSCF Program. It began three years ago in Huntsville, Ala., as a pilot program and followed with a similar program in Warren, Mich., a year later. Yet, each site is distinctly unique.

It will be unique in that each of our program's fellows will play an instrumental role in the others' personal devel-

opment as they bring their knowledge and insights to examine thorny issues important to the role APG is now playing.

I am pleased to recognize the participation of Medhat Abuhantash, U.S. Army Communications Electronics Command; Richard Cozby and Anthony Subrizi, Future Combat Systems (Brigade Combat Team); William Gilbert, Sharon Meirose, and Deirdre Sumpter, U.S. Army Test and Evaluation Command; Dr. Jason Lane, U.S. Army Test and Evaluation Command; and Christopher Manning, Program Executive Office for Intelligence, Electronic Warfare & Sensors.

These eight fellows will follow an intensive course of rigorous study and, upon graduation, become the building blocks of a new generation of APG leaders.

Congratulations to the eight fellows of Defense Acquisition University's first Senior Service College Fellowship class on APG.

ATC improves business processes through Lean Six Sigma

Story by
MIKE CAST
DTC

By applying a business model developed in the mid 1980s by engineers at Motorola and adopted by the Department of Defense in 2006, the U.S. Army Aberdeen Test Center has found the means to make its vehicle-maintenance operations more cost effective and efficient while providing superior service to customers.

A methodology known as Lean Six Sigma made it possible for ATC to realize "a forty-percent improvement over the current process as far as cycle time, which means the time span from when a vehicle comes into the shop to the time it leaves the shop," said ATC's Deborah Furnari, who was responsible for the project. "By improving that process, we reduced the amount of money we are spending on it."

"ATC submitted their fleet vehicle maintenance LSS project to be placed on a storyboard for display at the annual DoD [Department of Defense] LSS Symposium," said Cindy Sheppard, chief of the U.S. Army Developmental Test Command Process Improvement Office. "We

did not know until we got there that we, the attendees, approximately seven hundred folks, would actually vote on the different LSS projects across DoD that were on display. ATC's project was voted as the best project in the maintenance category. Deb Furnari, the Lean Six Sigma Black Belt who ran the program, accepted a blue ribbon for the project."

As a token of appreciation for a job well done, Maj. Gen. Roger Nadeau, commander of the U.S. Army Test and Evaluation Command, presented Furnari with his coin and with the coin of ATEC's technical director, Dr. James Streilein, during a ceremony at DTC headquarters June 12.

"When the process is completed, you put together a storyboard, which is all of the steps a process went through," said Thea Fowler, who heads ATC's Lean Six Sigma Division. "So we had to submit a storyboard to the Department of the Army in their Lean Six Sigma area and get it approved as a project for the conference. Deb completed the project, and I took her storyboard and submitted it through DTC to ATEC. They were

both approved, and I submitted it to the Department of the Army."

Lean Six Sigma combines two methodologies that have merged over the past couple of decades. In essence, Lean Six Sigma is focused on precision and accuracy, applying analytical methods that lead to data-driven decisions that improve business processes. Lean incorporates the principles of speed and efficiency. Proponents of the Six Sigma methodology assert that "continuous efforts to achieve stable and predictable process results are of vital importance to business success." Furthermore, according to the proponents of this model, "manufacturing and business processes have characteristics that can be measured, analyzed, improved and controlled." But there must be a total commitment within the organization, from junior employees to top-level management, for this methodology to be successful.

Like the practitioners of eastern martial arts, the people responsible for the Lean Six Sigma process improvements become Green Belts and later Black Belts as they master the methodology, which

increasingly is helping the Army to marshal its resources more effectively and do more with less, according to Fowler.

By attending four weeks of specialized training and completing her project, Furnari became a certified Lean Six Sigma Black Belt, Fowler added. Among other things, the training focused on the five steps of the Lean Six Sigma methodology – which are define, measure, analyze, improve and control.

"It's a data-driven process-improvement methodology," Fowler said. "At the end, you also look at data, or statistics, to determine that you've actually improved the process."

The cost avoidance from the fleet vehicle maintenance project enabled money to be reallocated to other operations within ATC, Furnari said.

"This is just a major reallocation so we can accomplish more work," Furnari added. "In the first year alone, the value was about three hundred ninety thousand dollars, but looking across the POM (Program Objective Memorandum) that value increases to \$3.4 million."

See *LEAN SIX*, page 4

AICD purchase request cutoff dates for 2009

AICD

The Aberdeen Installation Contracting Division, formerly known as the APG DOC under the Army Contracting Agency and now positioned as a division under the RDECOM Contracting Center, has established the division's fiscal year 2009 cutoff dates for submission of purchase requests.

Early customer support in identifying and submitting PRs by or before the dates shown below greatly enhances the ability of the AICD to meet customer needs. Between Aug. 15 and Sept. 30, the AICD receives more than 2,500 purchase requests for FY-end award. Early planning and coordination remain the keys to a successful year end.

The AICD encourages customer activities to coordinate their projected FY-end requirements with the branch chief during the third quarter in order

to discuss acquisition methods and identify those documents, reviews and approvals required to accompany the procurement package. Incomplete procurement packages will not be accepted by the AICD during September and any "SAF" (Subject to Availability of Funds) actions will be accepted only by an AICD branch chief. All PRs must be submitted to the AICD electronically.

APG activities should consider maximizing use of their Government Purchase Cards to execute small dollar transactions for authorized items rather than submitting a PR to the AICD.

The following schedule has been established for the submission of PRs for FY 09 and maintenance for FY 10. These cutoff dates are not only for the PR, but includes ALL supporting documentation and approvals.

- Noncommercial Items over \$100,000

– July 1*

- Noncommercial Items between \$2,500 for services; \$3,000 for supplies; \$2,000 for construction and \$100,000 – Aug. 1

- Commercial items between \$100,000 and \$5 million – July 1

- Commercial Items under \$100,000 – Aug. 15

- Services Over \$100,000 – July 1

- Delivery Orders and Task Orders Under Existing Contracts – Aug. 1

- GSA Schedule Procurements – Aug. 1

- Short-of-Award over \$2,500 – June 15**

- Maintenance for FY 2010 – July 1

- (FY 10 Contract Modifications and Options for Existing Maintenance Contracts)

* There may be instances where this date may not be adequate for complex actions. It is therefore required that these actions be coordinated with the branch

chief prior to this date.

**Customers submitting "short-of-award" PRs, especially for services requirements, must seriously consider whether funding will materialize. A substantial amount of effort is expended to prepare these pending actions and they must be prioritized after PRs that are funded and PRs that are subject to the availability of funds.

The above lead times can be affected by various factors so it is recommended that customers review these and other guidance on the AICD Web page, <https://www.apg.army.mil/apghome/sites/installation/contracting.asp>.

The requirements for submission of PRs are located at this site under "Announcements, News, and Notes." For customer assistance, use the link "Customer Corner" for guides, templates, formats and helpful Web sites.

Lean Six

From page 3

The process improvement also reduced the backlog of vehicles in the shop for maintenance, she said.

"During any given month we had eighty five to one hundred of them," Furnari explained. "The fleet vehicle maintenance process not only takes care of non-tactical vehicles but it takes care of anything from weed whackers all the way up to cranes. It's an ever-changing number. We also looked at how we utilize our fleet. We're working on ways to increase utilization and to also look at where there is some under-utilization and reallocate those assets so we can better use them. So we're looking at right-sizing our fleet and improving it as far as getting rid of some of the old clunkers that cost us a lot of money."

Rather than using Lean Six Sigma as a tool to cut manpower, the Fleet Vehicle Maintenance Shop used it to allocate manpower in the most effective way, she added. The project also examined how maintenance personnel could be transferred from one location at ATC to another, to further improve the



Photo courtesy of ATC

Deborah Furnari, right, lead for a Lean Six Sigma project at the U.S. Army Aberdeen Test Center, discusses vehicle maintenance process with Darrell Proechel, ATSS contractor.

efficiency of operations, Furnari said. By shifting some employees from one part of the maintenance pipeline to another, ATC realized additional manpower and cost savings, she added. While there were bottlenecks in some places, employees in other parts of the process were under-utilized, she said.

"So you move folks and put them where they are more efficient," she explained. "They are not over-tasked and they are not

under-tasked. There is a concept called level loading, meaning there are so many assets that we have every month for scheduled maintenance, but then you've got to consider incidents and accidents such as blown tires and worn items that are unscheduled maintenance. We went in and tracked how much scheduled maintenance we did over a year as well as unscheduled maintenance. We're working with our equipment manager to get it to

a point where we have seventy percent scheduled, so we can have thirty percent of the time for unscheduled maintenance, which would inevitably reduce our overtime. Fully utilizing everyone in the shop helped to reduce the vehicle turnaround time. We also looked at our parts inventory. That's always a big cost drain, and we reduced that by twenty thousand dollars. We looked at how can we improve our process of purchasing parts, and we improved that. We looked at the process of getting parts, to try to get them in here faster."

Furnari said the Lean Six Sigma project also examined the advantage of conducting onsite repairs because limited shop space is one of the challenges confronting ATC, and hauling a vehicle into the shop for repairs and then sending it back out to the range was an inefficient use of resources.

"ATC has a very large range, so if you have to go out to the range and pick something up, then take it all the way back to the shop, that is a lot of non-value-added time," she explained. "So it's easier and more efficient to send a mechanic out there, have him fix a problem on site and be done with it."

To underscore its commit-

ment to the Lean Six Sigma methodology, ATC's leadership decided to stand up a Lean Six Sigma Division in May 2007, an organization which Fowler heads. Helping employees master the methodology and become Black Belts has been a command priority, Fowler added.

"We communicate with our senior leaders. They are very involved and very interested," she said. "Because of their interest, other people are taking on that interest. We have a monthly in-process review . . . and a weekly meeting with our technical director, where a belt who is working on a project presents the project to him. It's got a lot of visibility, and people are held accountable for getting things done. We may expand the training so we get as many people as we can trained to be Green Belts. They're not expected to do that full time. They work a project and then go back to their original duties. One indicator that we're having some success is that in people's regular duties they may find something that regularly irritates them, so they will call us and say, 'Hey, can we get this as a Lean Six Sigma project because it needs to be fixed. It is good to hear that communication from regular workers.'"

MRICD-led effort results in publication of comprehensive textbook

Story by
CINDY KRONMAN
MRICD

Two years of effort by many individuals at the U.S. Army Medical Research Institute of Chemical Defense came to fruition recently with the publication of the second edition of the "Medical Aspects of Chemical Warfare" textbook.

The volume is one of 18 in the series Textbooks of Military Medicine, which is produced by the Borden Institute, an agency of the U.S. Army Medical Department Center and School.

Lieutenant Colonel Shirley D. Tuorinsky, who during the volume's preparation was a member of MRICD's Chemical Casualty Care Division, served as the senior editor of the book, and MRICD's Dr. Margaret Filbert, now retired, served as the associate editor. Other support for the book's preparation was provided by operational security, editorial, graphics and library staff members.

Many of MRICD's scientists and medical professionals served as subject matter editors and peer review board members for the volume. In addition, they authored or coauthored nearly all of the book's 23 chapters, which discuss various types of chemical warfare agents, decontamination, long-term health effects, triage of chemical casualties and chemical detection equipment. Historical perspectives of chemical warfare, including the history of the chemical threat and of the medical management of chemical casualties, are also provided. Moreover, this second edition goes further than the first to discuss therapeutic measures and medical diagnostics as well as domestic preparedness.

"The most comprehensive source of information available on chemical agents,"

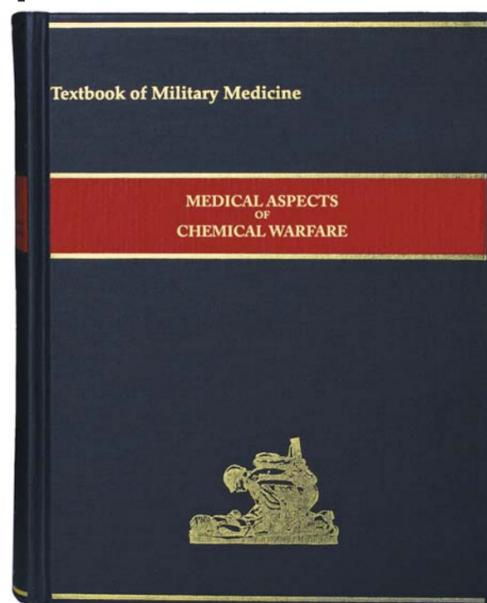
The Surgeon General of the Army

The textbook is dedicated to the memory of two notable MRICD employees: Dr. Frederick Sidell, who is responsible for developing chemical defense training and education, and Dr. Brennie E. Hackley Jr., MRICD's former scientific advisor as well as an instructor for the institute's training in the medical management of chemical casualties, who made significant contributions to the medical chemical defense research program.

Lieutenant General Eric B. Schoomaker, The Surgeon General of the Army, calls the textbook "the most comprehensive source of information available on chemical agents."

"It will serve to both enhance the knowledge and skills and increase the level of preparedness and response capability of those responsible for chemical casualty care," continued Schoomaker.

Major General George Weightman, former commander, U.S. Army Medical Research and Materiel Command, said of the textbook, "This expanded second edition will not only continue to be an essential reference tool for the military, but should also become a requisite guide for civilian health care providers, for first responders, and for government agen-



cies responsible for emergency preparedness, response and management."

According to the Borden Institute, active duty Soldiers are eligible for one free copy of the text, which can be ordered from www.bordeninstitute.army.mil. The text book is also available for purchase from the Government Printing Office.

For more information, call 410-436-1866.

Society of American Indian Government Employees recognize RDECOM employee

Story by
MATHEW HICKMAN
RDECOM

A security manager at the U.S. Army Research, Development and Engineering Command has earned the 2009 Society of American Indian Government Employees Award for the Department of the Army.

"In a nutshell, it was a shock. I never expected that ever in my life," Elaine Halchak said.

The SAIGE Award is presented to American Indians who have demonstrated measureable actions and significant achievements in recruiting, retaining and providing career advancement to American Indian civilian and military employees in the federal workforce.

Halchak, of Bel Air, has worked for the Army for nearly four decades, nearly all of those at Aberdeen Proving Ground. She also worked at the Pentagon for three years, and spent another three years with the Headquarters, U.S. Army Materiel Command. Halchak retired for a time, but returned after a position as

security manager for the special access programs opened.

