

## POST SHORTS

### Recycling schedule

The recycling pickup for Wednesday, July 17, is plastic, glass and metal. Put items in blue bags and place them on the curb.

### Learn more about Lyme Disease

The APG Committee for the Disabled will present a briefing on the prevention, symptoms and treatment of Lyme Disease on July 11. Sandra R. Evans, a biologist from the U.S. Army Center for Health Promotion and Preventive Medicine, will begin the briefing at 10 a.m. in the Gunpowder Club, Edgewood Area.

The presentation is open to the entire APG community. For more information, call Angela Cheek, 410-278-1140.

### Training offered for child care providers

Family Child Care provider training will be conducted during the week of July 15 in the Aberdeen Area, building 2752. Aberdeen and Edgewood area applicants interested in providing home-based child care, especially infant care, are encouraged to apply.

Being a professionally-trained provider in a warm, home environment offers many benefits to include \$500 per week; self employment; free training in a marketable profession; transferable credit to Army installations world wide; free use of lending library; free referrals by Central Registry; free monthly newsletter; free workshops (nutrition, health, child development, safety, CPR, taxes); participation in the National CDA credential program and participation in the USDA food program.

For more information, call Beverly Hartgrove, 410-278-9832 or Angie Grinage, 410-278-7576.

### Tickets on sale for summer concert

Aberdeen Proving Ground's Morale, Welfare and Recreation is busily planning this year's rock concert. Headlined by REO Speedwagon, opens for the Aug. 17 event are Night Ranger and Eddie Money.

Tickets are on sale for \$25 through Ticketmaster, 1-800-551-SEAT, or at the Information, Ticketing and Registration Office, 410-278-4011. Tickets will also be available the day of the

See SHORTS, page 2

## Long-term care insurance available

Teri Wright  
CPAC

Active duty, selected Reserve, appropriated-fund, civilian employees, retirees and qualified family members now have the opportunity to purchase long-term care insurance during an open season enrollment period, July 1 to Dec. 31.

To educate federal employees on this new program, the Office of Personnel Management will conduct briefings as follows:

July 29, 8 a.m. and 1 p.m., Post Theater, building 3245

July 30, 8 a.m. and 1 p.m., Recreation Center, building 3326

July 31, 8 a.m., 10 a.m. and 1 p.m., Edgewood Conference Center, building E4810

Point of contact for the briefings only is Dave Mial,

See LTC, page 6

## The band plays on...



Photo by JOSHUA McKERROW

Chief Warrant Officer Jerry Standridge leads the 389th Army Band (AMC's Own) at the Darlington Fourth of July parade. The band participates regularly in community events.

## Keegan takes command of 16th Ordnance Battalion



Photo by E. C. STARNES

Lt. Col. Kevin Moore (right) passes the colors of the 16th Ordnance Battalion to Col. John Hills as he relinquishes command of the battalion. Moore will attend the Industrial College of the Armed Forces. Command of the battalion was assumed by Lt. Col. Thomas J. Keegan who comes to APG from Fort Leavenworth, Kan.

E.C. Starnes  
OC&S

Even the summer heat and humidity couldn't take the sharpness out of the soldiers of the 16th Ordnance Battalion as they greeted their new commander at Fanshaw Field.

Lt. Col. Thomas J. Keegan accepted the battalion colors from Col. John Hills, commander of the 61st Ordnance Brigade in a 9 a.m. ceremony July 3. Keegan comes to APG from Fort Leavenworth, Kan.

Outgoing battalion commander, Lt. Col. Kevin R. Moore, will attend the Industrial College of the Armed Forces.

Prior to the military ceremony on the field, the wives of the new and old battalion commanders were honored with bouquets of flowers presented by Sgt. First Class Brian Mainor, Drill Sergeant of the Year, and Spc. Fawna Richardson, 61st Ordnance Brigade Soldier of the Quarter. They also presented a single rose to Moore's daughter, Mary-Elisabeth, and Keegan's daughter, Carole. Moore's son, Sam, and Keegan's son, John, each received a battalion coin.

Hills commended Moore and his wife, Mary, for their work as a command team for the past two years. He noted that during Moore's command some 4,600 soldiers and 600 officers had been trained to take their places in today's Army.

He welcomed Keegan and his wife, Laura, as the new command team.

He charged them with the care of the battal-

ion's soldiers and families, stating, "I know you are ready to go."

Moore noted in his remarks that it takes a lot to transition a civilian to a soldier, and he thanked his team of Department of the Army civilians and soldiers for their support during his command.

"It takes dedicated drill sergeants, instructors, and most of all, civilians who are willing to be transformed," he said. He stated that the soldier trained by the 16th Ordnance Battalion team is an "incredible gift to the nation."

Keegan started off by simply stating, "I am a soldier."

He thanked another soldier, his father, for shaping him. His father, a retired Army colonel and in the audience, "was a father first, and a soldier second," Keegan stated. His father was a veteran of two wars and served as a company commander in World War II and as an advisor to Chiang Kai-shek.

He noted that the battalion faced some tough responsibilities, especially in a time of war.

"This is where the standards for all Army Ordnance soldiers begin."

He concluded with a reference to the heat and humidity as he noted, "To the soldier or drill sergeant who stole the other 29 pages of my speech - thank you."

Commander of troops for the ceremony was Maj. Brandon Grubbs, the battalion executive officer.

Musical support was provided by the 389th Army Band (AMC's Own).

## ERP helps shape the job hunt

Yvonne Johnson  
APG News

Finding employment can be a complicated process, particularly for military spouses who must relocate every few years.

The Employment Readiness program, offered through Army Community Service, provides job search tools, information and preparation options through the ERP resource center that can give members of the military community the head start they need.

Located on the second floor of building 2752, the ERP resource center assists those who are relocating by providing information and other services to minimize employment problems, said Marilyn Howard, ERP program manager.

"Job search related services

are available primarily for military spouses, but also may be used by active duty service members preparing to leave the service, retirees and Department of Defense civilians with valid identification cards," Howard said.

The ERP contains computers with Internet access and employment preparation software, copy and fax machines, and a resource library to federal, state and local employers.

After registering with the center, personnel may use its resources to conduct job searches, update resumes, sharpen interview skills and access the job opportunity bulletin board, Howard said.

The center offers one-on-one assistance for the employed or unemployed, whether relocating or just looking to change career fields. Employment information is updated daily from a

variety of sources that include neighboring installations and local employers.

Job seekers can search for job availability at their current location or at the next duty assignment. The center also receives queries from out-of-state employers looking for relocating job seekers.

"A lot of employers seek employees through the military community," Howard said. "They get the word out faster with a wider dissemination of information, and they get a better caliber of respondents."

"We feel the retention of military personnel has a lot to do with whether family members can find employment," she added.

Two job bank bulletin boards at the center list specific employers and job opportunities, Howard said.

"Those enrolled at the cen-

See ERP, page 5

## Drought tip

In an effort to help the personnel of Aberdeen Proving Ground cope with the area drought, the APG News is offering a weekly water conservation tip.

All residents and personnel of APG are urged to look for and practice water conservation.

### A tip for the home gardener:

Water responsibly, using correct watering techniques.



Photo by SHEILA LITTLE

Water early in the day, especially as the weather warms, to reduce evaporation loss.

Water less often for longer lengths of time to encourage deep root growth.

Be sure the irrigation system is in proper working condition.

If drip irrigation won't work, try a hand-held hose rather than a sprinkler.

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## POST SHORTS

### SHORTS from front page

concert for \$35.

Due to security considerations, only the gate located on Route 22 will be open to concert-goers, who will be directed to designated parking. Those 16 and older should bring a photo ID and plan their arrival time to accommodate personal and vehicle searches.

A tailgate party with a live broadcast by radio station WOCT will be held at the designated parking area from 3 to 6 p.m.

The concert staging area opens at 6 p.m., with the concert getting underway at 7:30 p.m.

### Volunteers needed for rock concert

Morale, Welfare and Recreation needs volunteers for the APG Classic Rock Concert, Aug. 17, at Shine Sports Field.

Jobs include gate workers, ticket sellers, concession workers, sponsorship assistants, warehouse workers and photographers. Licensed bus drivers and parking attendants are also needed. Staff T-shirts and training will be provided. Volunteers must be 18 or older and available to work from 4 p.m. to midnight.

For more information about volunteering, contact Ruth Overbay, 410-278-9536, or e-mail her at [ruth.overbay@usag.apg.army.mil](mailto:ruth.overbay@usag.apg.army.mil).

For general information, call 410-278-4011/4621, TTY 410-278-4110.

### 'Race To Read' registration underway

This summer, the garrison libraries in the Aberdeen and the Edgewood areas are joining with the Harford County Public Library's Summer Reading 2002 program.

The post libraries will serve as registration sites for children of all ages who want to join the Race to Read. Come to the library to sign up and receive a take-home kit. Certificates and incentive prizes will be awarded to readers who complete the program. The last day to submit reading logs and receive certificates is Aug. 31.

For more details, call Bill Todd at the post library, 410-278-3417.

### Donna's offers extended hours

Summer hours for Donna's Pit Beef will be 6 a.m. to 6 p.m., Monday through Friday. For more information, call 410-272-7730.

### A musical tribute to Korean War veterans July 27

July 27 is the 49th Anniversary of the Korean War Victory. The DoD 50th Anniversary of the Korean War Commemoration Committee is offering free tickets to a special Musical Tribute to Korean War Veterans, 7 to 8:30 p.m., at the Daughters of the American Revolution Constitution Hall in Washington. The Secretary of Defense will host the concert.

Other events include a 10 a.m. ceremony at the Korean War Veteran Memorial in D.C., and at 2 p.m., there will be a ceremony at the Tomb of the Unknowns, Arlington National Cemetery.

Tickets are limited and will be on a first-come, first-served basis. To request tickets, call 410-939-1369 before July 12; for more information, call 703-604-3414.

### Register for fall credit classes at HCC

Registration is currently underway for fall 2002 credit classes at Harford Community College's Aberdeen Proving Ground Center, building 3146, Raritan Avenue, Monday through Thursday, 9 a.m. to 5 p.m., and alternate Fridays, 8:30 a.m. to 4:30 p.m. For information, call 410-272-2338 or 410-278-0516.

Students may also register for courses by mail or FAX through Sept. 3. Forms and further information are included in the Schedule of Fall 2002 Credit Classes, which will be mailed to all Harford County residences this summer. It is also available in the Registration and Records Office at HCC and can be viewed at Web site [www.harford.edu](http://www.harford.edu).

Prior to registering, students may call HCC's Academic Advising Center at 410-836-4301 to make an appointment to meet with an academic advisor and plan their semester schedule. Students who have never attended HCC, or who attended before fall 2000, should complete an HCC Application for Enrollment prior to registering.

For further information about registering for fall credit courses at HCC, call the Office of Registration and Records at 410-836-4222 or 410-879-8920, ext. 222.

### Preventing violence in the workplace

Are communication problems creating a hostile workplace? The Workplace Assessment Team offers a variety of Communication and Conflict Resolution classes designed to help with interpersonal problems and workplace productivity.

For more information or to schedule a class, call Paul Papp, 410-306-1079, or e-mail [paul.papp@usag.apg.army.mil](mailto:paul.papp@usag.apg.army.mil).

### Violence Prevention lunchtime classes

Paul Papp of the Work Assessment Team will hold Workplace Violence Prevention workshops in the Aberdeen and Edgewood areas this summer.

In the Aberdeen Area, classes will be held every Monday, noon to 12:45 p.m., building 4304 in the ISD Conference Room. Class dates are July 15, 22 and 29.

In the Edgewood Area, classes will be held every Monday in building E-4430 in the Conference Room. Class dates are Aug. 5, 12, 26 and Sept. 9 and 16.

Topics include Introduction to Workplace Violence Prevention, Refining Your Communication Skills, Conflict Resolution, Managing Workplace Stress and Religious Tolerance in the Workplace. Bring a lunch and join in.

For more information, call Paul Papp at 410-306-1079 or e-mail him at [Paul.Papp@usag.apg.army.mil](mailto:Paul.Papp@usag.apg.army.mil).

## Pollution Prevention

*To reduce solid waste, see if a broken item can be repaired before buying a new one.*

APG Pollution Prevention Program



### Volunteers needed at EA Thrift Shop

Volunteers are needed at the Edgewood Area Thrift Shop located across from the golf course on Stark Road. For more information, call 410-676-4733, Tuesday and Thursday, 10 a.m. to 3 p.m.

### Join the boat club

The Spesutie Island Boating Activity, or SIBA, is accepting applications for the 2002 season. Requirements to join are: possess a government identification card for Aberdeen Proving Ground, boat registration, and proof of insurance. Costs are: for a moored boat - \$11 per foot, for a boat on trailer in parking lot space - \$8 per foot, for ramp access - \$7.50 per foot.

Membership requirements include the member performing eight hours of work for the club and standing security watches.

Membership is open to active duty military, full-time Army National Guard, retired military, Department of the Army civilians employed at APG, retired APG civilians, and full-time contractors with government ID cards. Details can be found in Army Regulation 215-27.

