



U.S. Army Center for Health Promotion and Preventive Medicine

# The Sentinel

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## Military 2003 Medical Merit



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## CHPPM's Anniversary Ball

By: Ann Ham

The eighth CHPPM Anniversary Ball was held at the Top of the Bay on October 25. BG and Mrs. William T. Bester hosted the formal event, which began with a receiving line and socializing on the patio overlooking Swan Creek. The 389th Army Band Jazz Combo provided pre-dinner music.

After "Mess Call" by the bugler and with the 200 attendees seated at the tastefully decorated dining tables, COL John Ciesla, CHPPM Chief of Staff and Master of Ceremonies for the evening, welcomed all and announced the posting of the colors and singing of the National Anthem.

The colors were posted by members of the CHPPM Color Guard, who were: Color Sergeant MSG Jerry Beatty, SSG Roland Lassiter, SGT Christopher Buterbaugh, SGT Ernesto Chee-Chong, SGT Paul Ebohon, and SGT Erica Noble. Ms. Janet Silver sang the National Anthem followed by the invocation by LTC Ronald Smith, Chaplain.

Following the introduction of BG and Mrs. Bester, the hosts for the evening, Ciesla recognized others seated at the head table and other distinguished guests. The ceremonial cake was cut by Bester and 2LT Jason Krantz, representing the future leadership of CHPPM; SGM David Vreeland and PFC Alison Blake, representing the future noncommissioned leadership; and Mr. Thomas Bender and Mr. Andrew Whelton, representing the civilian workforce. Attendees then watched a brief patriotic video produced by CHPPM personnel.

COL Albert E. Kinkead, Chief of Staff, Headquarters, 3<sup>rd</sup> Medical Command, Decatur, Georgia, was the keynote speaker.

The focal point of the evening was the induction of the following CHPPM personnel into the Order of Military Medical Merit: LTC James Boles, LTC Teresa Hall, LTC Mark Melanson, LTC (Ret) Roy Miller, SGM Thomas Dowell, Dr. William Burrows, Ms. Toni Christopher, and Mr. Brian Zeichner.

Bester presented the award for the 2003 CHPPM Quality Advocate of the Year to Dr. Deanna Harkins, Directorate of Occupational and Environmental Medicine. Ciesla then recognized Ms. Lovetta Britton for her outstanding efforts as Protocol Officer, the color guard, the Jazz Combo, and the Top of the Bay staff for the excellent food and service. He expressed appreciation to all the CHPPM personnel who made the evening special.

After the colors were retired by the color guard, attendees danced to music provided by a deejay from Now You See It – Now You Don't Promotions.



CHPPM's 2003 inductees into the Order of Military Medical Merit.

## Occupational Health – Identifying the Value Added

By: LTC Timothy Mallon

Director of Occupational and Environmental Medicine

Preventive and occupational medicine services have been significantly reduced over the past decade along with other service lines. We must demonstrate the value added of our programs because budget constraints have forced resource managers and senior decision makers to reduce staffing and cut costs.

We recognize the need to document program performance and show how program execution affects the health of Soldiers and civilians and the Army's medically related costs. Failure to implement cost-effective, occupational health services results in adverse health outcomes, increased military disability, and increased civilian workers' compensation costs. It increases lost work time and disability and decreases worker productivity. OH worked closely with the Medical Command Program, Analyses, and Evaluation, Manpower Division and the Proponency Office for Preventive Medicine for the Office of The Surgeon General to develop a new and unique approach to quantify and assess preventive and OH services. We identified process (leading) and outcome (lagging) metrics of program performance to comprehensively assess the OH program.

The team developed the Occupational Health Improvement Plan to gain command support and to ensure oversight of program execution. We decided to assess the adequacy of staffing and

funding levels to examine whether OH providers met training and credentialing requirements for their assigned positions. We also decided to use standardized process and outcome measures of program performance to evaluate the OH clinics in the Army.

First, we assessed the availability of data to evaluate the Army OH program performance. We examined 15 years of assistance visit reports and identified sources of data. Unfortunately, there is very little objective data that enables the comparisons of OH program execution between installations and major Army commands. The only data source we were able to identify is the Department of Labor workers' compensation data. We need more effective ways of collecting program execution information and gauging the relative performance of OH clinics Army wide. Visiting 130 OH clinics each year was neither cost effective nor an efficient means for conducting business. A web-based, self-assessment questionnaire was developed that addresses the basic elements of the OH program and includes objective measures of program success (both process and outcomes measures). These measures of program success were included in the OHIP and briefed to the Army Surgeon General and Deputy Surgeon General. The self-assessment results will be reviewed and outlier clinics identified and targeted for intervention to address program

strengths and weaknesses. Best practices will be shared with other OH clinics.

We identified and added metrics to the CHPPM balanced scorecard to capture how our assistance visits affect the outcome of subsequent evaluations of OH program execution.