This was the first time Halchak had been recognized for the work she's done inside and outside of her professional career.

"You work for a lot of years and do a lot of things to help other people, and help them to learn--mentoring and coaching, and stuff like that. And, finally I'm getting recognized for the stuff I did...that's pretty cool," she said.

Halchak recognizes the critical need of mentorship programs so that women and minority employees can excel in the workforce.

She is also an active member in the community ensuring ongoing dialogue on Native American issues.

Halchak mentored and taught for the Harford County School Systems through Title IV programs. She spoke at schools about the Native American culture, and she served as the commissioner for human relations for Harford County as a representative for Native Americans.

Still, Halchak said she was surprised when she received the SAIGE Award.

"It was very nice. I've never had anything like this happen," she explained. "It was an honor to accept this award recognizing the things that I've done, and I accept this for the ancestors, for the people who are here today, and for those who will come after us."

Halchak has been a member for the American Indian Society of Washington, D.C., for many years, but is not yet affiliated with SAIGE, although she recognizes the services the organization provides and has planned to join.

"I think they're fabulous. They're always talking about outreach, and reaching out to the different colleges and universities and ethnic groups to have diversity in government, and I think this is great. That's why I want to be a member of this group. Their outreach is something that we don't see that often here at [APG] because the outreach is a little more focused in other areas.

"A couple of times I've mentioned to the people who are doing outreach here that even though a lot of the Native people are out west and in the southwest, there

should be more outreach in the Native American community. I think there should be more outreach locally because there are a lot of groups that can help the young people, and they should know that there are jobs here in the Army."

Halchak accepted the award at a national awards banquet in San Diego with award recipients from the Navy, the Air Force, the National Guard Bureau, the Coast Guard and other defense agencies.

SAIGE was founded in 2001 and exists to promote the development of American Indian and Alaska Native government employees, and work to ensure their equal treatment under the law; to educate federal agencies in the history and obligations of the Federal Indian Trust Responsibility and to assist them in its implementation; to assist government agencies in the development and delivery of initiatives and programs which honor the unique federal-tribal relationship; and to provide a national forum for issues and topics affecting American Indian and Alaska Native government employees.

Avoid the burn, relieve the pain

Story by
JENELLE L. FERGUSON
Installation Safety Office

Hoping to get that final summer tan before the kids go back to school? Experts warn against overdoing it. Whether vacationing at the beach, planting a garden or relaxing in the backyard, the American Academy of Dermatology says protecting the skin should be a high priority.

Sunburns form when the skin is directly exposed to the sun's harmful ultraviolet radiation. Even in the earliest stage, the skin is burned by the sun.

UV radiation is the most dangerous part of sunlight. A good sunscreen can protect the skin from nearly all UV rays.

The best way to avoid a sunburn is to wear sun block, protective clothing, such as a hat and sunglasses, and stay out of the sun as much as possible.

A sun protection factor of at least 15 is recommended. A higher SPF is recommended if skin is more susceptible to sunburn. Unprotected sun exposure is even more dangerous for those who have many freckles or moles, very fair skin and hair or a Family history of skin cancer.

Apply sunscreen at least half an hour before going outside, giving it a chance to penetrate the skin. Then, reapply it periodically, especially after swimming or sweating heavily. The American Academy of Dermatology states, "Sun exposure is the most preventable risk factor for all skin cancers. Individuals should seek shade when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 4 p.m."

The three phases of sunburn are 1st degree, 2nd degree and 3rd degree. There are different symptoms associated with each degree of burn.

1st degree sunburn - In this phase, awareness of burning may not be evident. The skin will become pink or red. At this stage, it is important to keep the skin moist. Using a cold cream or applying aloe vera gel will help keep skin



moisturized. Avoid using any products containing alcohol - the alcohol will further dry out the skin, making any burn more painful.

2nd degree sunburn - This is a very painful stage. Not only is the skin red and hot to the touch, but small blisters appear. The blistering indicates this is the second phase of sunburn. The blistering results in pain and the skin peeling afterwards. Contact a doctor for antibiotic cream.

3rd degree sunburn - This stage of sunburn is not only painful but dangerous. With the progression of sunburn to a 3rd degree burn, the skin will have large water filled blisters and eruptions. It is essential to seek medical treatment immediately. This type of burning can cause wide-spread infections and cellular damage.

A doctor should be called if any of these symptoms appear:

- facial swelling from a sunburn
- a sunburn that forms blisters
- fever or chills after getting sunburned
- headache, confusion, or a feeling of faintness
- signs of dehydration (increased thirst, or dry eyes and mouth)
- signs of infection on the skin

(increasing redness, warmth, pain, swelling, or pus)

Treating sunburn

Never neglect warnings. While in the sun, if the skin shows symptoms of sunburn, quickly find a shelter or a cool place to apply temporary medication.

Avoid breaking a blister. Breaking sunburn blisters will cause the healing process to take longer and raise the risk of a secondary infection. Cover them with a cool compress or a gauze bandage.

Drink lots of water to avoid dehydration.

A very mild lotion rub is recommended at night to help the skin maintain its original elements and keep the skin moisturized. Don't wash immediately. Allow time for the lotion to soak in. Try to reapply at regular intervals as the lotion will also help the skin to tan in a healthy manner.

Take an anti-inflammatory medication to help take the pain out of the burn

and help with skin inflammation.

Place a cool, damp cloth on the burned patches. This will feel cool and reduce the burning. Take long showers and pour cool water continuously on the red patches and over the affected areas - this helps keep the irritation at bay.

Bathe with cool water but avoid applying soap over the affected areas because this will cause more irritation to the skin.

Avoid contact with wool or synthetic materials. Wear loose-fitting cotton clothing that will not irritate the affected areas.

Avoid letting affected areas rub on upholstery. Place a soft cotton blanket or a smooth soft cloth between the burn and other surfaces. The sunburned area will be more comfortable with no clothing on the affected area.

The best treatment for sunburn is prevention. There are several reasons to take steps to avoid a sunburn: skin cancer, damage and pain and pre-mature aging. So avoid the burn, relieve the pain, and stay in the game.



Panic on the highway!

Installation Safety Office

"Adventures in driving decision making" is brought to everyone by the Installation Safety Office.

Test your driving expertise in the following situation and then from the options provided, select the best answer. The answers are printed upside down.

Situation #46

You are driving 60 mph on a two-lane highway. Suddenly, without warning, a car coming from the opposite direction moves into your lane and is coming directly toward you. What should you do?

- A. Blast the horn, brake hard to slow down and then veer right onto shoulder.
B. Blast the horn, brake hard to slow down and then veer left around the car.

ANSWER A. You did the right thing to "blast the horn, brake hard to slow down and then veer right onto shoulder." Chances are this driver has either gone asleep, is ill or drunk. Your honk will probably arouse him enough to get him back to his side of the road, but you must be prepared to move right if he doesn't respond. And, of course, you want to get your speed down as much as possible so you maintain control when you go off the road.

ANSWER B. No, your decision to "blast the horn, brake hard to slow down and then veer left around the car" would be very risky. Chances are this driver has either gone to sleep, is ill or is drunk. Your honking will probably shake him up and he'll pull back into his lane. By this time, if you have veered left, you would be in his lane and in worse shape than before. Now, you may have thought, "If I don't honk, I won't disturb him and I can go left." Don't count on it. He might realize what has happened and pull back into his lane. Then, you would be the one explaining to the judge why you pulled into his lane of traffic. Keep right. Don't play hunches. Play instincts. His instinct will be to go right.

POST SHORTS

Lap swimming at APG pools for military

The Olympic Swimming Pool, building 3325 and the Bayside Swimming Pool, building E-4655 will be open 6:30 to 8 a.m., Monday through Friday for lap swimming and PT for active duty military only. Lap swimming will be available through Sept. 4.

New hours for Perry Point VA Urgent Care Clinic

The Urgent Care Clinic at the Perry Point VA Medical Center is open 7:30 a.m. to 6 p.m., Monday through Friday (except for federal holidays). The hours of operation changed due to the decreasing demand for urgent outpatient care services during evening and weekend hours at the medical center.

All veterans who receive their care at the Perry Point VA Medical Center are reminded that they can receive medical advice or ask questions about their medications after normal business hours by calling the Telephone Care Line for the VA Maryland Health Care System at 1-800-865-2441.

Veterans can also schedule a same day appointment at the Perry Point VA Medical Center by calling the Telephone Care Line Monday through Friday, 7:30 a.m. to 5 p.m., 1-800-865-2441.

Blue Cross/Shield visits APG Aug. 11

The Civilian Personnel Advisory Center has made arrangements for a claim representative of the Service Benefit Plan Blue Cross/Blue Shield to visit APG 9 to 11:30 a.m., Aug. 11, in building 305, room 211 and 12:30 to 1:30 p.m., 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, CPAC.

HIRED!

A new Family and Morale, Welfare and Recreation program for teens ages 15 to 18, HIRED!, is an apprentice program that lets teens explore positions in FMWR facilities, like the Bowling Center, golf course, community club,

CWF goes to Kings Dominion

Come and enjoy one of the East Coast's best amusement parks. Kings Dominion offers 13 roller coasters including the new hair-raising "Dominator" and 20 acres of water-filled fun.

Cost is \$69 per person and includes round trip charter bus transportation and entry into the park. Bus leaves APG at 8 a.m.

For more information, call Patti Harkins, Civilian Welfare Fund, 410-273-2075, e-mail patti.harkins@us.army.mil.

Outdoor Recreation, Library, Marketing Office, and more.

The program gives guidance on preparing a resume, teaches interview techniques and provides work experience in their chosen field. Teens will receive a stipend for their work at the end of the term. For details, contact Jay McKinney, Jay.a.mckinney@us.army.mil or call 410-278-3250.

Teens: Got money?

A free financial class, which will teach teens ages 11 to 15 and 16 to 18 how to earn and save money will be held on Mondays, 3 to 4:30 p.m., Aug. 17 for four weeks at the Child, Youth and School Services Conference Room,

building 2752, with snacks provided.

This class is part of a new FMWR program called The EDGE, which is designed to highlight opportunities for children and youths, in grades 1 through 12, to Experience, Develop, Grow and Excel in FMWR partner facilities.

To attend, sign-up at the CYS Services Central Registration, building 2752.

For more information, contact Chuck Rose, 410-278-1399 or chuck.rose1@us.army.mil. Free transportation to and from the Aberdeen Youth Center will be provided.

Thrift Store holds \$3 bag sale in August

The APG Thrift Store will hold a \$3 bag sale in August for items in the sale room. Many items will be moved from the front of the store to make room for newer stock. For more information, call 410-272-8572 during store hours.

DOL Customer Appreciation Specialty Meal Aug. 18

The Directorate of Logistics Customer Appreciation Specialty Meal will be held in the Aberdeen Area dining facilities, buildings 4503 and 4219 and the Edgewood Area dining facility, building E-4225, 5:30 to 7 p.m., Aug. 18.

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

The standard meal rate of \$4.25 applies to any officer, enlisted member, and Family member of sergeant or above, DoD civilians, retirees and their guests. The discount meal rate of \$3.65 applies to spouses and other Family members of enlisted personnel in the ranks private through specialist/corporal.

The menu includes New England clam chowder, prime rib with au jus, fried shrimp, lemon baked fish, teriyaki chicken, seasoned freedom fries, mashed garlic red potatoes, steamed broccoli, lightly buttered corn, brown gravy, cole slaw, zesty rotini salad, assorted salad bar, homemade biscuits, southern style corn bread, assorted breads, strawberry shortcake, apple pie, chocolate cake, soft serve ice cream with assorted toppings and assorted beverages.

Note: Menu is subject to change without prior notification.

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

VA Maryland Health Care System Open House and Information Fair

The Veterans Affairs Maryland Health Care System will host an Open House and Information Fair, 10 a.m. to 1 p.m., Aug. 22, in the Outpatient Clinic at the Perry Point VA Medical Center, building 361.

Veterans and their Family members are invited to learn about VA health care eligibility and enrollment, available health care services, compensation and pension benefits, pharmacy services and burial benefits.

Information will also be available about VA programs and services to support veterans struggling due to a job loss or financial setback. Representatives will also be available to provide information and assistance to veterans returning from Iraq and Afghanistan.

Veterans interested in enrolling for VA health care should bring a copy of their discharge paperwork (Form DD214) and a photo ID to assist in the enrollment process.

For more information or for directions to the center, call the VA Maryland Health Care System's Community Outreach Office, 1-800-949-1003, extension 5407.

Shore Pool announces delayed opening

The opening of the Shore Pool, building 2031, will be delayed until further notice due to maintenance issues. The Olympic and Bayside pools are open as advertised. For more information, visit www.apgmwr.com/recreation/odr/swimming.html.

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

Community Notes

THURSDAY

AUGUST 6 SUNSET CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Sunset Cruise, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$25 for adults and \$12 for children ages 10 and under. The ship will cruise around the Susquehanna Flats area for a relaxing sail and sunset. Reservations are required.

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

FRIDAY

AUGUST 7 BASKET BINGO

The Harford County Association of REALTORS® will hold Basket Bingo at the American Legion Hall Post 39 located on 500 Hickory Avenue, Bel Air. Doors open at 6 p.m. with Early Bird game at 6:15 p.m. Bingo starts 6:30 p.m. Tickets cost \$12 each in advance, \$15 at the door. Only 250 tickets will be sold. There will be free pizza, a cash bar and food and drinks will be available for purchase.

A portion of the proceeds will benefit SARC (Sexual Assault/Spouse Abuse Resource Center, Inc.).

For more information or to purchase tickets, call The Harford County Association of REALTORS®, 410-569-0750, e-mail info@HarfordRealtors.com.

MARTHA'S TREASURE HUNTERS

The Chesapeake Heritage Conservancy, Inc. will offer a cruise, 9 to 11 a.m., for children only, ages 6 to 8. Tickets cost \$15 per child. Reservations are required. Children become pirates of the Bay aboard the Skipjack Martha Lewis in search of sunken treasure. Children will read a map and help navigate the boat to find the treasure. For more information or to make reservations, call 410-939-4708.

LIGHTHOUSE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a narrated lighthouse cruise, 11 a.m. to 2 p.m., aboard the Skipjack Martha Lewis in Havre de Grace. Tickets cost \$35 for adults and \$17 for children ages 10 and under. Reservations are required. Cost includes a three-hour cruise enjoying water views of three area lighthouses: Concord Point, Fishing Battery Island and Turkey Point. A box lunch is also included. Credit cards are accepted.