Applications can be picked up at the SIBA clubhouse, building 36, or at Outdoor Recreation.

For more information, call Outdoor Recreation at 410-278-4124.

### Food Handlers Class

The Environmental Health Section of Preventive Medicine Services will conduct a Food Handler's Class on the second and fourth Wednesday of the month at Kirk U.S. Army Health Clinic, room A-14. This is a 90-minute class from 8:30 to 10 a.m. and is mandatory for all food service personnel (military and civilian) in the Aberdeen and Edgewood areas of Aberdeen Proving Ground.

Managers, directors or noncommissioned officers in charge of all food service establishments on post will ensure that their personnel attend this class.

Attendance at this class will be a requirement for hiring new civilian employees. Registration should be made at least three days prior to the class date. Class size is limited and is based on first-call, first-served basis.

For more information, contact Spc. Chris Roberts at 410-278-1956.

### Use both lanes

Drivers are urged to use both lanes as they approach the gates to APG's Aberdeen Area.

At the barricades, motorists should alternate the right of way - allowing every other car to move into the primary entrance lane, like a zipper.

This more efficient movement of traffic will speed up the process.

The provost marshal warns drivers who pull out in front of

other vehicles, block traffic lanes or exhibit other aggressive tendencies, that they are driving on a federal installation and are subject to citations through the federal court system.

### AA meetings held at APG chapel

Alcoholics Anonymous meets at the Aberdeen Post Chapel, building 2485, every Tuesday from 11:30 a.m. to 12:30 p.m. This is an open discussion meeting available to the entire Aberdeen community, military and civilian.

### Army Band requests

Requests for the 389th Army Band (AMC's Own) should be submitted to Staff Sgt. Stephen Stewart, 410-278-4376, a minimum of 60 days in advance of an event.

### Commercial Activities Hotline available

The CA telephone hotline at 410-278-7414, and CA e-mail hotline at [CA.Hotline@usag.apg.army.mil](mailto:CA.Hotline@usag.apg.army.mil), are available to provide updates and answers to your questions concerning the CA Study. In addition, CA is now a choice on the first page of the APG Web site, [www.apg.army.mil](http://www.apg.army.mil).

### After Hours Clinic

Effective immediately the After Hours Clinic at Kirk U.S. Army Health Clinic is closed on Sundays and holidays. Patients needing advice on their health care can call the Nurse Advice Line at 1-800-308-3518.

If you feel you have an emergency problem, call 911 or go to the nearest hospital emergency room.

### EOC phone numbers

The Garrison Aberdeen Proving Ground Emergency Operations Center is under the direct control of the Directorate of Safety, Health and Environment/Fire Department. For information, call 410-278-3182 and 410-278-3183.

### Within your reach

Get answers about how the Army is safely eliminating the mustard agent stockpile stored at the Edgewood Area of Aberdeen Proving Ground.

For information, call or visit the Edgewood Chemical Stockpile Outreach Office, 1011B Woodbridge, Center Way, Edgewood, Monday through Friday, 8:30 a.m. to 5 p.m., 410-676-6800, or visit Web site [www-pmcd.apgea.army.mil](http://www-pmcd.apgea.army.mil).

### CPOC Web site updated

The new Telegraph is now available on the Civilian Personnel Operations Center homepage <http://cpolrhp.army.mil/ner/telegraph/tele1001/tellyframe.htm>.

### Volunteer tutors needed

The Aberdeen Proving Ground Tutorial Program provides volunteer tutors to assist local secondary school students who are having difficulty in various subjects.

School counselors select students who need help, want help, and who can benefit from tutorial assistance. The counselor informs the student's parents of the program. The parents then contact the APG Program Coordinator who selects an appropriate tutor from a list of volunteers. The tutor sets up a mutually agreeable place and schedule for help. Most tutors meet with students one to two hours a week.

No teaching experience is necessary to participate in this program, just a desire to help. If you are willing to tutor, provide name, address, telephone number, tutor subject (mathematics, history, foreign language, vocation trade, English, biology, sciences, or other), and preferred geographical area, to Army Community Service, ATTN: Laura Reich, Army Community Service Family Advocacy Program, building 2754. For additional information, call 410-278-7478.

Volunteer tutors are also needed for the Free State Challenge Military Youth Corps. Tutoring is scheduled for Wednesday evenings, 7 to 8:30 p.m. Subject areas are mathematics, social studies, science, literature and writing.

If interested in volunteering for this program, contact Dr. Webb at 410-278-6605/4541.

### Civilian retiree ID cards

The Civilian Personnel Advisory Center is responsible for issuing civilian retiree identification cards upon an employee's retirement. When the Request for Personnel Action for retirement is received in the CPAC, a retiree identification card will be sent to the employee at the employee's agency. The employee should then take the retiree identification card with them when they clear post, to have their picture taken and the card laminated. Clearance forms are obtained from the employee's agency administrative office. Point of contact is Teri Wright, CPAC, 410-278-4331.

# APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM, APG, MD 21005-5005, 410-278-1150. Printed circulation is 8,900.

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

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## CHESAPEAKE CHALLENGE



Photo by YVONNE JOHNSON

Amanda Hernandez, 15, front, and Kava Hovatter, 15, rear enjoy a scoot around the go-cart track at Chesapeake Challenge Amusement Park. The Morale, Welfare and Recreation facility is open seven days a week and also features batting cages, 18-hole miniature golf, an arcade room and snack bar. Parties, special events and group plans are available. For more information, contact the park manager at 410-278-9920. See story on page 11.

# Command Sgt. Maj. retires

**Mickey Morales**  
SBCCOM

From the hills of southwest Puerto Rico to the jungles of Panama, from Johnston Atoll to the U.S. Army Soldier and Biological Chemical Command at Aberdeen Proving Ground, one thing has remained constant - Command Sgt. Maj. Carlos Estronza's love for the Army and for soldiers.

Estronza brought his distinguished Army career to a close at the same location where he spent many years as a soldier in the Chemical Corps at Aberdeen Proving Ground.

"Today is a sad occasion as we say goodbye to one of the greatest command sergeant's major of the Army," said Maj. Gen. John C. Doesburg, commander of the U.S. Army Soldier Biological and Chemical Command. "Command Sgt. Maj. Estronza has served this great nation of ours for almost 30 years at every level imaginable. He has done great things for our soldiers and made a tremendous difference throughout the Army and SBCCOM."

In his remarks, Doesburg thanked Estronza for his leadership and friendship over the years.

"It has been my distinct pleasure to serve with you," Doesburg said. "We had a great command team and closeness between us that you don't usually see between a general officer and a command sergeant major. No matter what the topic, I could go to him for his counsel and he would give me his honest opinion."

Estronza reminisced on his first few days in the Army and used the opportunity to underscore the importance of dedicated service and the significance of freedom in America.

"I want to leave you with a thought, and that is to treat people the way you want to be treated. Be positive. Always do what is right, and you will do well. Do it for your Father in Heaven and the Holy Spirit."

"I'll never forget when I joined the Army in 1972. I didn't know hardly any English, Estronza said. "But I received a helping hand from two soldiers. I will never forget that."

Estronza spoke of why he had decided to leave the Army after almost 30 years of service.

"Being in the Army is a family affair," he said referring to his wife Ruth. "The important thing is for my wife to be happy. My family is my number one team. When Ruth said 'it's time to go' then I knew it was time to go."

The ceremony was attended by Col. Mardi U. Mark, APG garrison commander, Command Sgt. Maj. Tyler Walker, U.S. Army Materiel Command, and several noncommissioned officers, sergeants major and command sergeants

major from throughout AMC.

During the ceremony Estronza was given a number of certificates, mementos, gifts and awards, including the Legion of Merit.

He entered the Army in December 1972 attending Basic Training and Advanced Individual Training at Fort Jackson, S.C.

His military education includes training as a food service specialist and attending the Nuclear, Biological and Chemical Specialist Course, Primary Leadership Development Course, Advanced Noncommissioned Officer's Course, Instructors Course, Driver Instruction Course, Drill Sergeant Course, First Sergeant Course, Airborne School, Air Assault School and Sergeant Major Academy. His civilian education includes four years of college.

Estronza's previous assignments include command sergeant major at Johnston Island; the 82nd Chemical Battalion, Fort McClellan, Ala.; the 83rd Chemical Battalion, Fort Bragg, N.C.; and the Sergeant Major Academy, Fort Bliss, Texas.

His assignments at Corozal, Panama, Republic of Panama included: sergeant major of the Directorate of Services, 41st Area Support Group; acting command sergeant major of 193rd Support Battalion; 1st sergeant of Company A, 193rd Support Battalion; 1st sergeant of Headquarters and Headquarters Company, 41st Area Support Group; and NBC NCO of 324th Area Support Group.

He was also stationed at Fort Hood, Texas, as S-3 and NBC NCOIC of 1st Cavalry Division Artillery; at Fort McClellan, Ala., as Senior Drill Sergeant Basic Training; in Ludwigsburg, Germany, as 1st sergeant of 207th Military Intelligence Group; at Fort Campbell, Ky., as NBC NCO of 207th Military Intelligence Battalion and platoon sergeant of 63rd Chemical Company; and again at Fort Hood, Texas, as food service specialist of 1st/3rd Field Artillery Brigade.

Estronza began his assignment at SBCCOM in July 1998.

In saying goodbye, Estronza said it had been his honor and privilege to serve the nation, beside the best soldiers on earth, for nearly 30 years.

"When you do what is right and speak the truth, sometimes you make enemies," Estronza said. "But if they turn out to be your enemies, then they were never your friends to begin with. There are few higher callings than to be able to follow in the footsteps of soldiers past, but it is now my time to go."



Photo by CONRAD JOHNSON  
Right, Maj. Gen. John C. Doesburg commander, U.S. Army Soldier Biological and Chemical Command, congratulates SBCCOM's Command Sgt. Maj. Carlos Estronza after presenting him the Legion of Merit. Estronza retires from the Army with 30 years of service.

## CHPPM names Lovell awardee



Photo by W. BEN BUNGER III  
**Colleen B. Weese**

**Evelyn B. Riley**  
CHPPM

The U.S. Army Center for Health Promotion and Preventive Medicine's 2001 Joseph Lovell award was presented on May 13.

Coleen B. Weese, M.D., program manager, Occupational and Environmental Medicine, is the 23rd recipient of the award.

Named in honor of the first Army Surgeon General, a vigorous supporter of preventive medicine, the award is presented annually to a civilian or military scientist, engineer, health professional, or technician who has demonstrated exceptional initiative, creativity, innovative ability, and professional excellence in his or her occupational field.

Brig. Gen. William T. Bester, commander, CHPPM, introduced the keynote speaker, Joel C. Gaydos, M.D., director, Public Health Practices, DoD Global Emergency Infections Surveillance and Response System, Silver Spring, Md., who lauded Weese's many accomplishments.

"Dr. Weese's success in developing policies, guidelines, and standards for dealing with chemical warfare agents, airborne contaminants, and environmental pollutants that have stood up to critical peer review is a testimonial to her professional and technical ability," Gaydos said. "Her

expertise in bringing diverse professional people from many organizations into an efficient, effective team reflects her outstanding leadership ability. People want to follow her. She has been elected by her peers to every major office in the Maryland College of Occupational and Environmental Medicine."

Weese began her career at the former U.S. Army Environmental Hygiene Agency as a preventive medicine officer in 1992. She transferred to CHPPM in 1994 to serve as chief, Disease Control and Preventive Division; served as an occupational and environmental medicine physician from 1995 to August 1999; and then as program manager, Occupational and Environmental Medicine.

Accepting the silver trophy, Weese said, "CHPPM is really on the cutting edge of looking at health impacts to the Army. I am pleased to work with so

many people who are experts in their area and work so hard. I just help people make decisions."

Weese participated in the development of documents on chronic oral toxicity values for military chemical agents used as reference criteria to assess the health risk to protect communities and the environment from chemical warfare-related solid wastes. She also participated on a multi-disciplinary team that developed short- and long-term chemical exposure guidelines for use during military deployments. Technical Guide 230, Short- and Long-Term Exposure Chemical Exposure Guidelines for Deployed Military Personnel, filled an important gap in the AMEDD's ability to provide advice to commanders on the risks posed by occupational and environmental hazards.

As the primary CHPPM representative on a DOD

See WEESE, page 7

# What are Internet hoaxes, chain letters?

CIAC Internet Hoax Information

As users of government-issued computer equipment, employees have many responsibilities. Army Regulation 380-19 and the Directorate of Information Management Computer User Policy cover these responsibilities.

One of the user's responsibilities is to not participate in "chain mail" message transmissions or e-mail hoax schemes. This article is meant to give insight into what chain mail and hoaxes are and the cost associated with participating in them.

Internet hoaxes and chain letters are e-mail messages written with one purpose: to be sent to everyone the user knows. The messages they contain are usually untrue. A few of the sympathy messages do describe a real situation, but one that has been resolved so the message is no longer valid.