The preventive medicine/OH community has always felt that we are understaffed and underfunded to accomplish our missions at the installation level. We learned quickly that the "I think," and "I feel" approach to resource acquisition does not work. Much of what preventive medicine does is not captured in routine Medical Expense Performance Reporting System data, a hospital-based cost accounting system, and this creates a challenge in appropriately capturing workload data at the installation level. Due to our inability to accurately articulate the installation PVNTMED mission, we lost approximately 700 requirements from our installation manpower documents through the MEDCOM's manpower staffing methodology, the

*(continued on page 9)*

# Military News

## ARRIVALS

CDR Dale Barrett – DOEM  
 MAJ Michael Bell – DOEM  
 PFC Alison Blake – DLS  
 1SG Keith Burroughs – HCC  
 SPC Steven Brittain – CHPPM-Europe  
 SGT Ava Diane Carter – CHPPM-North  
 SPC Jamey Chaney – CHPPM- North  
 LTC Elmer Combs – DHPW  
 MAJ Ruth Crampton – OCO  
 2LT Mia Debarros – CHPPM-South  
 LTC Eric Fallon – DOEM  
 SPC Christopher Johnson – CHPPM-Pacific  
 LTC Colleen Margaret Hart – DHPW  
 SFC Cynthia Hughes – APFRI  
 CPT James Mancuso – CHPPM-Europe  
 CPT James Meckel – CHPPM-West  
 MAJ Kelli Metzger – APFRI  
 SPC Miguel Ocasio –CHPPM-Pacific  
 CPT Lawrence Petz – CHPPM-Pacific  
 1LT Richard Ramos – CHPPM-West  
 MAJ Alick Smith – CHPPM-South  
 MAJ Maurcie Sipos – APFRI  
 COL Thomas Williams – APFRI

## AWARDS and RECOGNITIONS

### Army Commendation Medal

1LT David Brixius – CHPPM-Pacific  
 SGT Mario Hellamns – CHPPM-Pacific  
 SGT Joseph Newton – DLS  
 SPC Dixie Albro – OCO  
 SPC Jack Bowling – CHPPM-Pacific  
 SPC David Halstead – CHPPM-Pacific

### Meritorious Service Medal

LTC Michael Custer – DHPW  
 LTC Robert Mott– DEDS  
 MAJ Samuel Jang – DEDS  
 CPT Evan Tillman – CHPPM-Pacific  
 CPT Joanna Mysen – OCO

## DEPARTURES

SGT Jacques Acloque – DSLOG  
 SGT Priscilla Cooper – CHPPM-Europe  
 CPT Darryl Forest – CHPPM-South  
 SGT David Otha Johnson – CHPPM-West  
 LTC Richard Kramp – DOEM  
 LTC Mary Laedke – DOHS  
 SSG Lisa Phillips – DHRM

## PROMOTIONS

MAJ Monica O’Guinn to LTC  
 1LT Tanya Garcia to CPT  
 1LT Joseph Hout to CPT  
 2LT Bryan Rudyk to 1LT  
 PFC Nicole Back to SPC

## RETIREMENT

COL William Chambers – COS

### Army Achievement Medal

LTC(CH) Ronald Smith – DHPW  
 SGT Joseph Newton – DLS  
 SPC Gerbert Flores-Chavez – DLS  
 SPC Kristina Snyder – CHPPM-South

### Order of Military Medical Merit

LTC James Boles – DTOX  
 LTC Teresa Hall – DHPW  
 LTC Mark Melanson – DOHS  
 LTC (Ret) Roy Miller – DEHE  
 SGM Thomas Dowell – CHPPM-West

### Good Conduct Medal

SPC Dixie Albro – OCO

# Civilian News

## ARRIVALS

Cindy Backhaus – DCSRM  
Eric Bebbler – DEHE  
Althea Colleen Daniels – DOHS  
Jimmy Drummond – DCSIM  
Laura Frick – CHPPM-South  
Connie Fox-Samson – DOEM  
Albert Griffin – DCSIM  
Shomona Hooks – CHPPM-Europe  
Jeri Humphries – CHPPM-South  
Jolanta Jacobs – CHPPM-Pacific  
Jared Lake – DCSIM  
Joanna Mysen – DHRM  
Alexander Reed – DCSIM  
Karl Weighmann – CHPPM-West  
Sarah Woo – CHPPM-Pacific  
Jose Ignacio Yamsuan – CHPPM-Pacific  
Steven Zielinski – DCSIM

## AWARDS and RECOGNITIONS

### Order of Military Medical Merit

William Burrows – DLS  
Toni Christopher – OCO

### Superior Civilian Service Award

Ann Ham – PAO

### Commander's Award for Civilian Service

Carolyn Colburn – DCSIM  
Judy Harris – DHPW

### Commander's Award for Public Service

Marjorie Warhurst – CHPPM-Pacific

## DEPARTURES

Daniel Buckson – CHPPM-Pacific  
Deane Carlberg – CHPPM-Europe  
Joseph Chronowski – DEHE  
William Jacobs – CHPPM-Europe  
Christopher Johnson – CHPPM-Pacific  
Joann Proper – CHPPM-Europe  
Susan Soriano – CHPPM-Europe  
Marjorie Warhurst – CHPPM-Pacific