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

MARGARITAVILLE CRUISE

The Chesapeake Conservancy, Inc. will offer a Margaritaville Cruise, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). Set sail with island tunes and light refreshments. Margaritas, beer and soda included. Reservations are required.

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

SATURDAY

AUGUST 8 WHITE TAILED DEER SURVEY

Harford County seems to be experiencing explosive population growth, and not just with humans. Come help determine if the deer population of Leight Park is a healthy size. Come get the scoop on poop and conduct pellet (deer scat) counts out on the trails to determine how many deer call the Park home. This program will be held 8 to 10 a.m. for ages 16 to adult, and registration is required.

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

BLOOMING MARSH CANOE TRIP

Join guest naturalist, Heather Helm, for a trip to enjoy the marsh at its height of bloom. Discover beauties such as Turk's Cap Lily, Cardinal Flower and many others on this relaxing trip. Proceeds benefit Envirothon, environmental education in Harford County Schools. This program will be held 10 a.m. to 12:30 p.m. for ages 10 to adult. The cost is \$10 and registration is required.

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

BASKET AND PURSE BINGO

St. Paul's Lutheran Church, located on 201 Mt. Royal Avenue, Aberdeen and Grace Methodist Church, will hold Basket and Purse Bingo to benefit CROP Walk – STOP hunger in the Fellowship Hall. Doors open 6 p.m., Bingo begins 7 p.m. Tickets cost \$12 each for all paper cards. Extra Bingo cards cost \$5 for 20 paper cards. Food, drinks and baked goods will be available. This is a non-smoking event. Bring a canned

good or non-perishable food item for a bonus prize ticket.

For more information or to purchase tickets, call Brenda Conjour, 410-273-7332.

HAVANA NIGHT CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Havana Night-Cruise, 7 to 9 p.m., aboard the Skipjack Martha Lewis. Enjoy Cuban appetizers along with Cuba's national drink the Mojito, beer, sodas and light refreshments. Cost is \$40 per person. Reservations are required.

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

SUNDAY

AUGUST 9 DISCOVERY WALK

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

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

KAYAK WITH YOUR KIDS

Have some outdoor fun with the kids while paddling around Otter Point Creek. Bring water and a substantial snack. This program will be held 12 to 2:30 p.m. for ages 5 to adult (only one 5 to 7 year old per boat). The cost is \$10, and registration is required.

For information, registration or direc-

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

HEALING HERBS - CLEOPATRA MILK BATH

Explore the medicinal and therapeutic values of herbs and wild plants. Take home a product made from some of the highlighted plants. This program will be held 1 to 2 p.m. for ages 14 to adult. The cost is \$4, and registration is required.

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

WATER WALK

Come walk on the water! Well, not ON the water, but IN the water. Hike from the center to the pontoon boat pier and back along the shoreline. Be sure to wear sunscreen and clothes that can get dirty and wet. Children must be accompanied by an adult. This program will be held 4 to 6 p.m. for ages 4 to adult. The cost is \$2 per person or \$6 per Family, and registration is required.

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

FAMILY NIGHT ON THE BAY

The Chesapeake Heritage Conservancy, Inc. will offer Family Night on the Bay, 5 to 7 p.m. aboard the Skipjack Martha Lewis. Passengers will cruise around the Susquehanna Flats area

and view the local sites on the Bay true Maryland style. Cost is \$15 per person and includes a picnic with sandwich, beverages and dessert. Reservations are required.

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

SUNDAY BINGO

Bingo is held every Sunday at the American Legion Edgewood Service Post 17 located on 415 Edgewood Road. Doors open 5 p.m.; bingo begins 6 p.m. New games, new format and three progressive jackpots are part of the fun. Food will be available for purchase.

For more information, call 410-676-1147.

MONDAY

AUGUST 10 PICAROONS OF HAVRE DE GRACE

Join the crew of the Skipjack Martha Lewis for adventure, fun and plunder to learn about pirates of the Chesapeake Bay called 'picaroons' from the Spanish picaroon, a rogue. Children ages 8 to 12 can join the crew of the Martha Lewis, 9 a.m. to noon. Cost is \$15 per person.

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.)



Legally Speaking

Office of the Staff Judge Advocate at www.apg.army.mil/apghome/sites/installation/ilo.cfm

Obtaining full replacement value on PCS move-damaged property

Story by
JASON BAROCAS
OSJA

At one time, if a carrier lost or destroyed something during a permanent change of station move, military service members, Department of Defense Families and Department of Defense civilian employees were compensated based on the depreciated value or fair market value of the item. This all changed in fall 2007 when the Department of Defense implemented Full Replacement Value Protection.

Under FRV, a claimant is now eligible, at no extra cost, for the full replacement value of destroyed (i.e., the repair cost exceeds the replacement

cost) or lost items.

A claimant must first complete and submit the DD Form 1840R ("pink form") to the Transportation Service Provider within 75 days after delivery or to the nearest Military Claims Office within 70 days after delivery. This form serves only as notice to the TSP of loss or damage; it is not the actual claim. The claim itself must be filed by the claimant directly with the TSP, rather than with the MCO, within 9 months of delivery. If a claimant files the claim with the TSP after 9 months, but before the 2-year time limit for filing, the TSP is only accountable for the depreciated value of any lost or destroyed items.

Once filed, the TSP will attempt to settle the claim by replacing or by paying the FRV price for items that have been lost or destroyed. For those items that are damaged, the carrier has the option of repairing them or making a monetary settlement for repair costs. If, however, the TSP makes an offer on the claim that is not satisfactory, denies the claim entirely, or does not respond within 30 days, the claimant may reassign the claim to the MCO. The MCO will attempt to recover FRV from the TSP. If the MCO recovers FRV, the MCO will then pay the claimant the difference between the depreciated value already paid and the FRV.

Example of the benefits of FRV:

A Soldier discovers after a move that her 15-year old armoire was damaged during shipment. The FRV is \$1,000. The depreciated value is \$600. The repair cost is \$1,200.

Prior to the implementation of FRV Protection, the MCO would have paid the claimant the depreciated value of the armoire, or \$600. Under FRV, the carrier would now offer the claimant \$1,000.

For more information on FRV Protection, visit the Military Surface Deployment and Distribution Command Web site, www.sddc.army.mil or contact the Office of the Aberdeen Proving Ground Staff Judge Advocate Claims Office, 410-278-1583.

Trial Results



Private Justin K. Miller, assigned to Company A, 16th Ordnance Battalion, 61st Ordnance Brigade, pled guilty to two specifications of Article 86, AWOL and one specification of Article 121, Larceny. Miller pled not guilty to one specification of Article 81, Conspiracy, one specification of Article 86, Absence Without Leave and one specification of Article 121, Larceny.

The military judge found Miller guilty of only those charges to which he pled guilty. Miller was sentenced to reduction in rank to private E1, confinement for three months and a Bad Conduct discharge.

Specialist Robert A. Scheuer, assigned to Company A, 143rd Ordnance Battalion, 61st Ordnance Brigade, pled guilty to one specification of Article 86, Absence Without Leave, and one specification of Article 92, Failure to Obey Other Lawful Order. Scheuer pled not guilty to one charge of Article 86, Failure to Report.

The military judge found Scheuer guilty of all charges and specifications and sentenced him to reduction in rank to Private E1, confinement for three months, and a Bad Conduct Discharge.

Private Ryan A. Brunelli, assigned to Company

A, 16th Ordnance Battalion, 61st Ordnance Brigade, pled guilty to one specification of Article 86, Absence Without Leave, one additional specification of Article 86, Failure to Report, and one specification of Article 112a, Wrongful Use of a Controlled Substance. Brunelli pled not guilty to two specifications of Article 86, Absence Without Leave, and three specifications of Article 86, Failure to Report.

The summary court-martial officer found Brunelli guilty of only those charges to which he pled guilty and sentenced him to forfeit \$933 pay for one month.

Private Joel A. Hand, assigned to Company B, 16th Ordnance Battalion, 61st Ordnance Brigade, pled guilty to one specification of Article 86, Absence Without Leave, one additional specification of Article 86, Failure to Report, and one specification of Article 92, Failure to Obey a Lawful Written Order.

The summary court-martial officer found Hand guilty of all charges and specifications and sentenced him to reduction in rank to private E1 and confinement for 14 days.

Private David R.C. Eike, assigned to Company B, 16th Ordnance Battalion, 61st Ordnance Brigade, pled guilty to five specifications of Article 86,

Failure to Report, one specification of Article 95, Resisting Apprehension, one specification of Article 112a, Wrongful Use of a Controlled Substance, one specification of Article 128, Assault, and one specification of Article 134, Drunk and Disorderly Conduct.

The summary court-martial officer found Eike guilty of all charges and specifications and sentenced him to forfeit \$933 pay for one month and confinement for 15 days.

Private Justin T. Maasen, assigned to Company B, 16th Ordnance Battalion, 61st Ordnance Brigade, pled guilty to one specification of Article 86, Absence Without Leave, two additional specifications of Article 86, Failure to Report, and one specification of Article 112a, Wrongful Use of a Controlled Substance.

The summary court-martial officer found Maasen guilty of all charges and specifications and sentenced him to reduction in rank to private E1 and confinement for 14 days.

Private Tyler G. Matthews, assigned to Company C, 16th Ordnance Battalion, 61st Ordnance Brigade, pled guilty to one specification of Article 107, False Official Statement, two specifications of Article 108, Sale of Military Property, and two specifications of Article 134, Knowingly Receiving Stolen Property.

The summary court martial officer found Matthews guilty of all charges and specifications and sentenced him to 25 days confinement.



FAMILY AND MORALE, WELFARE & RECREATION

Activities/Events

The Face of FMWR

FMWR Marketing is looking for the face of FMWR. All ages, backgrounds, ranks and status; civilian and active duty, singles and Families: photos are needed for the 2010 FMWR Directory.

If you are interested in posing for a few pictures, contact FMWR Marketing at MWR.Marketing@conus.army.mil.

ACS Financial Readiness Program

Army Community Service will hold a free Financial Readiness Program, 11:30 a.m. to 12:30 p.m., Aug. 17, at ACS, building 2754. Guest speaker will be Allie Malle, a personal financial counselor who will present "Should I use my VA Benefit when buying a home?"

For more information or to RSVP by Aug. 14, call Arcelio V. Alleyne, 410-278-2450/7572.

Walt Disney World Salutes the Military

Walt Disney World is offering active duty military and retirees a free complimentary five-day park hopper and water park ticket and up to five five-day companion tickets for just \$99 each, or an upgrade to a hopper for \$124 each.

Tickets cost \$25 extra for each add-on/upgrade applied. Tickets must be purchased three weeks in advance. Tickets are not valid until activated at the theme park ticket window. Valid military ID is required at time of purchase and activation. All sales are final. No refunds, exchanges or upgrades after purchase.

Ticket prices expire Dec. 23.

For more information or to purchase tickets, call 410-278-4011/4907 or visit the AA Recreation Center, building 3326.

Partial closure of Hoyle Fitness Center

Parts of the Hoyle Fitness Center, building E-4210, are closed for a few weeks so the hardwood floors in the facility can be refinished.

Areas include the issue room, basketball court, racquetball courts, weight area (behind the issue room), nautilus room, cardio room, boxing area, men's new locker rooms, ladies locker room and the sauna.

Patrons can enter the Hoyle Gymnasium on the east side (parking lot side) of the building about 50 feet to the right of the current entrance. The south side of

the facility will remain operational during this work.

The hours of operation will remain the same, 5 a.m. to 8 p.m., Monday through Friday, and 10 a.m. to 6 p.m. Saturday, Sunday and holidays.

Orioles game specials

Purchase tickets for Orioles baseball. All game seats are located in Section 40 behind home plate. Tickets cost \$48 each; limited quantities available.

- Texas Rangers, 7:05 p.m., Sept. 4
- Tampa Bay Rays, 7:05 p.m., Sept. 14
- Toronto Blue Jays, 7:05 p.m., Oct. 2

For more information or to purchase tickets, visit AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

Ski Roundtop Mountain Adventures

Ski Roundtop is not just for winter fun.

Located at 925 Roundtop Road, Lewisberry, Pa., Ski Roundtop offers summer fun adventures that include the Vertical Trek, Sky Ride, Bumper Boats and more.

The Vertical Trek, Sky Ride and bumper boats are open Wednesday through

Sunday through Aug. 23; Beginning Aug. 29, activities are open weekends only, 10 a.m. to 6 p.m.

The Vertical Trek takes 2.5 hours to complete; it begins with a chairlift ride to the top of the mountain, then participants descend more than 600 vertical feet using a series of zip lines (up to 300 feet in length), rappelling, rope bridges, tarzan swings, cargo nets and scenic walks.

Reservations are strongly recommended. The Vertical Trek is for ages 10 and up. All participants must weigh between 70 and 250 lbs. Tickets cost \$44 each.

For more information or to make reservations, call 717-432-9631, ext. 3723.

Adventure Packages are also available for adults ages 11 through 64 at \$34 per person and for children ages 5 through 10, at \$24 per person and include admission for one OGO ball ride, summer tubing, treehouse zips, the woods, bumper boats and sky rides.

There is a 250-pound weight limit to ride in the OGO ball.

For more information about Ski Roundtop Mountain Adventures, visit www.skiroundtop.com/rma.htm.

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.

Culinary kids

This hands-on class incorporates science, math, nutrition and kitchen safety into the preparation of fun and delicious culinary specialties.

Classes are Wednesdays, 5:30 to 7 p.m., Sept. 16 through Oct. 7, at the Aberdeen Youth Center, for ages 6 to 11.

Some of the dishes on the menu include Thai Ginger Noodle Salad, Dessert Sushi and Roasted Red Pepper Hummus. Chef hats and aprons provided because to be a chef, one must look like one.

Cost is \$145 per student.

Unity Tae Kwon Do School of Martial Arts at APG presents Tiny Tigers

Instructor Kyo Sa Nim Sean A. Williams will teach this program.

Children ages 3 to 5 (parent participation required) can join the Tiny Tigers Unity Tae Kwon Do School of Martial Arts at APG. Tae Kwon Do builds confidence and self-esteem in young students.

Classes will be held at the Child, Youth and School Center, building 2522,

Monday and Wednesday, 5:30 to 6 p.m., Sept. 14 through Oct. 7. Cost is \$40 per parent/child pairing.