## Hoax messages

Hoax messages try to get the addressee to send them to everyone they know using several different methods of social engineering. Most of the hoax messages play on the addressee's need to help other people. Who wouldn't want to warn friends about some terrible virus that is destroying computer systems? Or, who would not want to help the little girl who is about to die from

cancer?

It is hard to say no to these messages when first seen, though after a few thousand have passed through your mailbox, users will (hopefully) delete them without even looking.

## Chain letters

Chain letters are lumped in with hoax messages because they have the same purpose but use a slightly different method of coercing the user into passing them on. Chain letters, like their printed ancestors, generally offer luck or money if sent on. They play on the user's fear of bad luck and the realization that it is almost trivial for the user to send them on. The chain letters that deal in money play on greed and are illegal no matter what the message.

## Risk, cost of hoaxes

The cost and risk associated with hoaxes may not seem to be that high, and it isn't when considering the cost of handling one hoax on one machine. However, considering everyone that receives a hoax, that small cost gets multiplied into some pretty significant costs. For example, if everyone on the Internet were to receive one hoax message and spend one minute reading and discarding it, the cost would be something like 50,000,000 peo-

ple x 1/60 hour x \$50/hour = \$41.7 million.

Most people have seen far more than one hoax message and many employees cost a business far more than \$50 per hour when adding in benefits and overhead. The result is not a small number.

Probably the biggest risk for hoax messages is the ability to multiply. Most people send on the hoax messages to everyone in their address books, but consider if they only sent them to 10 people. The first person (the first generation) sends it to 10; each member of that group of 10 (the second generation) sends it to 10 others or 100 messages and so on.

Generation	Number of messages
1	10
2	100
3	1,000
4	10,000
5	100,000
6	1,000,000

Projected, by the sixth generation there are approximately one million e-mail messages being processed by the mail servers.

See HOAXES, page 11

## TSP's C fund dives in June

Tanya N. Ballard  
GovExec.com

The C fund tumbled 7.1 percent in June and has slipped 18.07 percent altogether since July 2001, according to the latest numbers from the Thrift Savings Plan.

The fund, which invests in common stocks, fell 0.75 percent in May, continuing its mostly downward spiral since the beginning of the year. The C fund gained 3.73 percent in March, the only month it has

posted a positive return this year.

The S and I funds also tumbled in June. The S fund, which invests in the stocks of small- and mid-sized companies, fell 6.67 percent last month, and its 12-month return dropped 12.03 percent. The I fund, which invests in international stocks, declined 3.87 percent last month, dropping 9.55 percent over the past year.

The G fund, made up of government securities,

increased 0.43 percent in June, after gaining 0.45 percent in May. The fund has gained 5.33 percent since July 2001.

The F fund, which consists of fixed-income bonds, gained 0.97 percent in June, after a 0.88 percent increase in May. The 12-month return for the F fund is 8.82 percent.

The monthly C, F, G, S and I Fund returns reflect net earnings on the amounts invested during the month.

### June's rates of return

The numbers in parentheses are negative.

	G Fund	F Fund	C Fund	S Fund	I Fund
June 2002	0.43%	0.97%	(7.10%)	(6.67%)	(3.87%)
Last 12 Months (7/1/2001-6/30/2002)	5.33%	8.82%	(18.07%)	(12.03%)	(9.55%)

## Employees reminded of government vehicle use rules, penalties

Roy Hilferty  
SJA

Many government employees are required to drive government vehicles in the course of their employment. Employees who drive government vehicles should be aware of laws and rules pertaining to the operation of the vehicles.

### Official purpose

Government vehicles may only be used for an "official purpose." Official purpose is defined as any use of a motor vehicle in support of authorized Department of Defense functions, activities or operations.

Generally, the rules do not authorize transportation to private social functions, to run personal errands, transportation of dependents or visitors without an accompanying official, or in support of a non-DOD activity or to take side trips for other unofficial purposes.

As with most rules, there are exceptions. For example, use of the government vehicle from duty location to a local restaurant for a meal while in a

travel status might be authorized. However, that same travel while not in a travel status would not be authorized. Each person using or directing the use of a government vehicle should take care to gain authorization in each case where the official nature of the use is in doubt.

### Penalty

Misuse of a government vehicle carries a heavy penalty. To deter misuse of government transportation, Congress not only requires vehicles be used for official purposes but also mandates a penalty. The mandatory minimum penalty for misuse of a government vehicle for a civilian employee is a 30-day suspension as mandated by 31 United States Code §1349 and Army Regulation 58-1 (AR 58-1). In accordance with AR 58-1, soldiers who misuse government vehicles may be disciplined under the provisions of the Uniform Code of Military Justice or other administrative procedures deemed appropriate.

Once a civilian employee is

charged and found guilty of the misuse of government vehicle, the agency must impose the mandatory minimum penalty of a 30-day suspension. A supervisor is not authorized, as with most other offenses, to balance the seriousness of the offense against any mitigating factors that might exist. The 30-day suspension is the minimum penalty, but if the circumstances warrant a longer suspension, the agency can impose a longer period. The agency may even decide that the offense merits dismissal.

In recent months, APG employees have lost a month's pay because of acts as seemingly harmless as driving a government vehicle less than 20 miles to their homes to run a short errand.

Congress intended the severe mandatory penalty to deter what it determined to be a serious abuse of government-funded resources. The answer to avoiding the problem is simple. Only use government vehicles and other resources as authorized.

## TRICARE Dental Program alert

MilitaryReport.com

The Reserve Officers Association has issued a caution to service members who enrolled in the TRICARE Dental Program and stopped paying premiums before completing the mandatory 12-month enrollment period. Such individuals could be subject to collection action that could jeopardize their credit standing.

United Concordia has the authority to recoup all unpaid premiums, not only the 40 percent share normally paid, but also the government's 60 percent share as well.

The company is currently sending letters to TDP enrollees with accounts in arrears to remind them of their 12-month obligation. The letter informs these participants that if they pay their outstanding premiums within a 30-day grace period, they will be reinstated in the program and remain eligible for TDP dental benefits. However, participants who fail to respond within 30 days may be subject to collection actions.

For more on the TRICARE Dental Program, see [http://www.military.com/Resources/ResourceFileView?file=TRICARE\\_Dental.htm](http://www.military.com/Resources/ResourceFileView?file=TRICARE_Dental.htm).

(Editor's note: This article is provided courtesy of Armed Forces News. To sign up for a free subscription, visit <http://www.armedforces-news.com>.)

# Safety

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## Having a safe summer

*Optum Health*

Summer can be a time for relaxing and enjoying fun-filled days, but a mishap can put an end to your season of fun.

Keep these safety tips in mind and let the fun begin.

### Water wise

- Learn to swim, it is the best water safety measure. Swimmers and non-swimmers should wear flotation devices when boating.
- Stay alert. Never leave children unobserved around any body of water, even if they've had swimming lessons. Enclose backyard pools with a self-locking fence.
- Don't go solo. No one should ever swim alone or in an unsupervised area.
- Dive smart. Be safe by entering the water feet first before diving. It might not be as deep as you think.
- Stay sober. Alcohol does not mix with activities such as swimming or boating. Don't drink if keeping watch over children in the water.

### Don't get bugged

- Bee stings. Gently remove a bee's stinger by scraping it out with the edge of a credit card or something similar. Clean the sting site and apply ice to minimize swelling. A topical anesthetic may be soothing. If hives develop or

breathing becomes difficult, seek medical care immediately.

- Ticks. Use sharp tweezers to grasp the tick as close to the skin as possible, pull it straight out and then disinfect the area. Ticks can cause Lyme disease, so call a doctor if swelling, redness, joint pain or flu-type symptoms occur.

### Help for burns

- Minor burns. Cool burns under cold running water or use a cold compress-don't put ice directly on burned skin. Never put butter on a burn. Use an over-the-counter lotion specifically for burns and wrap the injured area loosely to keep it clean.
- Sunburn. Soothe sunburn by applying cool compresses or taking cool oatmeal baths. If blisters or a fever develop, contact a physician.

### Avoid too much sun

Sunscreens with high SPF numbers offer some protection, but too much exposure to the sun can cause skin cancer and early wrinkling.

- Avoid the strong mid-day sun.
- Always wear sunscreen-SPF 15 or higher.
- Always wear a hat, sunglasses and protective clothing.

For answers to other questions, call the nurse advise line at 1-800-308-3518, available 24 hours every day.

## Safety alert: Preventing gas pump fires

**Bob Renkes**

*Petroleum Equipment Institute*

Consumers should take precautions when pumping gas.

Research on 150 cases of fires at gas pumps points out the dangers associated with this process.

Petroleum Equipment Institute reports the following statistics from their studies:

It is vapors that come out of the gas when connected with static charges that cause fires at gas pumps.

Almost all cases involve the person getting back in their vehicle while the nozzle was

still pumping gas. When finished, the static created from the act of pulling the nozzle out of the car started the fire.

Most had on rubber-soled shoes.

Out of 150 cases, almost all involved women. Most men never get back in their vehicle until completely finished pumping. This is why they are seldom involved in these types of fires.

Don't ever use cell phones when pumping gas.

There were 29 fires when the vehicle was reentered and the nozzle was touched during refueling from a variety of makes and models, some resulting in extensive damage

to the vehicle, to the station and to the customer.

Seventeen fires occurred before, during or immediately after the gas cap was removed and before fueling began.

If there is a reason to get out of the vehicle while the gas is pumping, be sure to touch metal before pulling the nozzle out of the gas tank. That way the static from the body will be discharged before removing the nozzle.

More information is available at <http://www.pei.org>. Click in the center of the screen where it says "Stop Static."

## ERP

*From front page*

ter should check the boards regularly. When checking, always ask if there is anything not yet posted, as information is updated daily," Howard said.

"We recommend you visit often," she added. "People have gotten jobs who just happened to be here when a posting came in."

In addition, ERP workshops are held periodically to further assist in the job hunt. Currently, eligible members may sign up for a medical billing class to be held at Harford Community College, Howard added.

"We've gotten a good response from commanders who input the information through family readiness groups, particularly the U.S. Air Force Detachment," Howard said, noting that she also visits units to brief on ERP services.

"No matter how long the program is around, we find we still need to market it to people," she added.

Upcoming events and services include an employer guide-networking program between ACS and employers prone to hire military spouses," Howard said.

The ERP teams with Harford County and potential employers on and off post to present an annual job fair that is open to all job seekers.

Due to security concerns, it is anticipated the fair will again be held off post like last year, Howard said. The date and location for this year's fall fair will be announced through media outlets.

In addition to flyers, e-mails and television broadcasts, information is provided through the *APG News*, Howard said.

For more information about ERP services, contact Marilyn Howard, ERP program manager at 410-278-9669 or e-mail her at [marilyn.howard@usag.apg.army.mil](mailto:marilyn.howard@usag.apg.army.mil).

# Commentary

## Pledge outrage



**Marguerite Towson**  
APG News

The cartoon caption from the Indianapolis Star-News says it all: "I pledge allegiance to the flag of the political correctness movement."

There has been tremendous outrage since the 9th U.S. Circuit Court of Appeals ruled that the Pledge of Allegiance is unconstitutional because of two simple words: "under God." They were not part of the pledge until it was amended in 1954.

Certainly, according to the Constitution we don't want to unintentionally offend the non-affiliated, God forbid (whoops, am I allowed to say that?). For someone to be so offended as to go after the Pledge of Allegiance just seems so petty. I'm old enough to remember when Madeline Murray

O'Hare successfully argued to have prayer removed from schools, which also caused a great uproar back then. Anyone of a religious nature that has read the details of her demise, knows that she has already had her "Judgment Day." It looks like Dr. Michael Newdow has now taken up her mantle.

I can understand drawing a line between the state and religion. One only needs to see how Islamic nations use their religion as the law of the land. It's pretty scary. At the other end of the scale, atheistic countries like China arrest people for practicing religion. Crackdowns have affected Protestants, Catholics, Buddhists, Taoists, and Muslims; underground churches and their followers often meet violent punishments.

Does drawing the line at every little speck or hint of religion mean it has to be wiped out completely? Isn't there also a basic right from religious persecution? Doesn't respect and tolerance work both ways? Even many atheists feel the Pledge of Allegiance is a very minor infraction and it doesn't bother them.

Just as we are told to "just

say no" to drugs, people can either omit those two words when they recite the pledge, or not say the pledge at all.

The Supreme Court begins each of its sessions with the phrase "God save the United States and this honorable court." The Declaration of Independence refers to God or to the Creator four different times. Congress begins each session with a prayer, and of course our currency says, "In God We Trust."

One of the judges in dissent, Circuit Judge Ferdinand F. Fernandez, warned that under his colleagues' theory of the Constitution, "We will soon find ourselves prohibited from using our album of patriotic songs in many public settings."

"'God Bless America' and 'America the Beautiful' will be gone for sure," he said, "and while use of the first and second stanzas of 'The Star-Spangled Banner' will still be permissible, we will be precluded from straying into the third."

Fernandez said the same faulty logic would apply to "In God We Trust" on the nation's currency.