## Certification of Appreciation and Coin from MG

### Joseph Peterson, Commander 1st Cavalry

Douglas Ohlin – DOHS

## Retirements

Joanne Schmith – DOEM  
Elaine Wetherell – DCSOPS

## Service Certificate & Pin

Jesse Barkley – 35 Yr  
Thomas Bender – 35 Yr  
Lynn Bonds – 25 Yr  
Carl Bouwkamp – 30 Yr  
Angelene Christman – 25 Yr  
Annjanette Ellison – 15 Yr  
William Schroeter – 30 Yr  
Karen Steiger – 15 Yr  
Joanne Schmith – 20 Yr  
Marcia Wilmoth – 25 Yr

# Order of Military Medical Merit

The Order of Military Medical Merit is a unique, private organization founded by the Commanding General of U.S. Army Health Services in 1982. This organization recognizes excellence and promotes fellowship and esprit de corps among Army Medical Department personnel. Membership in the Order denotes distinguished service, which is recognized by the AMEDD senior leadership.

This year the following individuals were inducted into the Order of Military Medical Merit at the CHPPM Ball: LTC James Boles, LTC Teresa Hall, LTC Mark Melanson, LTC (Ret) Roy Miller, SGM Thomas Dowell, Dr. William Dickinson Burrows, Ms. Toni Christopher, and Mr. Brian Zeichner.



**LTC James Boles** currently directs the scientific course and two active programs within the Directorate of Toxicology to determine the toxicity and health effects of known toxicants and potential toxicants of military origin providing the basis of medical and operational health risk management Army wide.

Boles has distinguished himself as a technical expert in the field of toxicology. His experience as a toxicologist coupled with his prior work as a zoonotic disease clinician and food safety specialist at operational levels provides a broad experience base from which he and the Army health care system can draw. This broad range of experience has enabled him to consult on a breadth of toxicology matters with health care providers, regulators, and commanders/policy makers in a more meaningful, authentic manner.

Boles attended the University of Kansas Medical Center and obtained his Ph.D. in Toxicology in 1996. He investigated models of toxicity in vivo. Most recently he was responsible for maintaining chain of custody and appropriate sample preparation of all samples submitted by the Secret Service, Federal Bureau of Investigation, and Capitol Police. This included the anthrax letters and many evidentiary and conformational samples to include surveillance/post-decontamination samples of the Capitol building during Operation Nobel Eagle.

**LTC Teresa Hall** is a Health Systems Coordinator within the Directorate of Health Promotion and Wellness. Her career is filled with significant accomplishments, which have yielded improvements and quality in every organization to which she has been assigned both at the Table of Distribution & Allowance and Table Of Organization & Equipment level. In such a narrow and specialized field as Community Health Nursing, she stands out as a leader whose contributions will continue to influence her specialty field and the AMEDD well into the 21st Century.

Recognizing the health care needs within our populations worldwide, Hall specialized in community medicine. Her comprehensive clinical knowledge in preventive medicine and health were demonstrated when she designed and implemented the first hospital-wide Human Immunodeficiency Virus Education Program for health care providers in Fort Jackson, South Carolina.

Hall also established the first Health Promotion program for the Joint Task Force-Bravo and provided numerous preventive educational programs to the community in multiple Medical Exercises. She served as the liaison officer between the Medical Element and the local orphanage by providing English classes and humanitarian assistance.

A visionary officer with versatile operational capabilities, Hall serves the Army with unselfish dedication.

**LTC Mark Melanson** is a distinguished scientist and officer who has consistently demonstrated distinguished performance throughout his military career. In his current position as the Program Manager for the CHPPM Health Physics Program, he led the team of scientific experts in completing the Depleted Uranium Health Risk Characterization of Gulf War Veterans for the Office of the Special Assistant for Gulf War Illnesses, Directorate of Deployment Health Surveillance. More recently, Melanson served as the Radiation Health Consultant to the U.S. Army Materiel Command where he served as Major Command Consultant on health-related issues involving radiation and radioactive material. He also developed, staffed, and implemented the first AMC radiation safety regulation.

Melanson is also leading a deployed CHPPM Special Medical Augmentation Response Team-Preventive Medicine in Iraq supporting a request from the Coalition Forces Land Component Command for an occupational and environmental radiological health assessment at the Tuwaitha yellowcake site. The mission of the team is to determine whether there are health risks (short and long term) to U.S. Forces who are securing this site from the radiological materials stored there.

Melanson is currently one of only four Nuclear Medical Science Officers in the Army to receive the "A" proficiency designator for outstanding qualifications in the field of nuclear medical science. He is a powerful leader and mentor who embraces the leadership role he has taken in his career specialty.

**LTC (Ret) Dr. Roy Miller** has dedicated his entire professional career to protecting Soldiers, military communities, and civilian communities from the adverse effects of poor quality drinking water or contaminated water, effects of poor treatment and disposal of wastewater, and other environmental health factors.