Students must wear a white T-shirt and sweat pants. Class size is limited to 12 par-

ent and child pairings so register early.

Dance Programs for grades pre-k through 8

Pre-K

Pre-ballet and creative movement will be offered, 6:30 to 7 p.m., Sept. 17 through April 25, Thursdays, at the Aberdeen Area Youth Center, building 2522. Pre-K registrants need birth certificates to verify age.

Class price is \$70 per student.

Kindergarten and first grade

Ballet and pre-tap will be held 7 to 7:45 p.m. at the AA Youth Center. Cost is \$85 per student.

Second and third grades

Ballet, tap and jazz will be held from Sept. 14 through April 25, Mondays, at the AA Youth Center for students in the second and third grades. Classes will be held 7 p.m. (Exact class time depends on number of students that sign up).

Class costs \$70 per student for each separate discipline.

Fourth and fifth grades

Ballet, tap, jazz, hip hop and point will be held 6:30 p.m., from Sept. 15 through April 25, Tuesdays, at the AA Youth Center. Exact class time depends on the number of students that sign up. Students must audition.

Class costs \$70 per student for each separate discipline.

Sixth through eighth grades

Ballet, tap, jazz, hip hop and point will be held 6:30 p.m., Sept. 18 through April 25, Thursdays, at the AA Youth Center. Exact class time depends on number of students that sign up. Students must audition.

Class costs \$70 per student for each separate discipline.

This is a tentative schedule. Classes may be added or deleted according to attendance. Sign students up for what disciplines they want to take.

A minimum of five students are needed for class to be held. No more than 12 students per class. Students must be registered by Sept. 8.

ACS classes

Improving English skills

The Army Community Service Relocation Readiness Office will offer a free English for Speakers of Other Languages class for those needing a refresher course or for those with limited English speaking and writing skills.

Classes will be held every Friday, 6 to 8 p.m., Aug. 28 through Oct. 2 at ACS, building 2754 Rodman Road, Training Room 104.

The course is open to all military personnel and Family members, civilians, retirees and contractors ages 18 and older.

The class is also designated to provide foreign-born adults an opportunity to improve their English comprehension, reading and writing skills. An instructor from Harford Community College will teach all sessions.

For more information or to register, call the Relocation Readiness Office, 410-278-2464/7572.

Adult American citizenship class

The Army Community Service Relocation Readiness Office will offer a free class for all military personnel and Family members, retirees, civilians and contractors, ages 18 and older, preparing to take the test for American Citizenship given by the Immigration and Naturalization Service.

The class will be held every Thursday, 6 to 8 p.m., Aug. 27 through Oct. 1 at ACS, building 2754 Rodman Road, Training Room 104.

The class covers citizenship procedures on how to fill out the application for American Citizenship, basic questions about American History and the Constitution.

Participants must attend all six classes to receive a Harford Community College certificate for attending a citizenship class. An instructor from HCC will teach all sessions.

For more information or to register, call the Relocation Readiness Office, 410-278-2464/7572.

Buying and selling a home

Army Community Service will offer a free Home Buying and Selling workshop for all service members, civilians, Family members, retirees and contractors ages 18 and over at ACS, building 2754 Rodman Road, Training Room 104. An instructor from Harford Community College will teach all sessions.

The class is designed to guide military Families and DA civilian employees through most of the financial hurdles of purchasing or selling real estate.

Each class will be held 11 a.m. to 1 p.m., Aug. 20 and 29 and Sept. 10 and 17.

For more information or to register, call the Relocation Readiness Office, 410-278-2464/7572.

RESUME WRITING will be conducted 11 a.m. to 1 p.m., Aug. 14, in the Army Community Service classroom, building 2754 Rodman Road.

This workshop will provide information on how to create an effective resume and offer advice and instruction to ensure major selling points are highlighted and captured. Refine content, layout and structure of the resume for that professional edge. Attendees should bring a copy of current resume.

RESUME WRITING will be conducted 1 to 3 p.m., Aug. 19, in the ACS classroom, building 2754 Rodman Road.

The ACS Employment Readiness program in partnership with Kelly Employment Services will offer a resume writing class. Learn how to market personal job skills and keep the resume from ending up lost in the pile. To enroll in this free class, call Marilyn Howard, ACS employment program manager, 410-278-9669.

INTRODUCTION TO COMPUTER, for adults 18 and older, will be held on Tuesday's, 6 to 9 p.m., Aug. 25 through Sept. 15.

This hands-on class is designed for those with little or no background in computer. Learn the basics skills needed to operate a computer. Student must attend all sessions to receive a certificate from Harford Community College. Must register in the ACS Employment office. Seating is limited

INTERVIEWING TECHNIQUES will be held 11 a.m. to 1 p.m., Aug. 27, in the ACS classroom, building 2754 Rodman Road

This class will help participants to make a positive impression in the interview, answer questions effectively, ask questions that show interest, how to follow up after the interview in order to stay in the running for the job. For more information call Marilyn Howard, 410-278-9669 / 7572.

Job vs. Career classes for teens

Today's workforce offers many challenges and rewards. Learning has a tremendous impact on future earnings. Teens will learn the benefit of a career over a job.

The class will help guide teens through the job and career preparation process so they can achieve their own employment success.

Topics include:

- What employers are looking for
- How to apply for a job
- Tips on resume writing, interviewing experience

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

Concert

From front page

was captured for his second album, Live at Billy Bob's Texas.

He was soon playing sold out shows in Texas, sponsored by Miller Lite, and sold more than 250,000 albums—all without signing a major-label recording contract.

His first major-label recorded album, "Three Days" was released in 2001 and he has since released three more albums. The hugely success-

ful "Wave on Wave" was released and brought with it a number 3 hit for the single of the same name. In late 2004 "Lucky Ones" was Green's third and final CD release on the Universal/Republic label.

Green released his album "Cannonball" in 2006. The same year, he toured with labelmate Kenny Chesney.

In 2008, Green released the single "Let Me," the first single for his latest album "What I'm For." The single charted to #12 on the country charts, giving Green his first Top 20 single since "Feels Just Like It Should" reached #13 in 2006.

Looking for a job?

Visit FMWR Jobs Available at www.apgmwr.com.

All jobs for Aberdeen Proving Ground are listed at <http://acpol.army.mil/employment/naf.htm> or check out AAFES Jobs link <http://odin.aafes.com/employment/> for additional job opportunities.

August bowling specials

• Bowl for \$1.25 per game, 1 to 3 p.m. Shoe rental costs \$2.

• Buy a combo meal from the snack bar and receive a free game of bowling. Shoe rental not included.

• Cosmic Saturdays: Each Saturday, 3 to 9 p.m., receive one hour of bowling, one whole cheese pizza and one pitcher of soda for \$32.

• Summer Blow Out Fridays, Aug. 7, 14 and 21: Bowl for \$.75 per game per person plus \$2 for shoes.

• Cosmic End of the Summer Special: 1 to 5 p.m., Aug. 28, bowl \$.50 a game plus for \$2 Shoes. All games are

free, 5 to 10 p.m. but does not include shoe rental.

Fall and winter leagues are now forming. Adult leagues are forming Monday through Friday evenings. To join the Saturday Youth League, sign up 10 a.m., Aug. 29 at the Bowling Center. The Bowling Center also has lunch leagues, a nice time to take a break from the office and have some fun. Employees from Fort Monmouth, N.J., would like to get a league going on Tuesday night.

For more information, call the APG Bowling Center, 410-278-4041.

APG Bowling Center Snack Bar specials Building 2342

The Bowling Center hours are 7 a.m. to 3 p.m., Monday thru Thursday; 7 a.m. to 10 p.m., Friday; and 4 to 10 p.m., Saturday; the Bowling Center is closed on Sundays.

Week of Aug. 3

Special #1: Grilled ham and cheese with potato chips, cookie and regular soda for \$5.25.

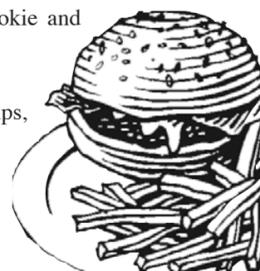
Special #2: Pork barbecue with French fries, cookie and regular soda for \$5.95.

Week of Aug. 10

Special #1: Chicken tender wrap with potato chips, cookie and regular soda for \$4.75.

Special #2: Ham and cheese wrap with potato chips, cookie and regular soda for \$5.25.

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



Think twice before using identity theft services

Consumer Federation of America

With the federal government reporting that complaints about identity theft are rising and stories about security breaches, phishing and organized ID theft rings appearing in the media with alarming frequency, consumers are worried about becoming victims.

Capitalizing on this anxiety, dozens of services have sprung up claiming to "protect your identity" for fees that can add up to hundreds of dollars a year.

But when Consumer Federation of America studied the Web sites of 16 for-profit identity theft services, it found that the descriptions of how they help consumers are often confusing, unclear and ambiguous.

Furthermore, these services may not always offer the protection that consumers are led to believe they will get.

CFA's new report, "To Catch a Thief: Are Identity Theft Services Worth the Cost?," explores the types of services currently offered in the marketplace, the fees they charge, how they describe what they do, the claims they make about the benefits of membership, and how what they do compares with what consumers can do to protect themselves.

"Some of these services may be helpful to consumers, but none can absolutely prevent your personal information from being stolen or used," said Susan Grant, CFA director of Consumer Protection and author of the report.

Many of the benefits that these services advertise are things that consumers can do on their own for free or at minimal cost. CFA encourages consumers to follow Ten Easy Steps to Protect Your Personal Information and Detect Fraud, which are described in more detail in Appendix A of the report:

1. Practice mail security.
2. Guard Social Security number.
3. Lock and shred.
4. Stop prescreened credit and insurance mailings.
5. Keep private information personal.
6. Be safe online.
7. Look at bills and bank statements promptly.
8. Monitor accounts online frequently.
9. Check credit reports regularly.
10. Pay attention to debt collectors.

In examining identity theft services' Web sites, CFA uncovered trouble-

some practices. Some make overly broad assurances about their ability to prevent consumers from becoming victims.

Other key problems that CFA found:

- Identity theft services often fail to provide clear, complete information about what they do and how they work, and in some cases the cost is not disclosed until consumers click to enroll.
- Many identity theft services tout insurance as a benefit but few provide details about the coverage.
- Guarantees don't always provide the protection that consumers expect.
- Some identity theft services place fraud alerts on all customers' credit bureau files, even if they're not victims, and make misleading claims about how the alerts will protect them.
- Some identity theft services provide credit reports to customers by requesting the free reports that consumers are entitled to once a year under federal law, preventing them from being able to get their free annual reports on their own.
- The personal information that consumers provide to identity theft services could be at risk if it is not adequately secured.
- Many services attempt to limit consumers' legal rights by requiring mandatory binding arbitration for disputes in their terms of service.

To address these concerns, CFA recommends that policymakers in government and business take several pro-active steps.

"The Federal Trade Commission and state attorneys general should investigate and take enforcement action to stop misleading claims and practices that harm consumers, such as preventing them from requesting their free annual reports," Grant said.

"They should also examine how secure the extremely sensitive personal information is that consumers provide to

these companies."

CFA believes that rules to govern identity theft services and industry best-practices would both be helpful. CFA also suggests that identity theft services should be explicitly prevented from requesting consumers' free annual reports on their behalf and consumers should have stronger rights regarding their credit reports.

"Since it's their information, consumers should be able to check their credit reports online, whenever they want, at no charge," Grant said.

"Furthermore, consumers should have the option to place a flag on their credit bureau files requiring creditors to contact them to verify requests for new credit accounts or changes in existing accounts, regardless of whether they are already identity theft victims."

To help consumers decide whether to purchase identity theft services and which ones to consider, CFA recommends that they ask themselves:

- How likely that you will become an identity theft victim?
- How much does the service cost and how does that compare with doing the same things on your own?
- What specific action will the service take on your behalf if you become an identity theft victim?

If consumers are considering purchasing identity theft services, CFA's provides Six Questions to Ask When Shopping for Identity Theft Services, which are described in more detail in Appendix B of the report:

1. Does it monitor more than credit reports?
2. How does the service help you if you are a victim?
3. Will it prevent you from getting your free annual reports when you wish?
4. Should you look for identity theft

services that offer insurance?

5. Does the guarantee really protect you?

6. What are the costs and terms?

To offer the best value to consumers, CFA believes that identity theft services should have the following characteristics:

- Clearly disclose the exact services and costs.
- Monitor public and private databases and other places typically unavailable to consumers that may contain their personal information.
- Alert consumers of suspicious activity related to their personal information by their choice of e-mail, phone, text message or mail.
- Provide actual assistance, not just advice, to resolve consumers' problems if they become identity theft victims.
- Guarantee to do what they promise with no exceptions buried in fine print and no attempt to limit consumers' legal recourse through mandatory binding arbitration.

This study was undertaken by CFA with support from the Rose Foundation for Communities & the Environment Consumer Privacy Rights Fund.

Between September 2008 and February 2009, CFA staff examined the Web sites of a variety of identity theft services and, when necessary, contacted customer service at the phone numbers or email addresses provided to ask question. CFA also looked for lawsuits and other publicly available information. CFA did not actually purchase or test any of the services, and this study does not attempt to rate their effectiveness.

A copy of the report is available at www.consumerfed.org/pdfs/ID_THEFT_REPORT.pdf.

CID Lookout

On Point for the Army

CID warns of old phishing scam with new twist

CID

The U.S. Army Criminal Investigation Command, or CID, is warning the greater Army community of an older internet phishing scam with a new twist. CID wants to make the public aware of how to recognize this scam and what actions to take should someone receive it.

According to the FBI, the "Death Roll Squad" phishing scam originated overseas and has been circulating on the Internet for more than five years. These scammers can mask their identities and locations allowing them to strike quickly and then disappear leaving little to no trace behind. The scammers attempt to deceive recipients into revealing personal, banking or financial information.

Much like other foreign e-mail scams, the "DRS" scam preys upon the e-mail recipients' emotions. This latest version claims to have personal knowledge of and access to the victims, but the new scheme threatens physical violence if victims do not comply with the e-mail's demands.

Prior e-mail scams, rather than threatening harm to the recipients, appealed to the recipients' sense of empathy or desire for financial gain. By doing what was asked of them in the e-mails, often cashing a check, the recipients were told they would be helping the sender or the sender's Family out of a

terrible situation in their country. Other scam e-mails promised the victims that if they cashed a check sent to them, they could keep a percentage. These checks were bogus, and the victims were out hundreds or thousands, of dollars.