A local newspaper columnist writing on this subject noted that "profanity and vulgarity are now the norm in film and on television and radio, and Newdow's 8-year-old daughter will hear music blasting from cars with lyrics that degrade women and contain the crudest, coarsest language for the description of sex acts. His daughter's exposure to those words didn't prompt Newdow to make a federal case of them. But he simply won't tolerate her hearing that dreadful phrase 'under God.'"

If I was a little kid and I say grace before I eat my lunch in school, should I be worried about getting arrested? Five-year-old Kayla Broadus of New York wasn't arrested, but she did get in trouble with her teacher for saying grace with a few classmates before eating their snacks.

And what will we do about athletes, actors and recording artists, etc., who appear at awards ceremonies or on television and attribute their success and give thanks to God? Shall we take them all to court?

In a country where Abercrombie and Fitch sells thong underwear to 10-year-olds and Calvin Klein ads hinting of kiddie porn is acceptable, it's amazing that a simple mention of God should be deemed more evil.

It looks like our country is divisible after all.

# APG beat

**Question: Do you agree or disagree with the 9th U.S. Circuit Court of Appeals decision, declaring the Pledge of Allegiance unconstitutional because of the words, "One nation under God?"**



"Those words symbolize coming together as a country and not being divided. I don't have a problem with it and I won't have a problem with my 3-year old saying it when she starts school."

*Stephanie Cash*  
Lead designer  
Aberdeen Floral Shop



"I never gave it serious thought but I don't see the harm in saying it. But it shouldn't be mandatory. It should be a matter of choice."

*Sgt. 1st Class Keith Strain*  
Drill Sergeant  
Company B  
143rd Ordnance Battalion



"It was the wrong decision. The pledge has been good for all this time, why change it now? If it's not broke, don't fix it."

*James Johnson*  
Recreation aide  
Aberdeen Athletic Center



"I think it's about time. For too long, God has been an oppressive force in this country."

*Pvt. Chris Fontes*  
308th Military Intelligence Battalion



"Under God" shows how we use God to symbolize our nation as one whole. It teaches young people what God is about. This is not a bad thing to have."

*Melinda Francisco*  
Cingular Wireless representative



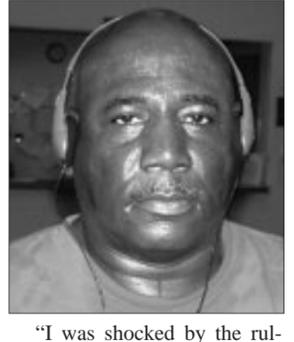
"They shouldn't be raising a fuss over four words. If it's offensive, then don't say it."

*Ryan Smetana*  
Recreation aide  
Aberdeen Athletic Center



"I think the judges ought to stay out of it. Leave it the way it was. If you don't like what it says, keep your mouth closed."

*Roland Quinn*  
Retiree  
U.S. Coast Guard



"I was shocked by the ruling. In this day and time, we need to instill in young people a sense of a higher power. Regardless of what you call Him, God will always be there for us."

*Carl Wilkerson*  
Instructor  
Freestate ChalleNGe Academy

## LTC

From front page

410-278-1524.

The Federal Long Term Care Insurance Program is a benefit authorized by Congress in September 2000 to help federal employees, including military, defray the rising costs of long-term care. It helps pay for services such as home care, nursing home care, or assisted living facilities for people no longer able to perform the normal daily activities of living because of chronic mental or physical conditions.

According to published statistics, more than 40 percent of people needing long-term care are between the ages of 18 and 64. Premiums for long-term care insurance are based on age when the application is received and the benefits chosen. People who apply during the upcoming open season will pay premiums based on their age on July 1, 2002 no matter when they apply.

Officials from the U.S. Office of Personnel Manage-

ment, the sponsor of the Federal Long Term Care Insurance Program, contracted with two major companies to provide coverage. Metropolitan Life and John Hancock Life insurance companies formed Long Term Care (LTC) Partners, which will be the exclusive operators of the program.

Employees are encouraged to contact LTC Partners to receive information on this new option by calling the toll free number 1-800-LTC-FEDS (1-800- 582-3337), TDD for hearing impaired, 1-800-843-3557, visit the Web site at [www.ltcfeds.com](http://www.ltcfeds.com), or e-mail [info@lhcpartners.com](mailto:info@lhcpartners.com).

Employees interested in LTC must request an Open Season Kit from LTC Partners. No one will receive a kit automatically, and LTC will not send kits to the Civilian Personnel Advisory Center. They must be requested directly from LTC Partners by the employee - either by telephone or by visiting the Web site.

Employees may enroll anytime during open season, but are encouraged to submit their applications as soon as possi-

ble as LTC expects a huge response. LTC will be available after the open season, but with restrictions. The advantage to applying during the open season is that an abbreviated underwriting application is used that only asks a few health-related questions.

After open season those who apply must complete a full underwriting application with many health related questions, and premiums will be based on the age at the time they apply. Annual open seasons will not be held. LTC will hold future open seasons, but not on a regular or frequent basis.

Eligibility - federal and postal employees are eligible to apply for FLTCIP if they are in a position that conveys eligibility for Federal Employees Health Benefits (FEHB) Coverage. Temporary employees are eligible to apply for coverage under the same rules as FEHB (must have one year continuous employment). Qualified relatives include spouse, parents, parents-in-law, and stepparents of employees. Annuitants are also eligible to apply. New employees will have 60 days from date of appointment to apply for coverage.

More information on the insurance program is available online at the Federal Long Term Care Insurance Program Web site at <http://www.ltcfeds.com/>.

Weese



# Army News



From page 3

workgroup to develop the DOD Strategy to Address Low-Level Chemical Warfare Agent Exposures, Weese coordinated the work of a multidisciplinary team to evaluate the airborne exposure limits for occupational and general population exposures to G agents, VX, and sulfur mustard for the past several years. This team derived new short- and long-term exposure limits to protect workers and the general population related to demilitarization of the U.S. chemical warfare agent stockpile. She presented the U.S. Army recommendations in panels and public meetings at the Centers for Disease Control and Prevention in 2000 and 2001. Revised control limits were published in the Federal Register and final recommendations are expected from the U.S. Department of Health and Human Services this year.

Weese also participated in the derivation of acute exposure guideline levels for chemical warfare agents. These guidelines are intended for use by emergency response personnel to assess the short-term health risks to exposed personnel, following the release of an industrial chemical either from an accident or terrorist attack. She provided support to the medical management of personnel following accidental release of chemical agents from the U.S. Army Chemical Stockpile. She provided leadership in the medical risk assessment and setting of exposure guidelines for chemical warfare agents. Through her efforts, new exposure guidelines for military chemical agents were developed for emergency planning, response, and prevention.

Weese excelled in her support to installation environmental risk assessments when novel and complicated situations arose. She consistently ensures that military and civilian personnel are protected from the risks posed by occupational and environmental hazards such as chlordane, asbestos and beryllium.

Weese participated in the Pentagon Post Disaster Response, providing risk assessments and re-entry criteria in support of consequence management activities. She drafted the risk stratification approach and personnel protection requirements for consequence management activities in support of Anthrax bio-terrorism events for DOD personnel.

Weese earned her medical degree from the University of Southern California School of Medicine, Los Angeles, in 1986, and her master's in public health at Johns Hopkins School of Hygiene and Public Health, Baltimore, in 1991. She is board certified in occupational medicine and public health and general preventive medicine, a certified medical review officer, and a Fellow at the American College of Occupational and Environmental Medicine.

Weese thanked her mother, and her husband for their support throughout her career; and her children for letting her work, even though it means, "I can't bake as many chocolate chip cookies."

## Tilley urges focus on force protection

**Dennis Ryan**  
Army News Service

Sgt. Maj. of the Army Jack Tilley urges everyone - troops, civilians and retirees - to focus on force protection to prevent another attack like Sept. 11.

"At one time we had 40,000 people on force protection," Tilley said. "As we get further and further away from Sept. 11, we feel it can't happen again."

Tilley said he is worried about the hot summer and how the stress of working long hours might affect soldiers' concentration.

"If you don't stay focused, you could die," Tilley said.

Tilley served in Vietnam from 1967 to 1968 and lost half of his platoon one night.

"We were overrun," Tilley recalled. "I'm not sure if we could have been more focused. I second-guess myself all the time. Every time I go down to that Vietnam Memorial wall, I look for friends' names."

Tilley said there are enough memorial walls to read, so soldiers need to stay alert.

"If you see something wrong and don't correct it,

you're part of the problem," Tilley said. "All of us need to stay focused."

Tilley recalled a meeting with the commander of U.S. Central Command, Gen. Anthony Zini, shortly after the embassy bombing in Nairobi, Kenya.

"I talked to Gen. Zini and asked him, do you think this is going to happen again?" Tilley said. "And he said 'It's just a matter of when and where.' He said they'll watch us for a long time looking for a weakness."

The sergeant major stressed how fire drills and battle drills saved lives on Sept. 11 and how anyone with knowledge of first aid helped the injured.

The 33-year Army veteran also urges veterans to help.

"Our retirees can do so much to help us," Tilley said. "This war on terrorism is going to go on a long time."

The Army's top NCO recalled how he was quite unpopular with the soldiers in Bosnia when he first reported there for duty in 1995.

"They were mad at me because I was enforcing

standards," he said. "In the long run they'll thank you."

Tilley praised the Army Reserve and National Guard contributions over the last nine months.

"We couldn't get the job done without the Reserve and the Guard," Tilley said. "They are doing a wonderful job. I can't tell the difference between the Guard and the Reserve. Today they are just as good as regular Army troops are."

Tilley advises soldiers to reassess what they are doing and look for ways to improve their performance. He recalled visiting with wounded soldiers in the hospital in Germany after Operation Anaconda.

"A lot of them had been wounded two or three times, but they weren't looking for a ticket home," he said. "They wanted to be patched up and sent back to fight. The United States has great leadership in President Bush and Secretary Rumsfeld, but they can't do it by themselves. They need all of us to help them."

*(Editor's note: Dennis Ryan is a staff writer for the Pentagon newspaper at Fort Myer, Va.)*

## Army space technology helping fight wildfires

**Capt. Laura Kenney and Jonathan Williamson**  
Army News Service

The U.S. Army Space Command is helping fight fires in Arizona and Colorado by providing satellite imagery and infrared data to firefighters.

ARSPACE in Colorado is aiding the National Interagency Fire Center by providing thermal remote sensing data and other space-

based capabilities.

Images from the ARSPACE Spectral Operations Resource Center outline the perimeter of the fire and clearly indicate hot spots and trigger points, officials said.

The infrared data is supplied by another branch. 1st Space Battalion's Joint Tactical Ground Stations. JTAGS accesses information from the Defense Support Program used primarily for

missile detection. The data provides textual information regarding the intensity of the burn at a given point on the ground.

"Assisting with the fire, which is something all of us wanted to do, doesn't detract from our primary mission," said Maj. Tim Haynie, Special Operations Resource Center

commander. "In fact, we're able to incorporate it as training. It's the same process to scan for military targets as it is to assess fire damage, and there is the considerable added satisfaction of doing good."

Updated images of the fire are posted every two hours on a website accessible to the public, but aimed primarily at

the forest service.

The NIFC takes the information and uses it to create a composite map of the fire. This map is then used to decipher the best ways to fight and contain the fires.

"We've worked with this level of technology before, and it's invaluable," said

*See ARSPACE, page ??*

# Community Notes

**FRIDAY  
JULY 12  
BASKET BINGO**

Basket Bingo to benefit the Ladies Auxiliary, Volunteer Fire Company #1 of Chesapeake City will be held at the Chesapeake City Fire Hall (2nd floor) 215 Lock Street, at 6 p.m.; bingo starts at 7 p.m. Food, drinks and baked goods will be available. Cost is \$10; additional sets cost \$5.

For tickets, call Lori, 410-287-0827, or Carol, 410-885-5060.

**SATURDAY  
JULY 13  
YARD SALE**

A yard sale to benefit the Aberdeen High School Girls Junior Varsity and Varsity Soccer Teams will be held at the high school on Paradise Road from 8 a.m. until 2 p.m. Rain date is July 20.

**NEW WACVA CHAPTER FORMING**

A meeting and barbeque to discuss the forming of a new chapter of the Women's Army Corps Veterans' Association will be held at 449 West Bel Air Avenue, Aberdeen beginning at noon. All women who have served or are serving in the Women's Army Auxiliary Corps, Women's Army Corps, Regular Army, Army Reserve, Army National Guard and Army Nurse Corps are welcome to attend. Also welcome, as associate members, are women of the Navy, Marines, Air Force and Coast Guard.

For more information about the association or to RSVP by July 11, contact Wanda Story, 410-272-5040, or visit Web sites [www.wacva.com](http://www.wacva.com) or [www.armywomen.org](http://www.armywomen.org).

**THURSDAY  
JULY 18  
ASMC LUNCHEON**

The American Society of Military Comptrollers, Chesapeake Chapter, will host a luncheon at Top of the Bay, 11:30 a.m. to 1 p.m. The buffet style luncheon is pay as you go. The agenda will cover the recognition of outgoing officers and the installation of new officers.