A graduate of the U.S. Military Academy, Miller served on active duty until 1994 in a variety of Army technical management and staff positions to include those managing people and programs and providing technical assistance for environmental health engineering and public health. He supervised

engineers and scientists providing technical assistance to Army installations and field units for environmental protection and health through adequate water supply and wastewater disposal. He helped the Indian Health Service develop model plans for conducting environmental assessments and managing hazardous material and hazardous water at the Indian Health Service medical treatment facilities. He also assisted the Army Environmental Policy Institute with strategic planning and study for managing hazardous materials and hazardous waste. As Assistant Professor at the Uniformed Services University of the Health Science, he directed and taught postgraduate courses in environmental health and environmental management. He advanced the Army's support to international activities by serving as a staff officer for environmental health, Royal Australian Army Medical Corps, Canberra, Australia.

Many of Miller's achievements and contributions as a branch and division chief at the Army Environmental Hygiene Agency, now CHPPM, continue to have a positive impact on the Army's ability to ensure safe water quality and to protect the critical infrastructure. Miller had the foresight over a decade ago to focus his staff's efforts on developing water system assessments and emergency response plans in case of deliberate acts or water contamination with chemical, biological, or nuclear contaminants. He actively engaged with other Services, Environmental Protection Agency, other Federal Agencies, and private industry to ensure that the Army had the best capability for drinking water quality in the field and garrison. It is due to these efforts that the Army is not only well ahead of the public sector in being ready to address and counter terrorist attacks on our water systems but is also by far the most well-positioned Service within the Department of Defense.

## CHPPM-North Entomologist is Practicum Mentor

Melissa Miller, entomologist from CHPPM–North, served as practicum mentor for CPT Michael Nack, a 72D, Army Environmental Science Officer, who is enrolled in the graduate program at the Uniformed Services University of the Health Sciences. Each graduate student is required to complete a practicum experience. The practicum enables the students to gain public health-related experience and to gain an opportunity to apply classroom learning to practical skills. This program also allows the Department of Defense and other organizations to involve graduate students in on-going projects.



Nack's practicum experience, coordinated with Miller and performed at CHPPM-North's Laboratory, involved planning for and completing the optimization of a real-time polymerase chain reaction technique for the detection of *Anaplasma phagocytophilum* (A.K.A. the agent of human granulocytic ehrlichia). The project involved optimizing the correct concentration of numerous chemical constituents including unique DNA strands that identify the organism in question. The correct concentration needed to be determined for each chemical constituent to include the DNA segments. Once each component is at its optimal concentration, the reaction will work at peak efficiency. When the reaction is working at peak efficiency, the detection limit and accuracy of the protocol is at the optimal level.



Nack, during his practicum, developed and followed a matrix to determine the concentrations of each constituent during each PCR run. He set up a number of different reactions based on his matrix and determined from the result of each PCR run the optimal concentration of each constituent in an overall PCR reaction. Once the optimal reaction mix was determined, he ran serial dilutions of known positive samples to determine the detection limit of the assay. The detection limit was down to 100+/- organisms. He then tested the optimized protocol against native samples. The detection level was 100 percent accurate. All samples that contained *A. phagocytophilum* were detected by the technique, and negative samples were correctly identified. As a final check, conventional PCR was used as a comparison. Both techniques confirmed the same results.

This experience was positive for both Nack, who was able to apply his laboratory skills in a real-life situation, and for CHPPM-North, which gained another detection methodology for its laboratory repertoire. This fulfilled both the spirit and intent of the program.

*The practicum enables the students to gain public health related experience and an opportunity to apply classroom learning to practical skills .*

## Commentary

*(continued from page 3)*

Automated Staffing and Assessment Model. To halt the loss of requirements and to accurately identify installation workload, we identified personnel and resource requirements that do not fit into the traditional "clinical" mold of medical care delivery. We identified at each echelon of care the workload factors and work processes required to complete the OH mission. We utilized those workload factors to generate full-time equivalent requirements for physicians, OH nurses, physicians' assistants, licensed practical nurses, OH technicians, and emergency medical technicians to establish a listing of the Army OH clinics and the required personnel. We contacted the resource management office at every medical center and obtained the most recent information regarding the on-board, required, and authorized strength of personnel. Once both lists were compiled, we compared the on-hand strength with the projected personnel requirements to identify the shortfall in OH resources Army wide. We documented a 50 percent shortfall in staffing and resources. We are currently working with private industry to validate workload and staffing assumptions regarding delivery of all OH services. Once this is done, we will submit a request to gain additional resources through the budgeting process. At the very least, this documentation may help to offset future proposed Army-wide personnel cuts.

Due to the recent focus on the chemical, nuclear, and biological surety mission following the terrorist attack on the Pentagon and World Trade Center, we directed our efforts to support this mission area. We added a metric to the CHPPM Balanced Scorecard. This will ensure OTSG awareness of the Department of the Army Inspector General's inspection results of occupational medicine support for the surety programs. We have achieved some success; the Army Surgeon General provided \$5.4 million dollars to be used to fund contract physicians, nurses, EMTs, and industrial hygienist support for the chemical and nuclear surety depots over the next 3 years.

We examined the established minimum training requirements for physicians, OH nurses, physicians' assistants, licensed practical nurses, OH technicians, and EMTs. We coordinated with the Army Medical

Department Center and School and provided comments on the curriculum for the Fundamentals of Occupational Medicine Course. The course was revised and split into a web-based phase and an in-residence phase. We looked at the need for an advanced OH course, and we are exploring ways to address the ongoing training needs of practicing OH providers who need updates.