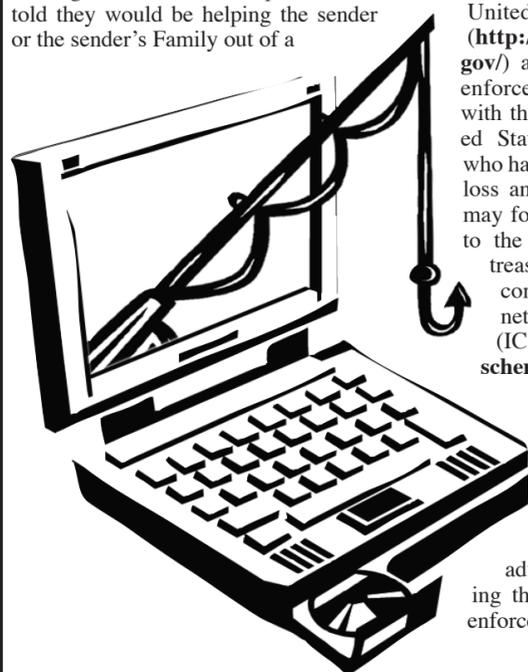
As fewer people fall victim to these scams, new e-mails schemes are created. Now with the general public having a better understanding of what scams are out on the Internet, these cyber crooks have moved on to yet another human emotion - fear.

The majority of these scams are mass e-mails, by which no one person is individually targeted, but rather hundreds of thousands of e-mails are blindly sent out. They are usually written in such a way that a person receiving one may think that it was addressed specifically to them.

CID has no reports of the scammers acting on the threats and strongly recommends that Soldiers, civilians and Family members who receive any suspicious and/or unsolicited emails should delete them without response. However, if someone receives a threat that they feel is legitimate or has any credibility what so ever, they should immediately contact law enforcement officials.

The United States Secret Service (www.secretservice.gov) and the United States Postal Service (<http://postalinspectors.uspis.gov>) are the primary U.S. law enforcement agencies dealing with these types of scams. United States citizens or residents who have not suffered a financial loss and want to report a scam may forward unsolicited e-mails to the USSS at 419.fcd@ussstreas.gov. People can also file complaints with the Internet Crime Complaint Center (IC3) at www.ic3.gov/crime-schemes.aspx#item-13

U.S. citizens and residents who have suffered a financial loss should contact the nearest field office of the Secret Service by telephone. Victims are advised to continue reporting these scam e-mails to law enforcement agencies.



CID warns of scams on social networking, dating sites

CID

The U.S. Army Criminal Investigation Command, is warning the Army community of an ongoing internet scam within popular social networking and dating sites where the criminal poses as a member of the U.S. Army.

CID has learned of scammers creating profiles of senior Army officers and noncommissioned officers, to include the use of official photographs, in an attempt to lure unsuspecting persons into revealing personal, banking or financial information.

In their latest attempt, scammers are making contact with potential victims through various social networking sites. After contact, often during instant messaging or e-mail correspondence, the scammers appeal to the recipient's sense of empathy or desire for financial gain. By doing what is asked of them, often cashing a check, the recipients are told they would be helping the sender or the sender's Family out of a terrible situation. Complying with these requests often places the victim at risk both financially and opens them up to possibly becoming the victim of identity theft.

CID strongly recommends that Soldiers, civilians and Family members who come across any known suspicious social networking or dating site

profile or are solicited in this fashion from a person posing as a U.S. Soldier, immediately contact the nearest CID office or e-mail CID at crimetips@conus.army.mil. They can also file a complaint with the Internet Crime Complaint Center. Their Web site is www.IC3.gov.

Those who participate in such a scam can face criminal charges if they actively facilitate an Internet scheme. Soldiers and civilians who knowingly participate in the negotiation of fraudulent money orders or travel checks in furtherance of fraud schemes are subject to Title 18 of the U.S. Code, Section 1343, Fraud by Wire, Radio or Television. The title states that individuals who devise schemes to defraud, obtain money or property under false pretenses, representations or promises will be fined or imprisoned for not more than 20 years, or both. Violators that affect financial institutions can be imprisoned not more than 30 years, fined not more than \$1 million, or both.

U.S. citizens and residents who have suffered a financial loss should contact the nearest field office of the United States Secret Service by telephone. Victims are advised to continue reporting these scam e-mails to law enforcement agencies.

CID seeking Special Agent candidates

CID

The U.S. Army Criminal Investigation Command is actively recruiting qualified Soldiers to serve as CID Special Agents. Agents receive training at the U.S. Army Military Police School, located at Fort Leonard Wood, Missouri.

To qualify, applicants must:

- Be a U.S. citizen.
- Be at least 21 years old.
- Be an E-4 through E-6 with at least two years but no more than 10 years time in service.
- They must have an ST score of 107 or higher (ST of 110 if tested prior to 2 January 2002)
- Have at least 60 college credit hours from an accredited institution (waiver of up to half of this prerequisite may be considered if favorably endorsed by the local CID office).
- Have a physical profile 222221 or higher, with normal color vision.

• No record of mental or emotional disorders.

• A minimum of one year of military police experience or two years of civilian police experience (a waiver of this prerequisite may be considered if favorably endorsed by the local CID office).

• Must be able to speak and write clearly.

• Have a suitable character established by a Single Scope Background Investigation leading to a Top Secret clearance.

• No record of unsatisfactory credit.

• No civil court or court martial convictions.

• Applicants must also be able to complete a 60-month service obligation upon completion of the Apprentice Special Agent Course.

For more information or to apply, contact the nearest CID field office or visit www.cid.army.mil.



ARMY FAMILY COVENANT

SOLDIERS ★ FAMILIES ★ ARMY CIVILIANS



Military spouses advance with MyCAA

Story by
YVONNE JOHNSON
APG News

Area military spouses are advancing their education goals thanks to a Department of Defense program designed to aid their employment and career opportunities.

The Military Spouse Career Advancement Account, MyCAA, provides employment, career, education/training, counseling and financial assistance for spouses of active duty and activated Reserve and National Guard service members worldwide.

Spouses married to an active duty or activated service member are eligible to participate in MyCAA. This includes active Guard/Reserve and Coast Guard deployed with the Navy.

The Internet-based MyCAA tool allows spouses to apply for up to \$6,000 in financial assistance for education,

training, licensing or certification necessary for their portable careers. Portable careers are those that are likely to provide job opportunities in most locations where military service members are stationed. These might include but are not limited to: business/management, construction trades, education, financial services, health services, homeland security, hospitality management, human resources, information technology, real estate, etc.

MyCAA provides funds for eligible spouses directly to participating schools or other programs.

To apply for MyCAA financial assistance, spouses can set up a profile on the MyCAA Web site at www.militaryonesource.com and click on the MyCAA link to review and digitally sign the agreement (by entering name and password) on the MyCAA online Statement of Understanding and Terms and Con-

ditions. If they are already listed in the MyCAA system, a spouse and his or her school or other program can proceed with their request for financial assistance. If not, the spouse needs to click "Can't Find School" to request that the school or program be added.

MyCAA will pay for expenses such as post-secondary education and training, tuition, licensing and credentialing fees. It does not pay for computers, school application fees, graduation fees, student activity cards, child care, parking, transportation, medical services or testing fees.

One Aberdeen Proving Ground spouse said the program is working out for her. Kamola Julien, the wife of Staff Sgt. Rigaud Julien, 22nd Chemical Battalion, was one of the first in the area to sign up for the program in June. A first-year nursing major, Julien is enrolled in online summer courses and will take one

class on the Harford Community College campus during the Fall semester.

She said for spouses already enrolled in DEERS the process is simple.

"You just go to the Web site to create your education profile," she said. "I was approved the same day the counselor or gave me the information."

She said she enjoys the convenience of online classes but looks forward to attending classes on campus as well.

"The online summer programs are more fast-paced which works better for me with an eighteen-month old daughter," Julien said. "I usually study at night when she and my husband are asleep."

For more information about MyCAA, call a Military OneSource career/education consultant at 1-800-342-9647, visit the Military OneSource Web site at www.militaryonesource.com, or contact Tressie Stout at the APG Education Center, 410-306-2042.

Online or over video, TRICARE reaches out with expanded behavioral health care services

U.S. DoD Military Health System

The stress of military life takes a toll on the well-being of some military Families – and TRICARE is there to help. Time and distance will no longer be obstacles for active duty families seeking behavioral health care with the introduction of two new programs.

The Web-based TRICARE Assistance Program and telemental health program use evolving telecommunication technologies to bring counseling assistance and behavioral health care closer to the people who need it most.

Both programs launched Aug. 1.

TRIAP is a demonstration program available in the United States to active duty service members, those eligi-

ble for the Transition Assistance Management Program and members with TRICARE Reserve Select, as well as spouses of any age and other eligible Family members 18 years of age or older.

From the security of their homes, or anywhere else for that matter, beneficiaries with a computer, Webcam and the associated software can speak "face-to-face" with a licensed counselor over the Internet at any time of the day or night. Eligible beneficiaries can link to their regional contractor's TRIAP site and get more information about the program at www.tricare.mil/TRIAP.

"TRIAP will help Soldiers, Sailors, Airmen, Marines and their Family members twenty-four hours a day, seven days a

week," said Rear Adm. Christine Hunter, deputy director of the TRICARE Management Activity. "It augments TRICARE's many existing counseling assistance benefits by making sure there are more avenues for service members and their Families to get the support they need, when it's needed."

Eligible service members and Family members can log on to TRIAP an unlimited number of times for supportive counseling or advice when dealing with personal problems impacting their work performance, health and well-being. Services include assessments, short-term counseling and, if the TRIAP counselor determines more specialized care is necessary, a referral to a more comprehensive level of care.

TRICARE's telemental health services, which also began Aug. 1, use medically-supervised, secure audio-visual conferencing to link beneficiaries with off-site providers. Available to all TRICARE beneficiaries in the United States, telemental health care will fall under TRICARE's telemedicine coverage. TRICARE's regional contractors are establishing networks of telemental health originating sites and networks of offsite providers who can evaluate, treat and refer patients as necessary via video. All aspects of behavioral health services will be available, including psychotherapy and medication management.

"While most service members will still get face-to-face care in a military treatment facility or through the TRICARE

network," Hunter said, "the addition of telemental health care and TRIAP will really help us enhance access to a variety of behavioral health care services."

For more information about TRICARE's telemental health options, go to the getting care link at <http://tricare.mil/mybenefit/home/MentalHealthAndBehavior>

Service members and their Families have several additional behavioral health resources available either online or by telephone. For more information about TRICARE and the Department of Defense's many existing behavioral health resources, download A TRICARE Guide: Understanding Behavioral Health at www.tricare.mil/tricaresmart.

Community and APG: Partners in Education

College interns at ARL take home the gold

Story by
KRISTIN KERLEY
ARL

The U.S. Army Research Laboratory hosted dozens of student interns from universities across the nation at its Aberdeen Proving Ground locations.

For two seniors from Winona State University, in Winona, Minn., ARL provided a break from day-to-day classroom activities and gave them an opportunity to experience science and technology in state-of-the-art facilities.

Sam Pederson and Bill Tertin, both composite materials engineering majors, came to ARL from the small, Midwest university to work in the Weapons and Materials Research Directorate.

College roommates since their freshman year, they said they've enjoyed living and working together in Maryland this summer.

"Living in this area has been a lot of fun," Pederson said. "It's definitely been an exciting summer."

Pederson and Tertin made their move to Maryland in May, before knowing their start date at ARL and even what they'd be paid.

"It was a little bit of a risk, but we figured if we were able to make enough money just to pay the rent, then we would be fine," Tertin said. "The experience was the most important thing to us."

With connections to the laboratory through a professor at school, they said they knew it was a good opportunity, even though they weren't familiar with ARL's research.

"I didn't really know what to expect before I got here, but it didn't take me long to realize that this is a big deal - this is the research laboratory of the United States Army," Pederson said. "That's a big deal!"

Pederson spent his summer in the chemistry lab at WMRD where he said he was able to see a different side of engineering.

"I've learned that knowing the information is one thing, but going into a lab and realizing that you are actually able to do the things that you've learned in school is another," he said. "You get to



Photo by SARAH MAXWELL, ARL
Two college interns from Winona State University in Winona, Minn., perform lab experiments in the U.S. Army Research Laboratory's Weapons and Materials Research Directorate.

build that confidence."

Tertin worked for his mentor in the polymers lab at WMRD, performing rubber-toughening research for armor.

"My knowledge has definitely been tested, but help is always available to me," he said. "I've been challenged."

"This has been a really good experience," he added. "My mentor has been great about keeping me busy in the lab."

Pederson and Tertin said that working alongside some of the nation's top scientists and engineers encouraged them to continue their involvement in scientific research and convinced them of the importance of advanced degrees.

"It's incredible being around people who are not afraid to be intellectual, who are not afraid to take chances and try

new things," Tertin said about the scientists at WMRD.

"Sharing your ideas with mentors and peers is something that you wouldn't be able to do anywhere else," he added. "It's motivating."

Both interns had numerous activities and projects to keep them busy, but they said the papers they submitted for the research symposium proved to be a highlight of their summer internship experience. Both said it was an exceptional learning opportunity for undergraduate and graduate students.

"To have the opportunity to put your name on a report of publishable quality is something that most undergrad students aren't able to say that they've done," Pederson said.

"Learning how to structure a scien-

tific technical report has been one of the most valuable things that I've learned this summer," agreed Tertin.

The interns also said that they were surprised about the great social aspect in the WMRD lab environment. Tertin and his mentor not only had a professional relationship, but they developed a friendship as well and went golfing together on the weekends.

Pederson and Tertin said that an internship at ARL is an opportunity that students should take advantage of.

"We're going to go back to Winona and tell other students that if ARL comes back next year [to recruit for summer intern positions,] jump on that," said Pederson. "It's gold!"

"We will benefit from this experience for a long time," Tertin said.



'Clip' the excess from grocery bills

Story by
MILLIE SLAMIN
DeCA

Carmen Chapman saves more than 30 percent on her purchases every time she uses her commissary benefit, and just recently she learned she can save even more by downloading manufacturer's coupons from the Defense Commissary Agency's Web site, <http://www.commissaries.com>.

"I didn't know about being able to download coupons from DeCA's Web site," said Chapman, whose husband is an Army retiree and whose two sons are Soldiers on active duty. "I'm going to have to tell my daughter-in-law about this! I've been trying for years to get her to shop at the commissary, but I think after I tell her about being able to download coupons, she'll change her mind."