If interested, contact your ASMC representative.

**FRIDAY  
JULY 19  
BASKET BINGO**

Basket Bingo to benefit Aberdeen Volunteer Fire Department will be held at the Aberdeen Fire Hall, Rogers Street, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10; additional sets cost \$5.

For tickets, call Judy Hinch, 410-272-7585, or Brenda Conjour, 410-273-7332.

**SATURDAY  
JULY 20  
FLEA MARKET**

Prince of Peace Church, 2600 Willoughby Beach Road, Edgewood, is having a flea market from 8 a.m. to 2 p.m. Pit beef will be available from 11 a.m. to 2 p.m. Tables are available for the flea market for \$10. Proceeds benefit youth ministry and religious education.

For more information, call Dawn Branch at 410-676-7785.

**SATURDAY  
JULY 27  
TRIBUTE TO KOREAN VETERANS**

July is Korean War Veteran Appreciation Month. The DoD 50th Anniversary of the Korean War Commemoration Committee is offering free tickets to a special Musical Tribute to Korean War Veterans, 7 to 8:30 p.m., at the Daughters of the American Revolution Constitution Hall, Arlington, Va. The Secretary of Defense will host the concert. Tickets are limited and will be on a first-come, first-served basis. To request tickets, call 410-939-1369 before July 12; for more information, call 703-604-3414.

Other events to honor Korean War veterans include a 10 a.m., ceremony at the Korean War Veteran Memorial in D.C., and at 2 p.m., there will be a ceremony at the Tomb of the Unknowns, Arlington National Cemetery.

**SUMMER GALA AND FASHION SHOW**

Morale, Welfare and Recreation invites permanent party personnel, contractors, civilian employees and friends to attend a Summer Gala and Fashion Show, 9:30 p.m. to 2 a.m. at the Aberdeen Area Recreation Center, building 3326. Enjoy a summer evening wining and dining with the Charm City Dancers, and see the latest fall fashions as you enjoy a buffet dinner. Cash bar will be available. Appropriate dress is required - absolutely no jeans or sneakers.

Tickets are \$35 per couple or \$20 per person in advance or \$45 at the door, and must be purchased by July 22.

For more information or to purchase tickets, call the AA Recreation Center at 410-278-2621, Shirley Duncan, Charm City Dancers, 410-539-3700, or Earlene Allen, 410-278-3854 or e-mail earlene.allen@usag.apg.army.mil.

**SUNDAY  
AUGUST 4  
BASKET BINGO**

There will be a luncheon and basket bingo, 11:30 a.m. at the Jarrettsville Volunteer Fire Hall, Jarrettsville, to benefit the American Cancer Society for breast cancer research and education. Events will include information on breast cancer education, a featured guest speaker, silent auction, door prizes and raffles.

For more information or to purchase tickets, call Christi Dolinar, 410-557-6220. Cost of donation is \$30.

**MOVIES**

ADMISSION: ADULTS \$3, CHILDREN \$1.50  
Building 3245 Aberdeen Boulevard



**ENOUGH**  
Friday, July 12, 7 p.m.  
Starring: Jennifer Lopez, Billy Campbell

Slim, an abused woman, discovers that Mitch the dream man she married isn't the man she thought he was. She and her daughter Grace try to escape, but he pursues them relentlessly. She decides that there's only one way out of the marriage. (Rated PG-13)

**UNFAITHFUL (FREE ADMISSION)**  
Saturday, July 13, 7 p.m.

Starring: Richard Gere, Diane Lane

Ed and Connie Summer are a perfectly happy suburban husband and wife, but when Connie begins an affair with a young Manhattan man, Ed hires a detective to trail her. One thing leads to another, and Ed has murder on his hands. (Rated R)



**INSOMNIA**  
Saturday, July 13, 9 p.m.

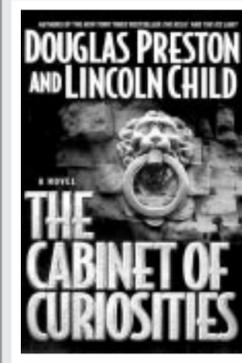
Starring: Al Pacino, Robin Williams

A veteran police detective is sent to a small Alaskan town to investigate the murder of a teenage girl. Forced into a psychological game of cat-and-mouse by the primary suspect, events escalate and the detective finds his own stability dangerously threatened. (Rated R)

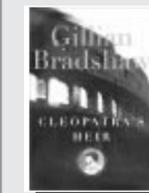


**LIBRARY BOOK CORNER**

The APG Garrison Library has the following books for your reading pleasure:



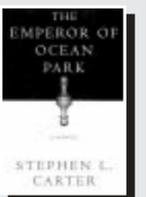
**The Cabinet of Curiosities**  
by Douglas J. Preston: FBI agent Pendergast, journalist Bill Smithback, and archaeologist Nora Kelly join forces to stop a vicious murderer when the discovery of an underground charnel house in downtown Manhattan reveals information about a serial killer who stalked the neighborhood in the 1880s and apparently sets off a new series of terrifyingly similar killings.



**Cleopatra's heir** by Gillian Bradshaw

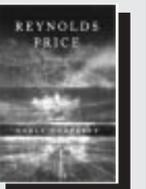


**The Emperor of Ocean Park** by Stephen L. Carter



**Fire Ice: a novel from the NUMA Files** by Clive Cussler

**Lord Baltimore: memoirs of the adventures of Ensworth Harding** by Stephen G. M. Doster



**Noble Norfleet** by Reynolds Price

You can receive a complete listing of the library's new materials via e-mail and also reserve items electronically. Contact the library at 410-278-4991 for details.

Operating hours of the Aberdeen Area Library, building 3320, are Saturday and Sunday, 1 to 5 p.m., Monday, Wednesday and Thursday, 11:30 a.m. to 6:30 p.m.

The Edgewood Area library is open on Tuesday, 11:30 a.m. to 6:30 p.m. For information, call 410-436-3589.

**ARMY COMMUNITY SERVICES**

**BASIC COMPUTER SKILLS COURSE**

The Army Community Service Employment Readiness Program will hold a course in Basic Computer Skills, 6 to 7:30 p.m., Thursday evenings, July 25 through Aug. 29, at Joppa Hall, Harford Community College. Basic Computer Skills is a hands on course designed for those with little or no background in computers. Learn basic skills needed to operate a computer; learn how to use commercial software packages that run in Windows; and learn how to access the Internet. Adult family members of active duty personnel/retirees with valid I.D. have priority. For registration or more information, call Marilyn Howard, employment readiness manager, ACS, building 2754, 410-278-9669/2435.

**EMPLOYMENT READINESS WORKSHOP**

The ACS Employment Readiness Program will hold an Employment Readiness Workshop, building 2752 Rodman Road, second floor. Classes will be held July 29, Aug. 19 and Sept. 16, 1 to 3 p.m. Topics include a job skills workshop; finding the perfect career; Internet tools; resume pointers; and other great ideas to help with a job search. Military family members have priority. For more information or to register, call Marilyn Howard, ACS Employment Readiness Program, 410-278-9669. Space is limited.

**CAN DO! KIDS CLASSES**

The Exceptional Family Member Program is sponsoring "Who are Can Do! Kids?", a program on what children can do instead of what they can-

not. Can Do! Kids use their abilities in whatever way is best for them in order to do the things they want. Every child can be a Can Do! Kid. The next session is July 15, 6 to 7 p.m. at Army Community Service, building 2754. The topics is Creative Thinking Attendees must register by calling Reeshemah Bugg, EFMP manager at 410-278-2420.

**VTC UNITES MILITARY FAMILY MEMBERS**

Army Community Service has set up a free video teleconference (VTC) available for military families to get in touch with their deployed loved ones. The VTC is located at ACS, building 2754, Rodman Road. Families will be able to see each other on a wide screen. To set up an appointment, call ACS, 410-278-2453.

**APG SCHOOL LIAISON UPDATE**

**NEW STUDENT REGISTRATION**

In anticipation of newly arriving military personnel with children in grades Kindergarten through 12th grades, come to one of the following schools to register your children as soon as possible: APG Aberdeen Area-Roye Williams Elementary School, 201 Oakington Road, Havre de Grace, MD 21078, 410-273-5536; Aberdeen Middle School, 111 Mount Royal Avenue, Aberdeen, MD 21001-2492, 410-273-5510; Aberdeen High School, 251 Paradise Road, Aberdeen, MD 21001-2399, 410-273-5500; APG Edgewood Area-Edgewood Elementary School, 2100 Cedar Drive, Edgewood, MD 21040-2502, 410-612-1540; Edgewood Middle School, 2311 Willoughby Beach Road, Edgewood, MD 21040-3497, 410-612-1518; Edgewood High School, 2415 Willoughby Beach Road, Edgewood, MD 21040-3496, 410-612-1500.

**IN/OUT PROCESSING AT APG COMING SOON**

All newly arriving or departing military personnel who have school age children Kindergarten through 12th grades will be required to stop by the School Liaison/Youth Education Services Office, building 2752 in in/out process.

**ENGLISH SPEAKING CLASSES**

If your child is in need of assistance to learn the English language during the school year, contact Harford County Public Schools at 410-588-5280, or call the APG School Liaison/Youth Education Services office at 410-278-2857.

**PTA**

One of the most important things we can do as parents to help in our children's education is to become active in the local school Parent and Teacher's Association. What better way to get first-hand information than by being in the

school and meeting the teachers and administrators where children learn? Become your child's best advocate-best guidance counselor by getting involved today. Parental support has been steadily declining over the last five years, but parents can be part of reversing this trend. As an example, congratulations are in order for the good, solid start of the Edgewood Area military parents group that has organized and made the commitment to actively support the Edgewood Elementary School PTA.

**PROFILE TIME**

The Harford County Public School system has 50 schools and a student population of approximately 40,000. To get the job done, Harford County relies on 2,658 teachers, 239 administrative staff, and 1,755 support staff personnel. In the area of student academic performance, Harford County Public Schools scored:

Above average in the Scholastic Assessment Test in Verbal and Math for Maryland, and above or at the National average; significantly above both the Maryland Percentile Ranking and the National Ranking in the Comprehensive Test of Basic Skills for grades 2, 4, and 6; in the high 90th percentile for passing the Functional Tests for grades 9 and 11, and on par with Maryland; and lastly, on the Maryland School Performance Assessment Program, Harford County scored above the Maryland Passing Percentile with a 52 percent passing average for grade 3, a 56 percent passing average for grade 5, and a 59 percent passing average for grade 8.

**YOUTH EDUCATION CLASSES**

Next time, we'll take a look at some of the youth education classes coming up later this summer at the APG Youth Centers.

**FIRST ANNUAL MARYLAND SHOOT FOR THE CURE TO BE HELD AUG. 17 AND 18**

Deer Creek Archery and the Susan G. Komen Breast Cancer Foundation are teaming up to hold a 3D 'Shoot for the Cure.' Archers will be shooting the new Genesis by Mathews and will be shooting at IBO approved 3D targets by Delta Targets, supplied by Deer Creek Archery. Arrows will also be furnished.

The cost of the shoot is \$20 with \$10 going to the Susan G. Komen Breast Cancer Foundation. All registrants will be eligible for door prizes donated by Deer Creek Archery, archery manufacturers, and friends of Deer Creek Archery. There is also a silent auction for a Mathews MQ1 and a Bostick Plantation three-day, two-person bow hunt (license and travel expenses are not included).

To register for the shoot, visit [www.deercreekarchery.com](http://www.deercreekarchery.com) or contact George Bennett at 410-734-9554

# Sports & Recreation

## Family fun the focus at Chesapeake Challenge

**Yvonne Johnson**  
APG News

If you haven't yet taken in the fun and excitement at Chesapeake Challenge Amusement Park, you're missing out on a lot.

The park is located at the corner of Springfield Street and Susquehanna Avenue, behind the Post Commissary, and features go-cart rides, miniature golf, batting cages, an arcade room and a snack bar.

The Aberdeen Area facility is open seven days a week.

"We're a family-oriented facility that caters to all ID card holders,"

said Ed Dela Cruz, recreational specialist and supervisor of Aberdeen Proving Ground pools and picnic areas.

"The main thing we want to do is let people know we are open, ready and able to serve them," added Park Manager Richard Smith.

The attractions are affordable and as good as or better than you'll find outside the gate, Smith added.

Go-cart rides cost \$4 for five to eight minutes; 18 holes of miniature golf is \$3 for ages six and older and \$1 for five and under, and it's 50 cents for one token (12 balls) in the

batting cages.

There also is an arcade room and snack bar featuring chips, sodas, candy bars and ice cream.

In addition to its regular services, patrons also may rent the facility for parties or special events. There are special plans available for groups of 10 people or more, Smith said.

"Birthday parties, organizational activities and hail and farewells are just some of the events celebrated here," Smith said.

Patrons may sponsor groups for parties.

"This is an alcohol free facility,"

he noted. "There are no exceptions."

Always with the customer in mind, Smith said a ready staff, made up of soldiers and teens, is on hand to assist customers.

"We're pretty slow through the week but it picks up on weekends," he said, adding that the installation security requirement since 911 also has affected attendance.