For example, Occupational Safety and Health Administration regulations changed the reporting requirements for injuries, the Department of Transportation standards of medical fitness changed for commercial drivers, and the National Fire Protection Association standards of medical fitness changed for fire fighters .

Lastly, we defined the credentialing requirements for physicians, OH nurses, physicians' assistants, licensed practical nurses, OH technicians, and EMTs. We started reviewing and tracking the credentials of OH providers in OH clinics. We have added a web-based survey on the CHPPM server that permits us to collect and maintain information on the current training and credentialing information for OH providers throughout the Army.

Overall, these changes to processes and programs will facilitate much greater command oversight of the OH program and facilitate centralized control, resourcing, and quality assurance. Based on analysis of the data, we will identify installations with significant OH problems and target interventions to improve the program and recognize best practices that can be implemented at other sites. The key to success will be the use of standardized, quantifiable metrics that will include measures of program costs and benefits. That will permit us to compare OH program execution and outcomes from site to site and document the return on investment. The net effect will be a focused OH program that provides outstanding services to our military and civilian employees and delivers world-class value to the Army.

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## Order of Military Medical Merit

**SGM Thomas Dowell** has made remarkable contributions to the Army Medical Department throughout his 25 years of active military service. He has committed himself to a career in the Army Medical Department as a 91S, Preventive Medicine Specialist, after serving as a Russian linguist in the infamous Fulda Gap during the Cold War. Dowell entered active duty in 1971 after serving four distinguished years as a police officer for the city of Houston, Texas. Dowell's determination and initiative were evident in his rapid acceleration from a junior enlisted Preventive Medicine Specialist to the Command Sergeant Major of the combat support hospital that received 80 percent of theater casualties in Operation Iraqi Freedom. He has served as the 1SG in the 4th Infantry Division and was instrumental in the success of the main support battalion during two rotations to the National Training Center. His frequent assignment to the challenging Table of Organization & Equipment positions landed him at the tip of the spear for the 44th Medical Command's Anthrax Vaccination Program resulting in a 95 percent compliance rate for one of the most deployed units in the Army. He also organized, trained, and deployed a U.S. Army Forces Command and MEDCOM team of preventive medicine Soldiers to assist local authorities from the devastating Hurricane Floyd flood waters that created an unprecedented mosquito population.

He was instrumental in the success of preventive medicine countermeasures in Operation Provide Comfort where his vast experience and knowledge ensured the Kurdish Refugees in Northern Iraq lived healthy and disease free. He has dedicated countless hours to the Better Opportunity for Single Soldiers (BOSS) program resulting in improved standards of living for all Soldiers. Dowell launched himself into his duties at the U.S. Army Sergeants Major Academy as the primary instructor of the spouse's leadership development program. He enabled hundreds of military spouses to transition smoothly into

their new duty assignments. Dowell represents and embodies the spirit, dedication, and the excellence of the Army Medical Department and has contributed greatly to all military medicine.

**Dr. William Burrow's** Ph.D., P.E., DEE, distinguished career in private industry, academia, and the DOD reflects a tremendous scope of accomplishment and loyalty to his preventive medicine, public health, engineering, research and development, and education professions. A recognized Army and national expert, Burrows has made lasting contributions to protecting Soldiers, military communities, and civilian communities from the adverse effects of poor quality drinking water, especially the drinking water contaminated with chemical and biological warfare agents. Burrows has brought the visibility and prominence to the Army Medical Department and the U.S. Army by working closely with other Federal agencies, such as the Environmental Protection Agency and the Centers for Disease Control and Prevention, as well as the private industry in addressing issues to protect the critical infrastructure from terrorist attacks especially since September 11, 2001.

Burrows pioneered the development of chemical standards for restoration of contaminated groundwater and soils at several Army installations and conducted extensive pilot studies and extramural projects to optimize water and wastewater treatment.

Recently, the National Security Council requested Burrows by name to participate with the CDC-P, EPA, and several other organizations in preparing a state-of-the-art, comprehensive report on what is needed to ensure adequate protection of the U.S. military and the general population against deliberate chemical/biological contamination of the drinking water supplies.

Burrows pioneered the identification and consolidation of likely biological agents that have been or are suspected to have been weaponized that could pose a potential danger to military and civilian drinking water supplies throughout the world.

As a senior technical consultant, Burrows has guided the DOD-mandated Joint Environmental Surveillance Work Group to identify drinking water threats to the deployed Soldiers worldwide and

the field monitoring and treatment capabilities to minimize such threats. Other noteworthy examples of Burrow's proven technical competence and preventive medicine contributions in field and garrison environments include: support to Soldier and Biological Chemical Command in their Joint Service Water Agent Monitor actions to improve the existing M-272 field water kit to measure chemical agents and to develop a field biological agent monitoring capability addressing the nuclear, biological, and chemical removal of the newest generation Reverse Osmosis Water Purification Unit; providing annual updates in reverse osmosis technology at national and worldwide water technology conferences, such as the Interagency Consortium for Desalination and Membrane Separation Research; finalizing the Standardization Agreement 2136 drinking water standards for NATO countries on behalf of The Surgeon General in concert with British, Dutch, and German representatives; and participating in the International Life Sciences Institute 1999 Workshop that resulted in a comprehensive report on detection of Hazardous Events in Water Supplies (such as, agent contamination).