Although most customers know they can redeem coupons at commissaries, not many are aware that in addition to downloading them from the DeCA Web site, they can also pick them up at the store entrance and checkout counter, collect them from displays on store

aisles and use coupons that are attached to products.

Chapman admitted that she gets the majority of her coupons from the Sunday paper and collects a few here and there as she walks up and down commissary food aisles. But now that she's armed with information about downloading coupons from <http://www.commissaries.com>, she said she'll be able to save even more than the \$10 to \$15 she now saves on her biweekly grocery bill.

Shuffling through her coupons, Chapman explained, "I have two sons who are deployed right now. One is in Iraq and the other one is in Germany. I like sending them the individual packets of cereal bars," she said as she continued plucking the right coupons from the stack. "They really appreciate getting those."

The beauty of being a coupon clipper is that customers can redeem coupons at all commissaries, whether it be in the states or overseas. And, the coupons can be clipped out of newspapers and magazines, downloaded from the Internet, or manufacturer's coupons collected from store shelves.

In addition to customers overseas being able to use these same coupons,

there is another perk.

"We will redeem coupons for our customers overseas up to six months after the coupon expiration date," remarked DeCA's Director and CEO Philip E Sakowitz Jr., during a discussion about coupons on the Navy's radio talk show, Homefront, June 11.

"If it has a bar code on it so we can scan it, we should be able to take it," he continued, reminding listeners that along with the 30 percent they save by shopping at the commissary, they can increase their savings to 41 percent or more by using coupons.

According to DeCA Europe store directors and zone managers, newly reported service members and their spouses are briefed on the use and advantages of using coupons at overseas commissaries.

Store associates at overseas locations notice most patrons are aware of the added savings to be gained by using coupons, even though they do not have access to as many there, because there are no coupons available in daily newspapers like there are stateside.

Some customers never use coupons,

while others come in equipped with well-organized boxes or envelopes full of them on every trip. Those who are avid "couponers" will most likely stop at the coupon display in the store's customer corner to see how many more they might add to their collection.

Thousands of coupons are redeemed at commissaries throughout the United States and overseas, daily. These money savers are not only honored at all stores, they are even accepted at Guard/Reserve on-site sales held at remote, off-base locations as well as at regular case-lot sales usually held on sidewalks outside the stores.

"My mother taught me to use coupons when I was little, and I have been using them ever since," remarked Amber Cloclasure, an Air Force wife whose husband was stationed in England in 2006. "They are like free money. If I can save ten dollars at the commissary, then that's ten dollars more I have to spend on something else."

Remember to visit <http://www.commissaries.com>, click on "Links" and browse through the exciting offers and coupons before taking the trip that's worth taking – to the local commissary.

Commentary: 11 tips to get fit without the hype

By
CHRIS HALAGARDA
U.S. Navy

Physical training is a must for all active duty military personnel to help maintain high fitness levels, mental acuity and overall health. With that being said, it's also important to understand that it's not just about the hour or two spent in the fitness center. In truth, our overall fitness and well-being are influenced by several other factors.

The following are some "rules for results" that can help you align your exercise regimen with your diet to achieve better results:

- Eat ample calories. Multiply your body weight in pounds by 15 to 17 to get an estimate of how many calories you need to consume each day from carbohydrates, fat and protein. As your cardio increases, so should your calories. A person weighing 150 pounds should consume at least 2,250 to 2,550 calories each day for a start. If you're trying to lose weight, multiply your body weight by 10 to 11 and that represents your desired daily calories.

- Think carbohydrates and protein. Weightlifters should get about 4 to 6 grams of carbohydrate and 0.6 to 0.9 grams of protein for every pound of body weight. A 150-pound person needs to consume about 120 to 135 grams of protein.

- Stay hydrated. Even weightlifters who may not sweat as much as endurance athletes need more fluids than sedentary individuals. Losing just two liters of water or three percent body weight in water will decrease strength and speed, and the person will have difficulty concentrating and breathing. This loss can occur after just 30 minutes to an hour of sweating.

- Eat breakfast. Be sure to eat a small meal prior to physical training, especially weightlifting, to prevent muscle breakdown. Try to include carbohydrate and protein. Head to your commissary to load up on whole grain cereal with skim milk, a peanut butter and jelly sandwich, oatmeal with fruit and a cup of milk or egg whites with toast.

- Eat immediately after exercise. It's the window of opportunity and the one time during the day when



simple sugars are okay. Simple sugars will store as glycogen for your next workout and prevent muscle breakdown. The protein and carbohydrate will promote muscle building and energy replenishment. Great choices for post-exercise right at your commissary are chocolate milk, low-fat milk or just a turkey and whole wheat bread sandwich.

- Graze like a cow. It's ideal to graze rather than "pig out." Avoid going more than three or four hours without eating a small carbohydrate, protein and healthy-fat meal or snack. Avoid eating carbohydrate, fat or protein only.

- Eat fat to look phat. Eat mono- and polyunsaturated fats like flaxseed, fish, olive oil, canola oil, nuts, seeds and nut butters. Even skinny guys have to worry about heart disease. Avoid trans and saturated fats. Choose low-fat dairy, lean beef, and chicken and turkey breasts.

- Legs, legs, legs. Weight train legs, too. Running and other cardio exercise does not replace a leg workout. Leg muscles are huge and huge muscles release growth hormone and testosterone when worked. Strengthening legs will also maintain balance of your body and prevent imbalances on endurance athletes, which can help prevent injury. It will also improve your power and functional strength.

- High-intensity exercise. High-intensity exercise, such as a dynamic warm-up, sprinting or running sports, just one or two days a week will increase the release of growth hormone. If you're well-rested this will increase strength, power and endurance while helping to build and repair muscle.

- Rest and sleep. Muscles get big while you rest, not while you lift. Try for seven or more hours of sleep each day. If that is a "twinkle in your eye," then take "baby steps" toward that ultimate goal. Try getting to bed 15 minutes earlier and wake up 15 minutes later.

- Be patient. First, most males don't reach maximum testosterone levels until their late 20s. Secondly, lean muscle mass increases slowly and differently on every person. Be patient and realize that putting on lean muscle takes months and years, not hours and days.

For more information about making healthy choices, visit Ask the Dietitian on www.commissaries.com and post your questions on the DeCA Dietitian Forum https://www.commissaries.com/healthy_living/dietitian/forum/index.cfm. Be sure to look for other useful information in the Dietitian's Voice archive https://www.commissaries.com/healthy_living/dietitian/column/index.cfm. For delicious recipes, check out Kay's Kitchen https://www.commissaries.com/kays_kitchen.cfm. And to enjoy all your commissary has to offer, sign up for the Commissary Connection <https://www.commissaries.com/subscribe.cfm>.

Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today.

(Editor's note: Chris Halagarda is the Navy fitness and performance enhancement dietitian. You may contact him with questions at 202-433-3472, or e-mail chris.halagarda@navy.mil.)

Tyson

From page 2

sidestep, you lose integrity, and there's no getting it back once you lose it.

"I always try to speak with respect to subordinates as well as superiors. When you give respect you receive respect in return," he said.

A former drill sergeant, Tyson said he embraces every opportunity to support Soldiers. He often leads installation first sergeants and NCOs in that effort.

In the past year, along with his other missions, he organized the distribution of food vouchers for purchases at the Post Commissary for Soldiers and their Families over the Christmas holiday season; he served as a member of the selection board and presided over the PT Test

portion of the APG NCO and Soldier of the Year competition; and he assisted the garrison command sergeant major in organizing the Year of the NCO kick-off celebration, hosting more than 300 installation NCOs at the Post Recreation Center in February.

Tyson said he appreciates the fact that 2009 has been named the Year of the NCO and that while times have changed, the responsibility of NCOs

remains constant.

"It's been said time and again because it's a fact, NCOs are truly the backbone of the Army," he said. "We enforce policies, maintain standards, train Soldiers and take responsibility for our missions. We are where the rubber meets the road. As long as we continue to set the example and meet those standards, it will always be the year of the NCO."

G.I. Bill

From front page

With the Post-9/11 GI Bill, service members are eligible for 36 months of educational benefits - the equivalent of four nine-month academic years. To qualify for the transfer benefit, service members must have six years of service on active duty or in the Selected Reserve on or after Aug. 1 and commit to an additional four years of service.

Service members have the option to use or transfer as much of their benefits as they want to, and they can revoke or redesignate who receives the benefit at any time, Clark said.

He added that service members can add names only while on active duty, and not after separating or retiring from active-duty service.

The unused benefits can be transferred to a spouse, two children or any combination, he

said. But children cannot start using the benefit until they're 18 or have a high school diploma or equivalent. Clark noted that children enrolled in DEERS lose their military benefits at age 21 unless they are full-time students.

Only eligible Family members' names will appear on the registration Web site, he explained. Once service members register on the site and designate who the benefits will be transferred to, the application will be processed through their appropriate service branch.

After the service verifies eligibility to transfer the benefits, the application will be forwarded and processed again through VA. And finally, when the selected Family member decides to use the benefit, he or she must go to the Department of Veterans Affairs Web site and fill out an online application to request a certificate of eligibility, Clark said.

The certificate then can be taken to the school to be processed by its Veterans Affairs representative and used to request tuition, payment for books and the living stipend, which varies by institution and location, he continued.

Of the 25,000 who've already applied, more than 15,000 have been approved, and of those, 5,500 Family members already have requested certificates to start their education.

"It has been a very fast, long run-up to the first of August. I see this as a wonderful opportunity for our veterans, our service members, in particular, the Families of our career members to give them the opportunity to further their education and reach their dreams," Clark said.

Most service members who have at least six years of military service as of Aug. 1, and agree to serve an additional four years qualify, he said. Department officials have proposed measures to support ser-

vice members who have at least 10 years of active service but can't serve the additional four because of service or department policy. They would, however, have to serve the maximum time allowed before separating from the military, he said.

Another provision will cover service members who will reach the 20-year service mark, making them retirement-eligible, between Aug. 1, 2009, and Aug. 1, 2013.

Clark explained how service members who complete 20 years of service will be able to transfer the benefits:

- Those eligible for retirement on Aug. 1, 2009, will be eligible to transfer their benefits with no additional service requirement.

- Those with an approved retirement date after Aug. 1, 2009, and before July 1, 2010, will qualify with no additional service.

- Those eligible for retirement after Aug. 1, 2009, but before

Aug. 1, 2010, will qualify with one additional year of service after approval to transfer their Post-9/11 G.I. Bill benefits.

- Those eligible for retirement between Aug. 1, 2010, and July 31, 2011, will qualify with two additional years of service after approval to transfer.

- Those eligible to retire between Aug. 1, 2011, and July 31, 2012, will qualify with three additional years of service after approval to transfer.





Army News

Army identifies Military OneSource, Defense Center of Excellence Outreach Center as primary crisis intervention resources

Army News Service

Soldiers, Army civilians and their Families in need of crisis intervention now have two resources to call for assistance, as the Army has identified Military OneSource and the Defense Center of Excellence for Psychological Health and Traumatic Brain Injury as primary phone and online services to support the Army community.

The Military OneSource crisis intervention line supports active duty, National Guard and Reserve service members and their Families, 24-hours a day, seven days a week. Professionally trained consultants assess a caller's needs and can refer them to health care professionals for follow-up, face-to-face counseling.

The Military OneSource toll-free number for those residing in the continental U.S. is 1-800-342-9647; their Web site can be found at <http://www.militaryonesource.com>.

militaryonesource.com. Overseas personnel should refer to the Military OneSource Web site for dialing instructions for their specific location.

Another key crisis intervention resource available for our Army community is the DCOE Outreach Center. The Outreach Center is staffed 24/7/365 by health resource consultants with the latest information on psychological health and TBI issues and who can connect Soldiers, Family members and veterans with agencies that promote recovery, resiliency and reintegration.

The DCOE Outreach Center can be contacted at 1-866-966-1020, via electronic mail at Resources@DCOE-Outreach.org and at <http://www.dcoe.health.mil/resources.aspx>.

"We want to get the word out and identify Military OneSource and the DCOE Outreach Center as primary resources for those who need help," said

Brig. Gen. Colleen McGuire, director of the Suicide Prevention Task Force.

"Leaders, mental health professionals and public affairs officers should include this in their messaging and support at the local level. I would love to see this toll-free number posted on every Army Web site," she said.

Army leaders are taking a proactive approach to connect Soldiers and Families in crisis situations with the right services. The idea behind these measures is that mitigating crises early on can help Soldiers appropriately handle the unique stresses they will face, McGuire added.

"What we need to continue working on the hardest is to find new ways to bring (mental health care providers) down to a level where Soldiers have easier access to them," said Gen. Peter W. Chiarelli, Army vice chief of staff.

"Our next step is to ensure that we

disseminate the Military OneSource toll-free number and the DCOE Outreach Center toll-free number to Soldiers, civilians and Family members through all possible media and have it posted in every venue," said Col. Jon Dahms, chief of Planning Support in Army Public Affairs. "We need these numbers starting everyone in the face so they can get the help when and where they need it most."

Dahms recommends Army Web sites integrate a prominent banner or message into their current layout showing the toll-free numbers and the message:

"In need of crisis intervention and support? Do you or someone you know need help? Call 1-800-342-9647 or visit Military OneSource at <http://www.militaryonesource.com>, or call 1-866-966-1020 or visit the DCOE Outreach Center at <http://www.dcoe.health.mil/resources.aspx>."

Chief discusses plan to increase dwell time

Story by
C. TODD LOPEZ
Army News Service

Soldiers could find themselves with as much as 24 months time between deployments if plans for military activities in Iraq and Afghanistan come to fruition.

During testimony before the House Armed Service Committee May 14, Chief of Staff of the Army Gen. George W. Casey Jr. told lawmakers Soldiers could see as much as two years dwell time by 2011.

"In 2007, based on what I thought the force structure would be over the next four years, I thought we wouldn't get quite to one year out, two years back by 2011," Casey said. "If we execute the president's Iraq drawdown plan, and I have no reason to doubt we will, we will actually do better and actually get to the one to two or even better ratio -- we have to do that."

With a two-to-one dwell time to deployment ratio, Soldiers would spend more time at home training and with their Families than they would downrange, Casey said. Fixing that ratio is part of correcting a lack of balance in the Army, he said.