The park hours from now through Labor Day are Monday through Thursday, 4 to 9 p.m.; Friday, 4 to 10 p.m., Saturday, 1 to 10 p.m., and Sunday and holidays, 1 to 8 p.m.

After Labor Day, the park is open

weekends only, Friday, 5:30 to 10 p.m.; Saturday, 1 to 10 p.m. and Sunday and holidays, 1 to 8 p.m.

For more information and party information, call Richard Smith or Carlton Deveaux at 410-278-9920.

There is good news for swimmers also. Outdoor Recreation will be selling season pool passes, \$40 per family beginning July 15. The season ends Sept. 2 for the Bayside and Olympic pools and Aug. 18 for the Shore Pool. For more information, call 410-278-4124.

## Softball update

The following results were reported for intramural softball for the week ending July 5.

### American/Edgewood Division

#### Results

##### July 1

HHC 143rd, 10; SBCCOM, 9  
NCOA, 12; TEU, 3  
KUSAHC, 20; Company B 143rd, 6  
HHC 61st, 19; Company C 143rd, 8  
HHC 16th, 15; Company A 143rd, 1

#### Schedule

##### July 15

6:30 p.m., HHC 61st vs. HST  
7:30 p.m., KUSAHC vs. HHC 143rd  
8:30 p.m., HHC 16th vs. NCOA

##### July 17

6:30 p.m., NCOA vs. HST  
7:30 p.m., HHC 143rd vs. HHC 16th  
8:30 p.m., KUSAHC vs. HHC 61st

#### Standings

HHC 16th	10-0
HHC 143rd	8-1
HST	7-3
KUSAHC	5-3
NCOA	4-4
HHC 61st	4-4

#### Edgewood Division

#### Schedule

##### July 15

6:30 p.m., TEU vs. SBCCOM  
7:30 p.m., Company C 143rd vs. Company B 143rd

##### July 17

6:30 p.m., SBCCOM vs. Company A 143rd  
7:30 p.m., TEU vs. Company C 143rd

#### Standings

Company A 143rd	3-3
SBCCOM	2-5
Company C 143rd	2-4
TEU	1-6
Company B 143rd	0-8

#### National Division

#### Results

No games played

#### Schedule

##### July 16

6:30 p.m., HHC 1/115th vs. Company A 16th

7:30 p.m., USMC vs. Company E 16th

8:30 p.m., Company B 16th vs. Company C 16th

##### July 18

6:30 p.m., Company A 16th vs. Company B 16th

7:30 p.m., Company C 16th vs. USMC

8:30 p.m., Company E 16th vs. HHC 1/115th

#### Standings

USMC	5-0
HHC 1/115th	5-1
Company C 16th	5-1
Company A 16th	1-5
Company E 16th	0-4
Company B 16th	0-5

## Army to announce All-American Bowl

Army News Service

Today, July 11, the U.S. Army and the City of San Antonio will announce planning details for the 2003 U.S. Army All-American Bowl football game.

The press announcement takes place at the Alamodome South Eyebrow at 11 a.m. Central Standard Time. Last year's game was played at Alamo Stadium in San Antonio.

The U.S. Army All-American Bowl features the top 78 high school football players in the country in an East vs. West showdown.

College football scouts closely watch the game, which features future stars of college football and the National Football League.

The announcement will feature the game's return to the City of San Antonio for a second straight year, the Army's involvement with the game and the selection of the Alamodome as the game's new official home.

The 2003 Army All-American Bowl football game will be Jan. 5, 2003, and will be televised live on ESPN2.

Additional events surrounding game week will be announced, including the addition of major cheerleading and band competitions and other exciting activities such as the U.S. Army Interactive Fan Fest outside the Alamodome on game day.

Scheduled speakers for today's press event include Col. Thomas Nickerson, public affairs officer for U.S. Army Recruiting Command at Fort Knox, Ky.; Richard McGuinness, president and founder of the U.S. Army All-American Bowl; San Antonio Councilman David Carpenter; and Janice Ricks, Host City Committee Chair.

The group also will announce the creation of a Host City Committee to help with welcoming the players, parents and fans of the game to San Antonio.

*(Editor's note: For more information, contact Steve Johnson at Manning Selvage & Lee Public Relations, at 312-861-5292 or by e-mail at steve.johnson@mslpr.com.)*

## Pet health tip: beware of backyard dangers

As the weather warms up, more animal companions will be heading for the great outdoors. Even if that means no more than a daily romp in the backyard, always be there to supervise—and to make sure pets stay safe.

The following tips from the ASPCA Animal Poison Control Center are provided:

- Store lawn and garden products in areas that are inaccessible to animals. Ingestion of large amounts of fertilizer, for example, can cause severe gastric upset and gastrointestinal obstruction.
- Do not allow pets on

lawns or in gardens that have been treated with fertilizers, herbicides or insecticides until the time period listed on the label by the manufacturer has passed.

- Know which plants and trees can be poisonous to your pets.

- Cardiotoxic plants—those that can affect the heart—include lily of the valley, oleander, rhododendron, azalea, yew and foxglove.

- Rhubarb leaves and certain species of lily can cause kidney failure.

- Cycads and some species of mushrooms can result in

liver failure.

- Toxic and nontoxic mushrooms can grow in the same area. To be on the safe side, until it has been identified, always assume that any ingested mushroom is highly toxic.

If you suspect that your pet has eaten a poisonous plant, call your veterinarian or the APCC's emergency hotline, 888-4-ANI-HELP, for 24-hour telephone assistance. If you are unsure of the species of plant ingested, take the plant to a nursery for identification.



## Identify and avoid poison ivy, oak, and sumac

Prevent the misery of poison ivy, oak, and sumac by looking out for the plants when outdoors and staying away from them.

These weeds can be destroyed with herbicides in the backyard, but this is not practical elsewhere.

Remember that the plant's nearly invisible oil, urushiol, sticks to almost all surfaces.

Do not let pets run through wooded areas since they may carry home urushiol on their

fur. Because urushiol can even travel in the wind if it burns in

The first step in avoiding exposure is learning to identify the poison plants.

The popular saying "leaves of three, beware of me" is a good rule of thumb for poison ivy and poison oak but is only partly correct.

A more exact saying would be "leaflets of three, beware of me" because each leaf has three leaflets.

For more information, contact Preventive Medicine and Wellness at 410-278-1964.



Poison ivy

a fire, do not burn plants that look like poison ivy.

Medicine and Wellness at 410-278-1964.

## Hoaxes

From page 4

The capacity to handle these messages must be paid for by the users or, if it is not paid for, the mail servers slow down to a crawl or crash. Note that this example only forwards the message to 10 people at each generation while people who forward real hoax messages often send them to many times that number.

### Spammers harvest e-mail addresses

Spammers (bulk mailers of unsolicited mail) harvest e-mail addresses from hoaxes and chain letters. After a few generations, many of these letters contain hundreds of good addresses, which is just what the spammers want. Spammers may deliberately start hoaxes and chain letters to gather e-mail addresses (of

course, that could be a hoax). So now, all those nice people who were so worried about "the poor little girl dying of cancer" find themselves not only laughing at the user for passing on a hoax, but they now have e-mail addresses that the user provided.

### Validating a warning

Army Regulation 380-19 requires that employees not circulate chain letters or hoaxes. Any questions or issues concerning chain letters or hoaxes should be immediately given to the organization's information system assurance officer.

*(Editor's note: Jason Ford, information assurance/computer specialist, DOIM, contributed to this article. The next issue of APG News will run an article on recognizing a hoax or chain letter.)*

# Resumix centralization transition in progress

NECPOC

All résumés maintained by five continental United States Civilian Personnel Operations Centers databases are now being put into one central Resumix database. Applicants need one résumé in the database and it can be used to apply for a vacancy in any region. The consolidation will happen in stages.

"The consolidation of the CPOC résumé database will simplify the résumé application process for all employees," said Pamela Frasier, Resumix team leader, of Aberdeen Proving Ground's Northeast CPOC. "The fact that each applicant will submit their résumé to one location and will be shared with the other CPOCs instead of having to send a résumé to each CPOC is convenient as well as efficient."

After the consolidation, résumés submitted through the Army Civilian Résumé Builder will flow automatically into the centralized Resumix database. Self-nomi-

nations initiated through the Vacancy Announcement Builder will be posted automatically to the centralized Resumix database and will provide on-line confirmation to the applicant.

ANSWER, the Applicant Notification System Web Enabled Response, will replace the Resumix On-Line Applicant Response Systems (ROAR) and Standard On-Line Applicant Response System (SOARS). ANSWER will be the method for applicants to obtain the current status of their résumé and self-nominations.

\* One résumé will be on file for all centralized regions. There is no need to submit a résumé if one is on file.

\* Résumés submitted through the Army Civilian Resume Builder will automatically flow into the centralized referral database. This is the fastest way to get a résumé into the centralized referral database. If applying through the Army Civilian Resume Builder, continue to select the

CPOCs as currently done now to send résumés. The system will automatically send the résumé to the CPOC identified or to the centralized referral database as appropriate.

• Applicants will submit a new résumé after they have accepted a permanent position. This does not apply to temporary promotions or temporary reassignments.

• Self-Nominations through

the Vacancy Announcement Board (<http://www.cpol.army.mil>, click on Employment, then Army's Vacancy Announcements) will be posted automatically to the centralized referral database with on line confirmation.

• A N S W E R (<http://www.cpol.army.mil>, click on Employment, then ANSWER) will be the method

for applicant notification. It is the best way to review an applicant's most recent résumé on file.

Before submitting a résumé or self-nomination, use the table below. This table will assist applicants in determining where to view the status of their résumés and self-nominations. Letters will no longer be issued.

The date of deployment for

the West CPOC is undetermined at this time.

For more information about either the transition or ANSWER, visit the Army CPOL Home Page at [www.cpol.army.mil](http://www.cpol.army.mil).

(Editor's note: The original deployment date was postponed to July 11. This is the new Department of the Army transition sheet.)

## ROAR & SOARS versus ANSWER

Before submitting a resume or self-nomination, use the table below. This table will assist you in determining where to view the status of your resume and self-nomination. Letters will no longer be issued.

If you applied to:	If the Vacancy Announcement you applied for closes:	Resume Database	Notification System to Review	ROAR, SOARS & ANSWER will not be available: Access ROAR/SOARS/ANSWER through: <a href="http://www.cpol.army.mil">http://www.cpol.army.mil</a>
Northeast CPOC	On or Before Jul 10	Local CPOC	ROAR	5:00 p.m. Jul 11 – 9:00 a.m. Jul 15 Eastern Time
	On or After Jul 11	Centralized	ANSWER	
Southwest CPOC	On or Before Jul 24	Local CPOC	ROAR/SOARS	5:00 p.m. Jul 25 – 9:00 a.m. Jul 29 Eastern Time
	On or After Jul 25	Centralized	ANSWER	
South Central CPOC	On or Before Aug 7	Local CPOC	ROAR	5:00 p.m. Aug 8 – 9:00 a.m. Aug 12 Eastern Time
	On or After Aug 8	Centralized	ANSWER	
North Central CPOC	On or Before Aug 14	Local CPOC	ROAR	5:00 p.m. Aug 15 – 9:00 a.m. Aug 19 Eastern Time
	On or After Aug 15	Centralized	ANSWER	

# Health

## Learning the basics about cancer

Optum Health

Cancer is the second leading cause of death in the United States, after heart disease. Learning more about cancer and what to do to prevent and detect it can help improve long-term health and overall well-being.

Cancer is distinguished by abnormal cells growing and spreading uncontrollably in the body. These abnormal cells multiply and form tumors that may attack and destroy normal cells. Often, tumors spread from their primary site to a different part of the body, which is called metastasis.

### Risk factors

A risk factor is anything that increases someone's chance of developing a disease. However, just because someone displays risk factors for cancer does not necessarily mean that he or she will develop cancer. Risk factors vary between cancers, but some major ones include:

- Smoking
- Heavy use of alcohol
- Family history
- High fat diet

### How to prevent cancer

Living a healthy lifestyle may help prevent many cancers. For example, smoking and heavy use of alcohol are two risk factors that, if eliminated, can help reduce the risk of lung, mouth, throat and other cancers. In addition, avoiding the sun's harmful rays can prevent skin cancer. Maintaining a healthy, well-bal-

anced diet is also important.

### Signs of cancer

Signs vary with each cancer type. Be aware of any unusual changes in your body, and see a health care professional if you discover anything that seems out of the ordinary.

### Cancer detection

Regular checkups are important. The American Cancer Society recommends that people ages 20 to 40 receive a cancer-related checkup every three years, and people age 40 and over receive a yearly checkup. There are also tests that should be performed to help detect cancer in its earliest stage—mammograms for breast cancer, fecal occult blood tests, sigmoidoscopies and colonoscopies for colorectal cancer, Pap tests for cervical cancer and digital rectal exams for prostate cancer.

### Treatment options

Cancer can be treated with chemotherapy, radiation, hormone therapy, immunotherapy, surgery or a combination of any of these treatments. If diagnosed with cancer, talk to your doctor about what options are right for your situation.