**Ms. Toni Christopher** currently serves as the Secretary and Administrative Assistant to BG Bester. As the Commander's assistant, Christopher has consistently maximized the effectiveness of the Command office. She has served with nine Commanders, five of whom were General Officers and four who were dual-hatted as Corps Chiefs. She has consistently ensured that the Commander is administratively and logistically prepared at all times.

Christopher is the institutional memory of the Command. Officers, enlisted, and civilian employees alike seek her guidance on a variety of issues spanning the entire scope of CHPPM's responsibilities. Because of this, she is the backbone of the Command Group and provides extremely important and valuable support to the entire Command. In fact, during the re-engineering of the Army Medical Department, Task Force Aesculapius interviewed her for an in-depth perspective of the organization. A leader on the Task Force team has since confided that Christopher demonstrated the best appraisal of the strengths, weaknesses, and

potentials of the organization. She is the organizational and historical expert within the CHPPM.

In all endeavors, Christopher demonstrates outstanding technical proficiency, superb communication skills, and a keen customer focus. She is consistently attuned to the needs of the CHPPM subordinate commands.

Christopher possesses the courage to tell the Commanding General what he needs to hear in a straightforward, honest and trustworthy manner. She is the most loyal and selfless employee any Commander could hope for as an assistant.

**Mr. Brian Zeichner** has distinguished himself as an Entomologist for the past 24 years at CHPPM. He is a recognized DOD subject matter expert in the areas of pest resistance, innovative pest management techniques, and spatial analysis.

Zeichner has made significant contributions to the control of the German cockroach, (historically the number one urban pest) and other public health pests to include mosquitoes, lice, and flies. Upon assuming the duties as pest resistance coordinator, he expanded the German cockroach pest resistance testing program to include the pyrethroid insecticides, which were being used extensively by military pest management personnel. His data also reversed a long-standing practice of applying pyrethrum insecticide following application of a residual insecticide. His efforts significantly reduced escalating cockroach resistance to pesticides and, more importantly, human and environmental exposure to those insecticides that were proving to be ineffective against the target pest.

Zeichner is a co-inventor of the Lethal Mosquito Breeding Container, a device that has been field tested throughout the world and shown to have the potential to reduce populations of *Aedes aegypti* (mosquito).

# AER offers free money for college

AER

Army Emergency Relief offers free money to eligible applicants for college tuition through the "MG James Ursano Scholarship Fund." The fund, administered by AER, was established in 1976 as a secondary mission to help Army families with the costs of post-secondary, undergraduate level education, vocational training, and preparation for acceptance by military service academies for their dependent children.

Scholarship applications are available by mail from HQ AER through February 20, 2004. Mail applications to Army Emergency Relief, MG James Ursano Scholarship Fund, 200 Stovall Street, Room 5N13, Alexandria, VA 22332-0600.

Applications can be printed and submitted from the AER web site through March 1, 2004. Supporting documentation must be mailed by the established deadlines. The scholarship money may be used to assist with tuition, fees, books, supplies, and room and board either on or off campus.

To be eligible for the AER scholarship program, applicants must be —

- Dependent children, stepchildren, or legally adopted children of Army Soldiers on active duty, retired, or deceased while on active duty or after retirement. Children of "Gray Area" retirees are also eligible.
- Registered in the Defense Eligibility Enrollment Reporting System, or DEERs. To check status, call 1-800-538-9552.
- Unmarried for the entire academic year.
- Under the age of 22 on May 1, 2004 based on the 2004-2005 academic year.

To be considered, the scholarship applications must be completed, accurate, and contain all required documents and signatures when received according to the established deadlines. The following are the scholarship guidelines —

- Applicants must be enrolled, accepted, or pending acceptance as full-time, dependent students for the entire academic year in post-secondary institutions accredited by the U.S. Department of Education.
- Scholarship applicants must maintain a cumulative grade point average of at least 2.0 on a 4.0 grading scale for funds to be awarded or disbursed.
- Awards are primarily based on financial need as evidenced by income, family size, special financial obligations and circumstances.

The postmark deadline for completed applications and supporting documentation is March 1, 2004. For more information, call AER MG James Ursano Scholarship Fund, 703-428-0035, or visit [http://www.aerhq.org/education\\_dependentchildren\\_mgjames.asp](http://www.aerhq.org/education_dependentchildren_mgjames.asp).



## CHPPM's 3rd Annual Hispanic Heritage Celebration

The U.S. Army Center for Health Promotion and Preventive Medicine held its 3rd Annual Hispanic Heritage Celebration on September 17 in recognition of Hispanic Americans' Heritage Month. The CHPPM's Hispanic Employment Program committee coordinators, Ms. Carmen Adrover and Ms. Eleonor Gordon, both physical science technicians with the Directorate of Laboratory Sciences, organized the festive event. Many participants gathered at the Gunpowder Club, Edgewood Area, Aberdeen Proving Ground, Maryland for entertainment, food, and an overall educational experience.