"The most important thing we can do to get back in balance is to increase the time our Soldiers spend at home," Gen. Casey said. "Dwell time, the time spent at home, is important for several reasons. First, it gives our Soldiers time to recover from combat tours -- and twelve months is not enough." The general also said increased dwell time allows Soldiers to prepare for their next mission, as well as different kinds of missions.

General Casey and Secretary of the Army Pete Geren were on Capitol Hill to discuss the Army's Fiscal 2010 budget request with Congress. The manpower portion of that budget

reflects the Army's recent success in meeting a directive from the last administration -- increasing the number of Soldiers across the Army. Success with that goal has a direct impact on Soldiers serving now in Iraq, Casey said.

"It allows us to begin coming off stop loss this year," Gen. Casey said. For the Army Reserve, units will begin deploying without stop loss in August, he told lawmakers. For the Guard, in September, and for the active duty Army, in January.

The new budget will not fund development of eight manned ground vehicles that were part of the Army's Future Combat Systems.

"I was not able to convince the Secretary of Defense we had incorporated enough of the lessons learned from current operations we were in, into that MGV," Gen. Casey said. As a result, the Army has stopped developing the current MGV and will start over with a new vehicle.

"We expect to come back and have a new concept design after Labor Day," he said.

The general said he expects that a new vehicle concept could be proposed, and developed and out to the force in five to seven years -- along the same timeline that it was going to take to get the MGV to Soldiers.

The general said the Army has had great success with fielding the Mine Resistant Ambush Protected vehicle in Iraq and Afghanistan.

"One of the most significant things that's happened over the last year is the infusion of about 10,000 MRAPs into theater," Gen. Casey said. "I've talked to Soldiers in Afghanistan -- sometimes they gripe a little about it being hard to drive off the road. But anybody that has been in an MRAP and had an improvised explosive device go off under them and lived -- is a convert."

Sexual assault prevention videos available from DoD

Story by
SAMANTHA L. QUIGLEY
American Forces Press Service

Defense Department agencies at all levels have valuable resources at their fingertips for training service members, civilian employees and contractors on prevention of sexual harassment and assault.

More than two dozen prevention training DVDs are available through the **DefenseImagery.mil** Web site, said Vince Rotell, director of the Defense Imagery Management Operations Center's Customer Relationship Management Office at Tobyhanna Army Depot, Pa.

Although 25 DVDs are offered for sexual harassment and sexual assault prevention training, many are geared to a specific audience, Rotell noted. For instance, the Army is designated as the primary audience for the video titled, "The Many Faces of Sexual Assault," which was completed in May 2006 and serves as a way to generate discussion of sexual assault prevention. It also depicts a clear case of sexual assault vice sexual harassment.

Likewise, "SAVI: Putting the Pieces Together," completed in May 2003, targets the Navy, and explains the Navy's Sexual Assault Victim Intervention Program. The video was reviewed in 2008 to make sure the information contained in it was still current, Rotell said.

Another video, titled "Targeting Sexual Assault: Air Force Campaign Plan for Prevention and Response," was completed in November 2005 and is aimed at the Air Force. It explores the myths and realities surrounding sexual assault, as well as serving as a forum for the Air Force chief of staff and other senior leaders to address sexual assault and introduce the steps the Air Force is taking to enhance its prevention.

The videos, some of which date back to 1990, are reviewed about every three years to ensure they still contain valid information, Rotell said. "It comes back that these are still current," he said. "So there's some expert out there who's saying [they're] still good."

All of the more than 8,000 titles in the Defense Imagery catalog are available to DoD customers at no charge. Each request is checked to ensure only those eligible to have the videos get them.

The DefenseImagery.mil site employs a keyword search function. Users can search "sexual assault prevention," Rotell said, but should also search "sexual assault harassment," as both terms are used. Also, in the search box the only two "Result types" that should be checked are "A/V and IMI Products," and "Site Content," he added.

Army Reserve, Guard partners with 'Helmets to Hardhats'

Story by
HOLLY MEYER
Army News Service

The U.S. Army Reserve and the Army National Guard signed an agreement with 'Helmets to Hardhats' at the Pentagon July 2 that allows Soldiers greater access to construction career opportunities.

Helmets to Hardhats is a non-profit program that connects service members with construction jobs. It works with 15 building and construction unions and more than 80,000 employers represented by nine contractor associations.

A part of the Army Reserve Employer Partnership Initiative, the joint venture will benefit all parties by recruiting and training highly skilled workers to serve both the civilian and military sectors.

More than 400 employers are now a part of the partnership, but Helmets to Hardhats is the first to also partner with the National Guard, according to Maj. Gen. Raymond Carpenter, acting director of the Army National Guard.

"More than anything, Helmets to Hardhats brings the opportunities for our Soldiers to come back and find a job if

they don't have one," Carpenter said.

Darrell Roberts, executive director of Helmets to Hardhats, said he wants the program to help Soldiers with "careers that are not short term, not dead in jobs, but opportunities coupled with skilled training that helps place the servicemen on a path to sustained secure career opportunities."

Under the program, the Helmets to Hardhats employers will train the Soldier in construction and the Army Reserve and National Guard will hone the Soldier's leadership ability, confidence and work ethic, according to Lt. Gen. Jack Stultz, chief of the Army Reserve.

"We want to help identify Soldiers and bring them to you, but we want to share them with you," said. "We want to share those skills and capabilities that you're going to give them with the military."

Started in 2008, the Employer Partnership Initiative helps Soldiers succeed in their chosen career while serving their country, Stultz said.

"That's a new level of confidence for the Soldier to say that I can serve in uniform and the civilian sector," Stultz said.

Referral bonus program suspended July 1

Story by
JULIA BOBICK
U.S. Army Recruiting Command

The \$2,000 Referral Bonus Pilot Program was suspended July 1 for all new referrals. Referrals submitted after July 1 will not qualify for the bonus. In addition, all referrals submitted before July 1 must enlist before Sept. 30, 2009, for the sponsor to qualify for the referral bonus payment.

The bonus pilot program was temporarily suspended so the command can review lessons learned and reevaluate the policy and eligible sponsor categories. Recruiting Command, however, is still seeking referrals.

"We want Soldiers, retirees, veterans, civilians - everyone - to continue submitting their referrals," said Maj. Gen. Donald M. Campbell Jr., USAREC commanding general. "Despite recent improvements in the recruiting environment, we still need your help with the Army's mission."

The Army Referral System-Sergeant Major of the Army Recruiting Team is still available for sponsors to support the recruiting effort.

Campbell especially urges Soldiers to continue telling their Army stories whenever and wherever they can, and to refer those interested in serving as enlisted Soldiers or officers.

"Everyone in this uniform should want to help maintain the force and ensure the American people better understand what it means to be Army Strong," Campbell said.

Referrals submitted via ARS-SMART after July 1 that result in an enlistment in the Army or Army Reserve will qualify sponsors to receive the Sergeant Major of the Army coin and certificate, but no monetary payments. Future Soldiers will continue to submit referrals through ARS-SMART to qualify for advanced promotion.

USAREC has 326,168 registered sponsors eligible for the referral bonus and has received more than 144,769 bonus-eligible referrals - 28,361 of which have resulted in an Army or Army Reserve enlistment (fiscal year 2006 to June 30, 2009).

Recruiting Command Headquarters staff sent a notification via AKO to all eligible sponsors who made referrals under this program to let them know that the program has been suspended. All those who have received an initial bonus payment for a referral will receive their final payment of the bonus once USAREC verifies that the referral has completed all training requirements.

The Referral Bonus Program, begun as a pilot under a provision in the Fiscal Year 2006 National Defense Authorization Act was initially \$1,000. The bonus amount was raised to \$2,000 on Nov. 13, 2006.

This suspension does not affect the Army Reserve or Army National Guard Recruiting Assistance Programs. The Army Recruiting Assistance Program had already been suspended in March.



Go to <http://ice.disa.mil>.
Click on "ARMY" then
"Aberdeen Proving
Ground."



Health Notes

Injuries: the modern military epidemic

Story by
MAJ VANCIL MCNULTY
U.S. Army Center for Health Promotion and Preventive Medicine

A progressive, silent, seemingly unimportant foe has emerged as the number one health threat to U.S. armed forces. This threat is caused neither by virus nor germ, but by a military tradition to perform, excel and exceed. Its name is “injury,” and it represents the greatest threat to U.S. military readiness.

The injury rate for the Army is 2,500 reported injuries for every 1,000 Soldiers. This means that every Soldier could potentially go to sick call at least twice a year for a musculoskeletal injury. Injuries that affect the low back, knee, ankle and shoulders account for most of the visits. These numbers don’t include injuries from Operations Enduring Freedom and Iraqi Freedom; they include only injuries from Army garrisons.

If the definition for “epidemic” is “extremely prevalent; widespread; affecting many persons at the same time,” the military and the Army are experiencing an epidemic of injuries.

The good news is that efforts over the last 25 years by both military and civilian agencies to understand how we get injured and to prevent injuries are yielding helpful information.

Scientific studies now tell us where injuries come from and who is most at risk. A recent (2008) technical report developed by DoD’s Joint Services Physical Training Injury Prevention Work Group recommends strategies that can potentially reduce physical training and overuse injuries in the armed forces by 25 to 50 percent.

This information will do nothing to reduce the injury epidemic unless every Soldier and especially every Soldier in a leadership position understands the basics of injury prevention. Unit leaders, not the medical community, are the ones in positions to implement and enforce change.

Leaders can access an online video course at <https://crc.learn.army.mil> entitled, “Injury Prevention Through Leadership.” This short course, based on the working group’s technical manual, introduces viewers to the causes and extent of injuries, then offers practi-

cal, evidence-based prevention strategies. It can be the foundation for proactive leaders to start injury prevention programs in their units.

The top threat to readiness is identified and can no longer remain hidden. All that remains is for Soldiers and leaders to perform, excel and exceed at injury prevention.

2007 Department of Defense statistics about military injuries:

- There were 2.1 million injury-related medical visits, affecting 900,000 service members.
- Injuries were the second cause of hospitalizations, accounting for almost 110,000 days in hospital.
- Injuries were, and are, the leading cause of outpatient clinical visits.
- Musculoskeletal injuries accounted for 68 percent of all limited-duty days and medical profiles; they add up to an estimated 25 million limited-duty days per year.

Commentary: Leaders can lead the effort to reduce PT injuries

By
CAPT VANCIL MCNULTY
U.S. Army Center for Health Promotion and Preventive Medicine

Injuries to the bones, muscles and tendons of the body from physical training are among the greatest health threats to our Army. Prevention of these injuries must be a priority for any Army leader (officer or enlisted) who professes to “take care of Soldiers.”

The Joint Services Physical Training Injury Prevention Work Group recommends that any successful injury prevention program must have four essential elements:

1. Education of service members, especially leaders,
2. Leadership enforcement of unit injury prevention,
3. Unit injury surveillance reports, and
4. Greater investment of resources in injury prevention research.

Let’s take a closer look at the effect of leadership enforcement on injury prevention.

The value of leader responsibility and accountability cannot be overemphasized. It is well understood that when someone is held accountable, the rate of progress is likely to improve. The success of any leader’s PT program has, for many years, been the average PT score of the unit. Yet, leaders should assume responsibility and be held accountable for all the outcomes of PT programs conducted in their units, not

just average PT scores.

Physical fitness scores are only one outcome of PT; injury rates are another equally, if not more, important outcome. Since a significant number of military injuries occur in association with PT, unit injury rates provide another important measure of the success or failure of unit PT. Leaders should focus on fitness test pass rates and injury rates as the best composite assessment of PT program effectiveness and modify their PT program as needed to reduce injuries, thereby improving readiness.

When measuring unit success on fitness tests, leaders should place more emphasis on the percent of trainees passing the test rather than the highest average unit score. The custom of achieving the highest unit average fitness test score usually causes leaders to push the least fit trainees to overreach their capability. This has two potentially detrimental effects: a greater risk of injury and diminished physical performance, two cardinal signs of overtraining.

The tradition of achieving the highest unit average fitness test score also may cause some leaders to dismiss certain unit members as injured and therefore not take them into account when assessing their unit fitness status. For example, the result looks better if the average unit fitness score does not include the injured individual who could not take the test. If average unit fitness test scores are used at all, the “zero” scores for trainees who cannot take the fitness test due to an injury should be included when computing the unit

average score. This practice ensures that the fitness test average score more accurately reflects true unit physical readiness by including the effects of injury.

Ideally, leaders should consider both the unit fitness test pass rates and unit injury rates (versus just unit average fitness test scores) when rating officers and noncommissioned officers since physical readiness is a function of both physical performance and injury.

The work group recommends military and civilian leadership enforcement of injury prevention policies and programs at all levels, including accountability down to the unit for injury rates and Army Physical Fitness Test pass rates. Effective command emphasis on injury prevention includes accountability and must be consistent, lasting, and based on evidence-based strategies and common sense to reduce exposure to injury risk during combat, field training exercises, and especially PT.



Training for pregnant, postpartum Soldiers now mandatory

Story by
LISA YOUNG
U.S. Army Center for Health Promotion and Preventive Medicine

Moms on the Move, Soldiers Training Ability Readiness Spirit, Healthy Beginnings, Mother Wellness Soldier Fitness, Pregnant Soldier Wellness—are local names for the Army’s fitness program for pregnant and postpartum Soldiers.

The Army Pregnancy Postpartum Physical Training Program is a specialized Army physical training and education program developed with Soldier-moms in mind. The PPPT Program is designed in accordance with American College of Obstetricians and Gynecologists guidelines, and safely addresses the specific fitness needs of Soldiers during pregnancy and postpartum. Enrollment and participation in the PPPT Program is mandatory for eligible Soldiers required to go to unit PT, once clearance has been given by their healthcare provider.

A daily exercise session focuses on the

components of fitness using a variety of activities that can be adjusted to the fitness level appropriate for the individual Soldier. Consistent participation in PPPT helps pregnant Soldiers make the transition from a combined 15-month pregnancy/postpartum profile to successful reintegration into unit physical training, achieving physical fitness and weight standards and remaining in the Army.

Without a standardized installation PPPT program, pregnant Soldiers have no exercises guidance and are left to train on their own, which perpetuates unit and individual readiness issues. Currently programs exist both in the continental United States and overseas. There are also PPPT Program materials for Reserve Component Soldiers and Soldiers assigned in geographically remote locations.