To learn more about cancer or any other health issue, call the Health Care Information Line, 1-800-308-3518, to speak to a nurse 24 hours every day.

# Skin Cancer

Skin cancer is one of the most common types of cancer, accounting for half of all new cancer cases annually. About 1.3 million cases are diagnosed each year in the United States. Fortunately, skin cancer is highly preventable, so learning how to protect yourself is very important.

### Types of skin cancer

The three most common types are basal cell carcinoma, squamous cell carcinoma and melanoma. About 75 percent of all skin cancers are basal cell carcinomas, and 20 percent are squamous cell carcinomas. Both types are highly curable if caught early.

Although it accounts for only 4 percent of skin cancers, melanoma is the most serious form. Melanomas often are associated with atypical moles. They usually begin as brown or black blemishes with irregular borders that may turn shades of red, blue or white, and bleed. Signs of melanoma can be detected by using the "ABCD" rule.

- Asymmetry: Half the mole looks different than the other half
- Border: Irregular, ragged edges on the mole
- Color: Different colors in or around the mole
- Diameter: Mole is greater

than one-fourth inch

### Risk factors

Overexposure to ultraviolet (UV) radiation is one of the biggest risk factors associated with skin cancer. Sunlight is the main source of UV radiation, but tanning lamps or beds also are sources. Other risk factors include:

- Fair skin
- Family history
- Increasing age

### Protecting yourself

The best way to prevent skin cancer is to avoid UV radiation as much as possible. Of course, there will be times when going out in the sun is unavoidable. The following tips can help you protect yourself.

- Avoid the sun when rays are strongest, between 10 a.m. and 4 p.m.
- Use sunscreen every time you go outside, even if it's a cloudy winter day. Make sure it protects against both types of UV rays, UVA and UVB, and has a sun protection factor (SPF) of 15 or higher.
- Wear tightly woven clothes, a wide brimmed hat and sunglasses with UV protective lenses.
- Don't use tanning beds or lamps.

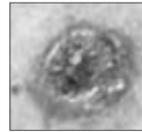
If you see any changes in your skin or to your moles,

see your doctor or dermatologist. Early detection is crucial.

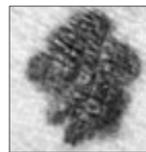
If you have any questions about skin cancer or any other health-related concern,

Call the Health Care Information Line. Nurses are available 24 hours every day.(c)2001 Optum

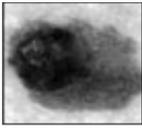
Call the Nurse Advice Line at: 1-800-308-3518



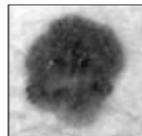
basal cell carcinoma



Irregular border



Asymmetry



Different colors

# Edgewood CB Center partners with local Arc chapter

Kelly Buckingham

ECBC

The Arc Northern Chesapeake Region and the Edgewood Chemical Biological Center entered into an agreement under which area residents with developmental disabilities are trained to assist ECBC with chemical and biological protective masks.

Under the agreement, The Arc provides a crew of workers who are critical to the production of components that will be used in the M40/M42 series protective masks. The M40 series mask is used by all branches of the military and provides improved nuclear, biological, and chemical protection to the countries warfighters.

"This type of agreement allows us to complete critical short-term projects in a timely manner and also gives ECBC an opportunity to give back to the community," said Ken Younger, team leader, Experimental Fabrication.

"The men and women working at ECBC appreciate the opportunity to work and earn their own money. It means so much to them to be participating members of the community," said Linda Corea, job developer at The Arc.

The Arc team conducts the work at an ECBC facility Monday through Friday, 9:30 a.m. to 2:30 p.m., with every other Friday off. An ARC staff person is present to oversee the work.

The Arc Northern Chesapeake Region provides support ser-

vices and advocacy to adults and children with developmental disabilities and their families. Vocational services for individuals with disabilities is one of many programs The Arc offers. Through this program, The Arc helps to identify potential employment settings and assists in career planning for people with disabilities.

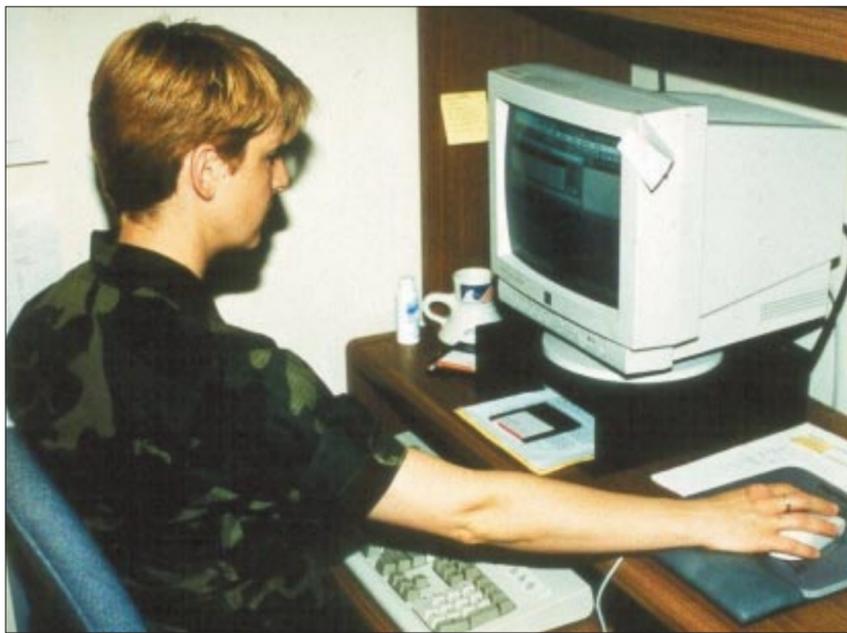
The Arc partners with businesses and organizations throughout Harford County.

ECBC is also engaged with The Arc through the Volunteers for Medical Engineering program, based in the Edgewood Area of APG.



From left to right Marilyn Spencer, William Roberts, Jo Anne Witherspoon, Shawn Coppenger and Ron Shufford, from the Arc, work at Edgewood Area of Aberdeen Proving Ground to help produce components for the M40/M42 series protective masks. Coppenger and Witherspoon are superimposed in the background.

Illustration by ETHEL KEFAUVER



Photos courtesy of CHPPM

A typical computer set-up in which the keyboard drawer isn't long enough and the individual has to reach to use the mouse, an ergonomic risk factor.



A mouse pad is added to the keyboard drawer, and the individual no longer has to reach.

# Ergonomics and you--no pain is your gain

**Sheila Little**  
APG News

Ergonomics, the study of work, or specifically, fitting the work to the worker and completing a job without physically stressing the body in an unhealthy, unsafe manner, is probably something people don't think about unless they have back problems, wrist pain or some other ache or pain related to daily activities. Keeping in mind that prevention is a lot easier to address than living with pain and suffering due to lack of attention to proper body mechanics or bothersome repetitive moves, a review of daily activities and work area is always a good idea.

Lt. Col. Mary Laedtke of the U.S. Army Center for Health Promotion and Preventive Medicine said careful attention to ergonomics, whether in the workplace or during day-to-day activities, can go far in the quest for good health.

Laedtke, with 22 years of experience as an occupational therapist and a doctorate in industrial engineering, said attention to proper ergonomics helps prevent musculo-skeletal disorders such as carpal tunnel syndrome and back injuries.

"Look at adaptability and eliminate or minimize ergonomic risk factors," Laedtke said.

## Risk factors

Performing the same motion or movement over and over again and/or using the same muscles for an extended period of time can lead to problems.

Another risk factor is the amount of force used to lift, pull, or push an object. The greater the amount of force used the greater the risk of injury.

Compression is also a risk factor. Anytime you lean or press your arm, wrist, or hand against a surface or edge, there is compression. Usually, the surface of concern is a hard surface, however, there is also concern for those who 'park' their wrists on wrist rests when using the computer.

Vibration can also lead to injury. One of the leading culprits for vibration injuries is the operation of power tools. As anyone who has used a hedge trimmer knows, the tool is controlled by

the force of the grip, and while its operating, there is a lot of vibration. Together, the factors increase the risk of injury. In addition, holding the tool handle tightly as well as working in cold environments can result in a similar physiological situation - reduced blood flow and reduced sensation in hands and fingers.

Finally, another risk factor is duration. The longer the exposure to risk factors, individually or in combination, the greater the potential for injury.

"If you stay in the same position for long periods, constantly extend your reach, or find you are doing an excessive amount of bending or twisting, changes should be made to avoid injury," Laedtke said.

## Making positive changes in the work place

There are several things that can be done to adapt the work area, and most fall into two broad categories- engineering changes and administrative changes. Engineering changes are concerned with the tools, work space, and work process, while administrative changes include limiting the time of use, changing tasks and taking breaks.

## Engineering changes

Keep work materials within an easy reach of 14 to 18 inches; tilt the work surface toward you, or clear away the clutter in the work area.

If standing for long periods of time, wear comfortable, supportive footwear, and stand on a non-skid, supportive rug or mat. A special 'anti-fatigue' mat may be available.

## Change position frequently.

If job activity requires a great deal of sitting, adjust the work height and seat height so that legs don't dangle. A footrest or phone book can be used to support the feet. Whether standing or sitting, the goal of appropriate ergonomic design is a neutral posture where the ears, shoulders and hips are aligned and the upper arms are close to the body. Use all items correctly, employing proper posture throughout activities. Make sure the work area does not encourage excessive bending, twisting, or

poor posture while doing work. When setting up a work area, adaptability is the key. Keep work materials as light as functionally possible, remembering the risk factors when choosing tools. Choose lightweight, balanced tools that offer a safe grip. The grip should not conduct heat or electricity, it should be padded or at least compressible, and fit comfortably in the hand. Before purchasing, handle the tool. While holding it, think about how it will be used and if the balance may change when it is in use.

## Administrative changes

Administrative changes may include limiting the amount of time spent completing a task, taking breaks and implementing rest and stretching periods. Taking stretch or mini-breaks and changing job tasks can have an effect on the duration or amount of time you are exposed to a particular risk factor.

"Even with the best engineering changes, we aren't always able to get rid of every ergonomic risk factor, but we can reduce the exposure or duration of those risk factors, and that's very important," Laedtke said.

## Ergonomics for everyone, everyday

Ergonomic risk factors are not limited to a desk with computer set-up. When lifting bags of mulch or concrete, remember to maintain good body alignment and lift with the legs. While driving, the driver should keep the upper arms near the sides of the body, gripping the wheel at the 9 o'clock and 3 o'clock positions. Driving with the arms straight out can result in sore necks, shoulders, and arms. When completing tasks such as food preparation, household or auto maintenance, or engaging in hobbies or sports activities, make an effort to avoid injury by considering position and posture, repetition, force, vibration, compression, temperature, and duration.

"The bottom line is ergonomic injuries are preventable," said Laedtke. "Take a few minutes to think about how to avoid the risk factors, and you may live a healthier, relatively injury-free life."

# Army to excite youth about math, science

**Staff Sgt. Marcia Triggs**  
Army News Service

Army Secretary Thomas White recently committed \$2 million of the service's funds in an effort to get America's youth excited about math and science.

A partnership between the Army and National Science Center Inc., a nonprofit organization, was renewed May 22 during an informal ceremony in White's office.

"Since the beginning of this relationship, which began in the 1980s, the Army has been able to do two things," said Dr. George Fry, the NSC director. "The Army has found a way to get students to take harder math and science courses. Also, teachers, students and parents see the Army in a positive role."

Fry, who has a doctorate in education, said NSC is involved in seven programs, but the one that has opened doors to the Army involves two soldiers in an 18-wheeler.

Last year the Mobile Discovery Center Van stopped at 78 schools across the country and reached more than 25,000 students.

Two Mobile Discovery Centers will be on the road beginning next school year, to meet the daily requests from teachers and educators across the country, Fry said.

The current van is manned by a team of two former recruiters. It pulls onto school property, 50 students are invited inside the semi-truck and are told that they will have fun and learn some-

thing. With hands-on activities and interactive conversations, students learn about a number of topics including electricity and sound waves.

"We get the students pumped up," said Sgt. 1st Class David Cundiff, an exhibitor with the U.S. Army Recruiting Command. "We create a lot of excitement, and hopefully create an attitude so that the next time science is done in the class, they're interested."

The team is not there to teach or recruit, Cundiff said. They are planting seeds in the minds of their audience of third to eighth graders, he said.

"After the presentation, the students ask about our jobs in the Army, and they think soldiering is cool," Cundiff said. "Most teachers are impressed with the Army's service to the community, and that opens the door for recruiters."

Sponsorship from USAREC started in 1992 with one mobile van, but the idea for the partnership came from a Signal Corps general in the late 1970s, Fry said.

Retired Lt. Gen. William Hilsman, a former commanding general of the U.S. Army Signal Center, Fort Gordon, Ga., was responsible for training young soldiers in fairly complex military specialties, Fry said. However, a lot of money and time was being spent on remedial training to equip them with the basic math and science skills, he added.