CPT Roberto Marin, Directorate of Epidemiology and Disease Surveillance, was the Master of Ceremonies and co-coordinator of the program. He welcomed the attendees and introduced Mr. Randy Weber, who sang the National Anthem. Weber is a training specialist at the School of Military Packaging Technology, Ordnance Center and School. The attendees were entertained by music and dance performances from the Harford County Hispanic Society. Under the direction of Ms. Carmen Duran, Ms. Desiree Flecha and Mr. Dario Morales performed a salsa and merengue dance. Ms. Lady Thurmon and Mr. Eduardo Espinosa performed a Bachata piece.

Marin then introduced CHPPM's commander, BG William Bester, as a "commander that fosters high morale throughout the ranks and supports his Special Emphasis Programs 100 percent; a man with a ready sense of humor and pleasant personality." "He is 'El Numero Uno', #1, El Jefe!" said Marin.

As civilian and military personnel filled the room, Bester welcomed the audience. Bester reminded the audience of the contributions of Hispanic Americans and the importance of this year's theme, "Honoring Our Past, Surpassing Our Present and Leading Our Future." He spoke of the Hispanic observance being celebrated since 1968 and now observed September 15th through October 15th of every year. Bester said that the Hispanic's contributions in the areas of politics,

public service, entertainment, and sports would instill in the next generation of Hispanics a proud heritage, legacy and history. He told the audience that his favorite baseball player was Roberto Clemente, and his favorite marathon runner was Mr. Alberto Salazar – a past Boston Marathon winner. Bester continued with Hispanic contributions both in business and in the military: 10K Hispanics supported the Civil War; 400K during WWII; 80K in Vietnam, and 20K in Desert Storm and Desert Shield. He also spoke proudly of the 39 Hispanic Medal of Honor recipients.

Bester spoke about Ms. Antonia Novello, the first Hispanic and first woman to become The Surgeon General in 1990. The most dramatic improvement in today's society, as noted by Bester, is the increased employment of Hispanic women, now 5 percent of the total workforce. After an excited Hooah!!, the celebration began with the introduction of the guest speaker, Mr. Henry Aldana, CEO of Aldana & Associates, LLP in Rockville, Maryland.

Aldana, a native of El Salvador, immigrated to the U.S. with his family at age 13, searching for the American Dream. Aldana is currently a U.S. citizen and a successful business man. Aldana founded the Hispanic Chamber of Commerce of Montgomery County, Maryland in 1998 and now sits as the President-elect of this organization. He spoke of his passionate involvement with the Hispanic community and challenged the audience to follow their dreams. Aldana's message was well received and enjoyed by all. He closed his remarks with his vision for the Chamber of Commerce to unify Hispanic business owners.

Throughout the program, the aroma of Hispanic delicacies filled the room, catered by La Tolteca, Bel Air, Maryland. The dancing portion of the celebration continued with SGT Maritza Cisneros, noncommissioned officer from the Noncommissioned Officers' Academy, who performed El Tilingo Lindo, which is a Jaracho dance from the state of Veracruz, Mexico. Cisneros' dress was made out of a fabric that represents the sugar

*"Honoring Our Past,  
Surpassing Our Present  
and Leading Our Future"*

# New Faces



**Sarah Woo** joins CHPPM-Pacific to fill an Environmental Engineer position with Environmental Health Engineering Program. She previously worked for the Air Quality Surveillance Program at CHPPM-Main. She has a Bachelor's degree in Chemical Engineering from Rutgers University and completed her Master's degree in Environmental Engineering at Johns Hopkins University, Maryland.



**1LT Richard Ramos** joins the Industrial Hygiene Division at CHPPM-West, Fort Lewis, Washington. Ramos comes to CHPPM-West from the 1st Cavalry Division, Fort Hood, Texas where he established the first Brigade-level preventive medicine element for the Cavalry. His prior service extends over 12 years including assignments as the preventive medicine noncommissioned officer for 1st Battalion, 7th SF Group, the 528th Special Operation Battalion, and the 255th Medical Detachment. Ramos received his Bachelor's degree in Health Sciences from Campbell University, North Carolina. Today he shares his home with his two dogs, Guinevere and Rudy. When not playing fetch, he races BMX, skateboards, plays ice hockey, and is learning the guitar.



**CPT James Meckel** joins the Entomological Science Division at CHPPM-West, Fort Lewis, Washington, as an Entomologist. Before transitioning to preventive medicine, Meckel served as an enlisted infantry Soldier with the 1st Cavalry Division during Desert Storm. As a Medical Service Corps officer, his previous duty positions include: Aide-de-Camp, Operations Officer, Health Care recruiter, and Company Commander. Prior to arriving at CHPPM-West, he served as the Executive Officer for the 38th Med Det in Korea. He earned his Masters in Public Health at New Mexico State University. In his spare

time, Meckel and his faithful labrador, Henley, enjoy hiking in the back trails of the Pacific Northwest.