In July 2008, the Army’s deputy chief of staff for Operations (G-3) issued an Army-wide message assigning responsibilities for the PPPT program—a sig-

nificant step in Army-wide program implementation. Local program execution is a partnership between senior mission commanders as the functional proponents, the medical treatment facility for medical oversight and education, and the garrison for adequate facilities and equipment. U.S. Army Medical Command is responsible for policy and doctrine, and the U.S. Army Center for Health Promotion and Preventive Medicine provides the Train-the-Trainer Leader course and a training technical guide.

Good news stories abound from PPPT Program participants. After the birth of her third child, Sgt. Delores Gordon, said it took her three attempts to pass her APFT, with 30 days between each test. Gordon, who had her first two children while enrolled in PPPT at Fort Hood, Texas, said that the transition back to unit PT was much easier because it kept her in shape.

“I learned how to modify the push-up

and ways to work my abs [while pregnant]”, Gordon said.

The program isn’t just about PT and keeping in shape; it is also about helping expectant mothers prepare for the new child. Weekly educational classes led by subject-matter experts cover a wide range of topics including nutrition, basic child care, daycare choices, infant dental care and postpartum birth control.

The PPPT program serves an additional function: “It’s not just PT, it’s a support group,” according to Sgt. Miki Williams of Fort Hood, who is expecting her second child.

The release of the Army-wide message is expected to bring about an influx of participants to local PPPT classes.

To assist local PPPT programs with adequately trained PPPT leadership, the Train-the-Trainer Leader Course schedule is posted on the CHPPM Web site for registration. For more information, visit <http://chppm-www.apgea.army.mil/DHPW/READINESS/PPPT.ASPX>.

TRICARE increases payments for beneficiaries with special needs

U.S. DoD Military Health System

TRICARE has increased the amount it will pay for certain Extended Care Health Option, or ECHO, benefits. ECHO assists eligible Family members of active duty sponsors who are diagnosed with moderate or severe mental retardation, a serious physical disability, or an extraordinary physical or psychological condition.

The total TRICARE cost share for training, rehabilitation, special education, and assistive technology devices was increased to \$36,000 per fiscal year. The cap also covers institutional care in private nonprofit, public and state institutions and facilities and, if appropriate, transportation to and from such institutions and facilities. The TRICARE Enhanced Access to Autism Services “Demonstration” is also included.

“This is good news for military Families out there with an ECHO-qualified family member,” said Army Maj. Gen. Elder Granger, deputy director of TRICARE Management Activity. “This change will help make services more accessible to our

deserving special needs beneficiaries.”

Previously, all ECHO benefits were subject to a government cost-share limit of \$2,500 per month.

Some ECHO benefits are still subject to the \$2,500 per month cap and ECHO Home Health Care has its own unique reimbursement limits.

For more information on ECHO services, costs and limitations go to <http://www.tricare.mil/ECHO> or contact the appropriate regional managed care support contractor found at <http://www.tricare.mil/contactus>. Additional details can also be found at the TRICARE blog at <http://www.health.mil/tmablog/Article.aspx?ID=470>.

The ECHO increase was included in the National Defense Authorization Act for FY 2009, which was signed into law on Oct. 14, 2008. As a result, TRICARE urges eligible beneficiaries to submit any claims for their out-of-pocket payments for the identified ECHO services received on or after Oct. 14, 2008, that were previously limited by the \$2,500 monthly cap.

LEAVE DONATIONS

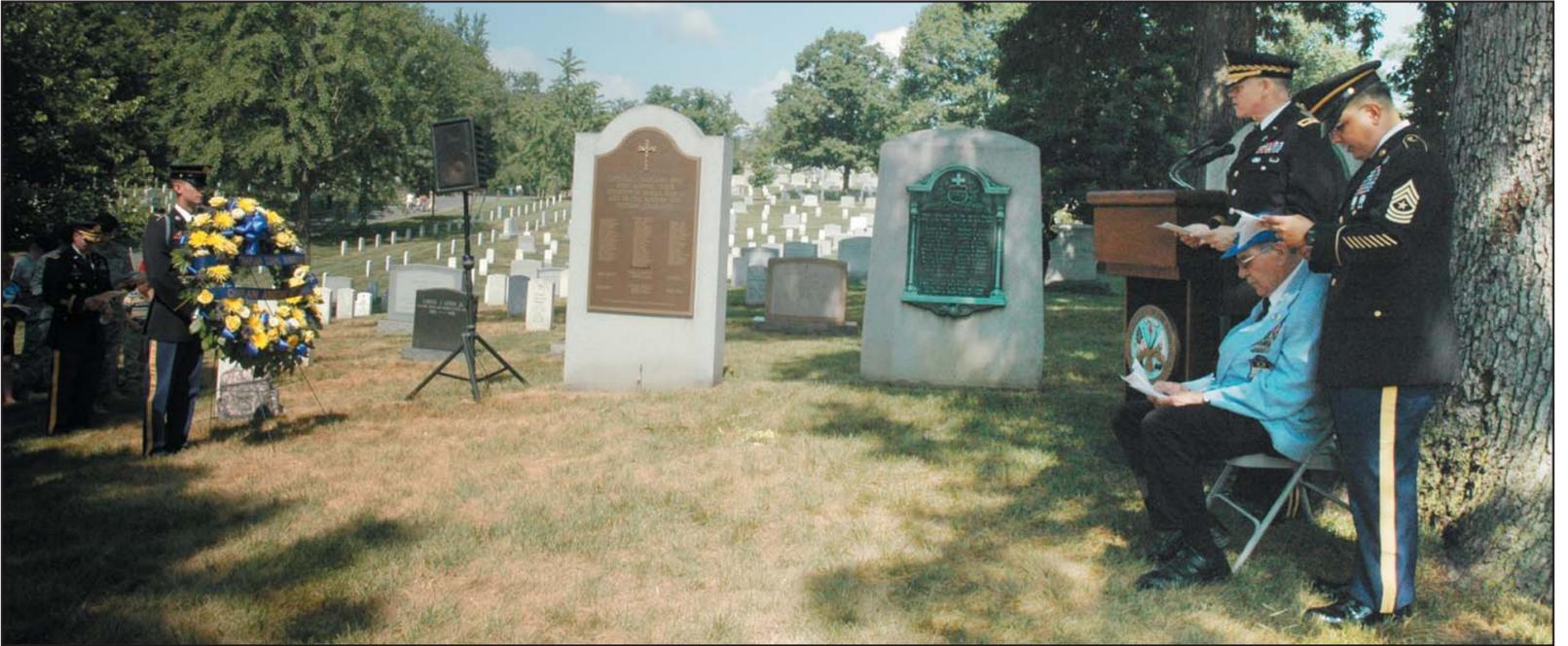
To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Carolyn Russell, 410-278-5327, fax 410-278-9176, or e-mail carolyn.russell2@us.army.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Debra Bonsall (daughter has brain tumor)
Jeanie Bowman
Georgia Braun
Michelle Brooks
Alberta Brown
Kimberly Carns
Randy Carroll
Joyce Clark
John Daigle
Bonnie Day
Meg Downey
Wayne Erb
Rita Fowler

Holly Geppi
Marilyn Grebe
Erin Griffin
Linda Hindman
Beverly King (caring for husband)
Kari Jackson
Sinclair Joe
Janet Kipp
Ellyn Kocher
Angela Lambert
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Far left, a tomb guard waits to lay a wreath honoring fallen chaplains and chaplain's assistants during a responsive reading at the Commemoration Ceremony on Chaplains Hill, Arlington National Cemetery July 24 celebrating the 234th Anniversary of the U.S. Army Chaplains Corps. Chaplain (Sgt. Maj.) Tommy L. Marrero, regimental sergeant major, and U.S. Army Chief of Chaplains (Maj. Gen.) Douglas Carver flank retired chaplain's assistant (Pfc.) George Wiedensall, Korean War veteran and the ceremony's special guest.

APG Unit Ministry Teams celebrate Chaplain Corps anniversary in Arlington

Story and photo by **RACHEL PONDER**
APG News

Aberdeen Proving Ground Unit Ministry Teams and their Families celebrated the 234th Chaplain Corps Anniversary and the Centennial Anniversary of the Chaplain Assistant by attending a commemoration ceremony at Chaplains Hill, Arlington National Cemetery July 24.

A group of 25 chaplains and their Families from APG joined other Army chaplains from nearby military installations to celebrate the anniversary.

This is the first time that APG chaplains attended the annual event as a group.

This event celebrates the history of service of the Chaplain Corps. Since the Chaplain Corps was established 234 years ago, approximately 25,000 Army chaplains have served more than 25 million Soldiers and Family Members, living up to the motto on its branch insignia, "Pro Deo et Patria," from the Latin, "For God and Country."

U.S. military chaplains have served honorably in every war and major combat engagement in which the United States has participated.

The Chaplain Corps Anniversary also celebrates the official birthday of the Corps, July 29, 1775, when the Continental Congress recognized chaplains with an updated pay scale for officers and enlisted Soldiers.

The celebration at Arlington National Cemetery began with a concert of sacred hymns at the memorial amphitheater by the United States Army Band followed

by the U.S. Army Chief of Chaplains and Regimental Sergeant Major laying a wreath at the Tomb of the Unknowns.

The U.S. Army Chief of Chaplains then led a procession from the Tomb of the Unknowns to the Chaplains Hill for a commemoration ceremony. The commemoration ceremony was a time of spiritual reflection, and a time to honor the fallen that are laid to rest on Chaplains Hill.

During the ceremony Chaplain (Col.) LaMar Griffin, Chief of staff, Office of the Chief of Chaplains, prayed for chaplains and their Families and for the protection of those who are in harms way.

"Help us always to value the qualities of faith, character and moral integrity that provide the ultimate source of our strength," Griffin said. "God continue to guide us as you have throughout our history. May the banners of our Army be under your constant protection now and forever more."

Chaplain (Maj. Gen.) Douglas Carver, the U.S. Army chief of Chaplains, thanked the chaplains and the chaplains' assistants for the support that they give to Soldiers and their Families.

"Today we honor those that said, here am I Lord, send me," he said.

Carver said that the official authorization of the chaplaincy to the Continental Army was issued by George Washington in July 1775.

"He looked to chaplains to maintain the morals, the ethics and the morale of Soldiers, and more importantly he wanted to make sure that Soldiers had the

opportunity to exercise their freedom of worship," Carver said. "Our corps has faithfully fulfilled this responsibility for the last two hundred thirty-four years."

Carver said that throughout the years chaplains have received prestigious awards for their service to the military.

He recognized Pfc. George Wiedensall, a retired chaplain's assistant and special guest that day, who received the Combat Infantryman's Badge for his service during the Korean War.

"What courage he exhibited along with his fellow Soldiers in the face of danger, and that same courageous ethos lies within the heart of chaplains and chaplain's assistants," Carver said.

Carver said that chaplains and chaplain's assistants from World War I through Vietnam are buried at Arlington National Cemetery.

"Our chaplains and chaplain's assistants throughout these two hundred thirty four years have loved their fellow Soldiers and their fellow UMTs more than their own lives," he said. "Our chaplaincy has laid a firm foundation for our corps and you and I are recipients of their sacrifice. We walk in their footsteps. We honor their heritage today."

Carver said that the support of chaplains and chaplain assistants is needed especially today, as the United States has been at war on two fronts for eight years. Carver said that despite this stress, chaplains and chaplain's assistants are providing excellent support to Soldiers and their Families.

"I am hopeful today because God's grace shines upon us, and the caliber of the UMTs that fill up the ranks of the Chaplain Corps today," he said. "Nothing can hinder God's work."

The ceremony concluded with a memorial wreath ceremony and the playing of "Taps."

After the ceremony the chaplains and chaplain's assistants attended a fellowship picnic at Fort Myer, Va.

Chaplain (Col.) Ruben D. Colon Jr., APG garrison chaplain, remarked that attending the ceremony was a dignified way to celebrate the Chaplain Corps' Anniversary.

"This is the first time we traveled to celebrate our anniversary at Arlington," Colon said. "We usually celebrate it at the Main Post Chapel with a guest speaker who [talks about] our history, and past achievements, and end with a small devotional service, and barbecue picnic at the chapel. This year we decided to take our UMTs and chapel staff to this sacred place and be reminded of the sacred honor of our profession as we support our service men and women during this time of Global War on Terrorism. I couldn't have thought of a better way of defining our branch than with the prayers we offer today at this most sacred of all places in our nation."

Chaplain (Maj.) Young Kim, deputy garrison chaplain added that he enjoyed fellowshiping with old friends that he has served with in the past.

"This is like a Family reunion," he said.

Traffic

From front page

right outbound lane past the Darlington intersection. Left turning traffic from Darlington Street onto Maryland Boulevard will be channeled into the left Maryland Boulevard outbound lane. Right turning traffic from these intersections will be minimally affected.

To prevent traffic conflicts, left turns from Maryland Boulevard onto Susquehanna Avenue or Darlington Street will be prohibited from 3 to 6 p.m. and eastbound traffic on Deer Creek Loop will be detoured to Aberdeen Boulevard via Rodman Road.

For the onset of these detours, flagmen will control traffic on inbound Maryland Boulevard, outbound Susquehanna Avenue and Darlington Street traffic.

The traffic signal for the Susquehanna Avenue and Maryland Boulevard is being expedited and should be completed and in service by Aug. 10.

Traffic signs and controls will be placed to guide motorists through the varying traffic patterns.

Since these closures will fall concurrently, this will be a major change to most commuting schedules and motorists should expect delays. It is strongly suggested that organizations consider flex schedules to allow personnel to adjust their arrival and departure times.

Originally, these closures were to be two separate events; however, due to procurement timing and the inherent nature

of construction, they now coincide. Even so, the decision to continue was made with consideration of construction schedules, lower summer traffic volumes due to vacations and the pending school start at the end of August.

Patience and courtesy is required for a safe commute.

Driver's are asked to pay close attention to daily traffic conditions and to drive safely.

Edgewood Area lane closures begin tomorrow

On Friday, July 31, Rick-

etts Point Road, in the Edgewood Area, began intermittent lane closures at the intersection of Ricketts Point Road and Beech Point Road. The lane closures will end Saturday, Aug. 8.

The road will not be closed completely. By 3 p.m. daily, Ricketts Point Road will have

both lanes opened.

The lane closures are in support of the Installation Infrastructure Modernization Program [I3MP] work that is continuing in the Edgewood Area.

For more information, contact Linda Hogan, DOIM, 410-278-5357.