"When Hilsman talked to his friends in academia, business

and industry, he found that students were coming out of high school going into college and jobs lacking the background they needed to be successful," Fry said. "From there the program was born."

Since its inception, one of the major challenges has been judging its effectiveness.

"We don't control all of the variables, so producing solid research that says we did this and this occurred is difficult," Fry said. "What we do have is anecdotal feedback, which is letters from people who have told us they've gone on to be math or science teachers because of the program."

"We've also received letters from people who joined the military and attributed their interest to seeing positive NCOs."

The NCOs that run the Mobile Discovery Centers are only a small fraction of the military support given to the National Science Center, Fry said. The organization is assigned to Fort Gordon and its mathematics, science and technology center receives support from the Signal NCO Academy, Fry said.

Fort Discovery opened in April 1997 and now has more than 250 participatory exhibits for students. Over the past three years, the NSC has been a leading producer of distance learning programs in Georgia and nationally within the Department of Defense, Fry said.

More information about the NSC can be found on the center's Web site <http://www.NationalScienceCenter.org>.

# RecruitMilitary buys MilitaryHeadhunter.com

CINCINNATI—RecruitMilitary announced it has purchased MilitaryHeadhunter.com of Pensacola, Florida. RecruitMilitary is a nationwide, professional placement firm specializing in placing the transitioning military audience and select veterans into small, medium, and Fortune 500 companies.

RecruitMilitary's recruiters interact closely with job candidates and employers during the entire hiring process. The company has placed candidates from all four armed services and from junior enlisted ranks through very senior officer ranks. Militaryheadhunter.com is a firm that specializes in online military-to-civilian recruiting. Terms of the purchase were not disclosed.

In announcing the purchase, Drew Myers, president of RecruitMilitary said, "This acquisition brings to RecruitMilitary a suite of electronic tools that we believe are unequaled in the industry of military-to-civilian recruiting.

One reason Militaryheadhunter's Web hiring system is so powerful is that it was designed exclusively by military veterans."

Myers cited Militaryheadhunter's proprietary 10-Step Resume Builder as an example of the software quality.

"The job candidate interacts with the software, and together they examine all aspects of the candidate's career, including goals and job preferences. The software then uses the information to compile a resume that tells employers what they need to know about the candidate's education, military experiences, and personal aptitudes and aspirations," Myers said.

"The RecruitMilitary team as well as the personnel at MilitaryHeadhunter.com have now created a Web site that offers more choices, and better choices, for both the veteran job seeker and the employer with a wide range of hiring needs," Myers said.

John Pacchetti, president of

MilitaryHeadhunter.com joins RecruitMilitary as chief technology officer.

"We are extremely pleased to add John's great organizational and programming talents to our organization," said Myers. "We plan to use John's expertise to build what will truly be the world's broadest array of military-to-civilian recruiting products and services."

RecruitMilitary was founded in 1998 as Selection Integrity Resources (SIR), a part of a global sales training and consulting organization based in Cincinnati.

For more information, contact RecruitMilitary, LLC, 4520 Cooper Road, Suite 304, Cincinnati, OH 45242; telephone 513-621-5349; fax 513-621-9356; or e-mail [drew@recruitmilitary.com](mailto:drew@recruitmilitary.com).

(Editor's note: Article prepared by Drew Myers, president RecruitMilitary, Cincinnati.)

## Driving tip

*Adventures in driving decision-making brought to you by the Installation Safety Division.*

### Situation:

Imagine driving 25 miles an hour on a straightaway, behind a truck hauling lumber. You're about to pass when you decide to drop back because the load doesn't look well tied down. Suddenly an eight-foot 2 X 4 jars loose and comes directly toward you.

What should you do?

- A. Immediate hard right.
- B. Hard brake, veer if possible, or hit it outright.

### Answer:

B. Yes, good choice. If you aren't sure you can get away from something, like a plank of wood, the slower you're going when it hits, the less damage it will do. And if you can veer to miss it, of course that's the best thing, but you're better off to hit it than to swerve or try to dodge around it. Always when something comes at us, we tend to flinch or dodge. That action can cause you to swerve and lose control. It's a good idea to brace yourself and hold the wheel steady when you see something coming, whether it's a 2 X 4, a bird, or a newspaper

Richard Nornhold, the local commissary director for the last two and a half years, spends a few moments in the produce section of the store during his last day on the job at APG, June 24.



# From mainland to island — Commissary director says 'adios'

Story and Photo by  
**Sheila Little**  
APG News

When Aberdeen Proving Ground's former Commissary Director Richard Nornhold left for a promotion to director of the Fort Buchanan, Puerto Rico, commissary, July 1, he said a fond farewell to a multitude of APG business and community friends, but he left behind a bit of himself; a store that has quickly become known for its friendly business atmosphere and community outreach.

With a flair for bringing out the best in people, Nornhold is credited with making several key business and personnel changes over the last few years, resulting in increased employee and customer satisfaction, a jump in community outreach and a boost in business.

"He's not just all about work," said Marilyn Capers, a produce assistant. Capers said she and other employees enjoy their jobs due to the atmosphere created by a man that she describes as not just her boss but her friend as well. "If he wants a change, he makes us want to do it, and we enjoy doing it too," she said.

Bernard Dorsey, who has worked at the commissary for 22 years, credits Nornhold with giving employees "a chance to excel."

"I was overdue for a promotion, and once he became director I got it," he said. Dorsey added that other long-time employees also received promotions, which, in addition to exercising faith in their leadership abilities and increasing their salaries, encouraged them and recognized their loyalty.

APG Garrison Command Sgt. Maj. Ronald E. Stallings said Nornhold has done a lot to reach out to the soldiers, airmen and Marines of APG. "He supports the BOSS (Better Opportunities for Single Soldiers) program, the service member of the year banquet, the Army birthday ball, the spouse clubs, and other organizations and programs on the installation," Stallings said. "He's a great supporter of the soldier and the soldier's family."

"I love being a part of the community, especially the military community," Nornhold said. "I think it's our job and it means a

lot to me to reach out to those who serve the country."

As store vendors and employees and customers see Nornhold's willingness to reach out, and bear witness to the increase in business brought about by giving to the community, they eagerly participate. Last year, the APG commissary presented \$1,500 vendor-sponsored college scholarships to two military dependents, in the initial year of a Defense Commissary Agency-organized scholarship program. The recipients at APG also each received a wicker laundry basket packed and overflowing with snacks and toiletries donated by the store and its vendors.

Diane Payne said her daughter Katie received one of the scholarships.

"She was thrilled with the money, but she was really touched that Mr. Nornhold and the store employees had taken so much time and thought in putting together a basket of things she would need at school," she said. Payne added that Nornhold went out of his way to help the local military spouse clubs raise funds by offering to donate to and organize lunchtime hot dog sales. Funds raised by the charitable organizations are returned to the community in the form of donations and scholarships.

"He just goes out of his way to help and make others feel special," she said.

Nornhold said he listens to his employees and customers, and although he also has ideas, he makes an effort to incorporate the ideas of others.

"I'm a people person. I like to know my customers," he said.

Nornhold's efforts to increase the customer-friendly atmosphere of the store, gleaned from listening to others and years of grocer experience include: wider aisles, a face lift and a wider range of produce in the produce area, free coffee and coupons inside the store entrance and fresh flowers for purchase near the check out aisle.

A native of Mt. Joy, Pa., the father of six and grandfather of 12 began his career in the grocery business at the age of 16, working evenings and weekends as a way to earn spending money. His part time job turned into full-time, and eventually

became a career, as he worked with grocery chains for 24 years before becoming a federal employee in 1986. Now entering his 40th year in the business, he doesn't show signs of stopping.

"I started as a teenager to earn money to buy a car, but I liked it so much, I stuck with it," he said.

The APG commissary is known as a winner with the community and in the business arena, garnering numerous business and display awards over the last year including being named the world winner of the 2001 Crystal K from Kellogg's, named one of two national winners of the Golden Penguin award for frozen foods display, first place for a Procter and Gamble Special Olympics display, and numerous eastern region and northeast region awards from Coca Cola, Hershey and Kraft, among others.

When asked about his success at APG, Nornhold is quick to give credit to his employees.

"It's not me. It's due to them. I feel very fortunate that I've been surrounded by a bunch of great, hard-working employees that have made me look good," he said.

Nornhold added that he is excited about Fort Buchanan, an assignment he took to enhance his career.

Not one to sit back, Nornhold and his wife of 28 years, Betty Jo, visited Puerto Rico in June and he has already initiated changes there, rearranging the produce section near the entrance to make it more appealing.

Surrounded by a bilingual staff at his next assignment, he said he is hoping to learn the language.

"It's a big challenge, but I'm looking forward to it," he said.

"I've thoroughly enjoyed the business. It's been a great life for me."

Nornhold said he will continue the community outreach at Fort Buchanan.

In the meantime, he hopes the people of APG will keep in touch. "I'm only an e-mail away," he said.

Tammy Spickler, returning to APG from a Fort Meade assignment, has been named APG's interim store director.

## Fires

From page 7

Melinda McGann, U.S. Forestry Service representative. "We take infrared pictures at night, when things are cooler, and, combined with the products we get from Army Space, I think we're getting an extremely clear picture of the fire. And you can fight so much better when the 'enemy' is clearly seen."

The Hayman fire in Colorado was the first project that Army Space assisted with, but the Arizona fires are also receiving satellite attention.

As a result of the expansion, the Web site, which was originally named Colorado Fires, has been changed to Western Fires.

The Web site address is <https://www.armyspace.army.mil>.

"We, like everyone else, wanted to help," said Lt. Col. Robert King, Army Space Forces executive officer. "As soon as the request came in from the forest service, we jumped on it. We're just one

piece of the firefighting puzzle, but if it helps contain it any sooner, or helps someone avoid hazard, then we've done a good thing."

One civilian involved in the mission believes that this technology will help many in the area save their homes.

"My interest in this is very frankly dual-sided," said George Wood, a SORC technician. "I know what the technology can do, which is exciting. But I'm also a Teller County homeowner whose house is endangered. I've lost my home to fire before, not a forest fire, but I definitely don't want to go through it again. This technology can help many in similar situations."

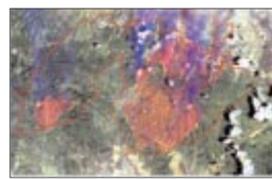


Image of the Chediski-Rodeo Fire in Arizona taken from a LANSAT 7 satellite June 21. Such images are provided to firefighters through the ARSPACE Web site.



### Outlook Tip #10: Changing the work day on your calendar

By default, Outlook uses an '8:00 AM to 5:00 PM' workday, but user can change this as follows:

Select Tools from the menu, then select Options.

On the Preference tab, select the Calendar Options Ö button.

On the Calendar Options screen, set the Start and End Time.

Note: The End Time selected here will also be the default End Time of any items that flagged for "follow-up" with a date.

See Outlook Tip #9 located in the Outlook Tips Public Folder for more details.

Select Public Folders, then All Public Folders, then APG, then Outlook Information and finally select Outlook Tips.



### Mystery Bowl winner

Photo by KELLY HILL  
Sgt. 1st Class Albert J. Jones, U.S. Army  
Ordnance Center and Schools

### Mystery Bowl contest

Every Saturday throughout the summer the APG Bowling Center draws a winner in the Mystery Bowl Contest. Patrons receive an entry form for the contest for every purchase made from the bowling center. For more information, contact Dave Brewner at 410-278-4041, or e-mail [david.brewner@usag.apg.army.mil](mailto:david.brewner@usag.apg.army.mil).

### Adventure Training Ropes course

Experience the teamwork that will encourage trust, confidence, and self esteem by attending an adventure training ropes course, July 20 or 27, at the Harford Glen Park, 9 a.m. to 12:30 p.m. Cost is \$20. Register by July 17 for the July 20 class and July 24 for the July 27 class at Outdoor Recreation, building 2407. For more information, contact Charles Heinsohn at 410-278-3868 or e-mail him at [charles.heinsohn@usag.apg.army.mil](mailto:charles.heinsohn@usag.apg.army.mil).

### Kayaking class

To become proficient in the safe operation of a kayak, this course provides hands on training in the pool and an option to take a river trip at the end of the class. Dates for the training are July 16, 18, and 23, 8 to 10:30 p.m. at the Knight Diver Aquatic Center in Edgewood. Cost is \$125. For more information, contact Charles Heinsohn at 410-278-3868 or e-mail him at [charles.heinsohn@usag.apg.army.mil](mailto:charles.heinsohn@usag.apg.army.mil).

### Phillies vs. Braves

Come see the Philadelphia Phillies as they square off against their division rivals, the Atlanta Braves July 20 for an afternoon game. The bus will pick-up at 11 a.m. and return at 6 p.m. at the Aberdeen Area Recreation Center, building 3326. Tickets must be purchased by July 12 at the Information, Ticketing and Registration Office, or call 410-278-2621. For more information, contact Stacie Edie at 410-278-3931 or e-mail her at [stacie.edie@usag.apg.army.mil](mailto:stacie.edie@usag.apg.army.mil).