**Karl Weighmann** recently joined CHPPM-West, Fort Lewis, Washington, Environmental Health Engineering Division as an Environmental Engineer. Prior to taking this assignment, Weighmann was the Environmental Program Manager for the U.S. Army 98th Area Support Group, Wuerzburg, Germany. He previously held positions with the Army Corps of Engineers - Fort Worth District and the Fort Hood Directorate of Public Works, Fort Hood, Texas. Weighmann earned his Bachelor's degree from Texas A&M University and a Master's degree from the University of Texas, San Antonio, Texas. Weighmann enjoys cooking and playing with his two greyhounds.



**SPC Christopher Johnson** joins CHPPM-Pacific as a 91S, Preventive Medicine Specialist. He arrived in September from the 155th Medical Detachment, 264th Air Support Medical Battalion at Fort Bragg, North Carolina. His new assignment is with the Environmental Laboratory at CHPPM-Pacific.



**Jeri Humphries** is currently an ORISE employee at CHPPM-South in the Entomological Sciences Division. She is a native of Albany, Georgia and a graduate of the University of Georgia with a Bachelor's degree in Biology. As a student, her extracurricular activities included intramural sports, Christian Campus Fellowship, and volunteer work at Athens Regional Hospital. Current interests include music, lacrosse officiating, and preparing for graduate school.

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## CHPPM's 3rd Annual Hispanic Heritage Celebration

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sheets of Veracruz, the main agriculture export. Her second exciting performance was called Son de la Negra, which is a dance from Jalisco. The people from Jalisco live a flamboyant, colorful lifestyle, and it showed by the way women prance around in their glistening dresses.

During closing remarks, Linda Patrick, CHPPM's EEO Coordinator, spoke about the education and culture experience that the committee brought to this year's Hispanic observance beginning on September 2 and ending on October 7. Twenty-nine military and civilian employees are attending CHPPM's 1<sup>st</sup> Introduction to Spanish class, which is being offered free. Patrick then introduced the HEP committee members, Adrover; Gordon; Marin; SPC Alex Diaz, Theater Army Medical Laboratory; and Angelina Simon, DLS and thanked them for a job well done, "Without them this program would not succeed!" said Patrick. Bester presented each member with a Commander's Coin and offered his appreciation as well.

The objective of the HEP committee was to educate and promote awareness of the Hispanic culture within the military ranks and civilian employees. Display contributors



were from CHPPM, TAML, the U.S. Army Soldier and Biological Chemical Command, and the 16<sup>th</sup> Ordnance Battalion. The celebration ended with a giveaway of several souvenirs. The attendees then indulged in sampling rich Hispanic food.

CHPPM's commander, military, and civilian support make the DOD EEO a success in delivering a message of Hispanic awareness within our community in honoring those proud Hispanic-American patriots who fought and died for our country in every war including the war in Iraq. The 2003 HEP motto of "Honoring our Past, Surpassing our Present, and Leading our Future" was appropriately conveyed.

CHPPM's HEP committee wishes to thank all who helped make this day a real success; the 70+ military personnel from the 143<sup>rd</sup> Ordnance Battalion; MSG Arble Connor, U.S. Army Ordnance Center and School; SFC Peggy McCormick, NCO Academy; SFC Thomas Serino, Garrison, Equal Opportunity Advisor; PFC Juan Rodriguez and PFC Crystal Nelms, TAML and the staff of APG's EEO office.

# New Faces

(continued from page 14)



**PFC Nikisha Reed** is originally from Jacksonville, Florida. Reed comes to CHPPM-South, Fort McPherson, Georgia directly from advanced individual training. As a 91S, Preventive Medicine Specialist, Reed works in the Entomological Sciences Division with the West Nile Virus Program. Her aspirations include completing college with a degree in biology and becoming an officer in the Medical Corps.



**Laura Frick** is originally from Lilburn, Georgia. She is an ORISE employee within the Entomological Sciences Division for CHPPM-South. Frick graduated with highest honors from the Georgia Institute of Technology with a Bachelor's degree in Biology. She currently serves as the Secretary and Development Chair on the Board of Directors at the Atlanta Community ToolBank, a local nonprofit organization that provides tools and materials for over 300 community agencies and performs critical home repairs for elderly or disabled low-income homeowners. After Frick completes her assignment at CHPPM-South, she plans to attend medical school to become an emergency medicine pediatrician.



You might recognize the new Deployment Environmental Surveillance Program member as **Joanna Mysen**, the former Aide to the CHPPM Commander, BG Bester. Mysen left active duty in September and accepted a Henry Jackson Foundation position with DESP. In 2002, she was the Secretary to the General Staff for BG Martinez. Before arriving at CHPPM, she was the Chief of Environmental Health at Keller Army Community Hospital at the U.S. Military Academy at West Point, New York. Mysen is a graduate of Princeton University and received her commission into the Medical Service Corps through ROTC as a 72E, Sanitary Engineer. She is in the Individual Ready Reserves but hopes to be assigned as an Individual Mobilization Augmentee with CHPPM.

An avid outdoor person, Mysen enjoys running, biking and hiking. She also likes reading in her free time and enjoys traveling.

Mysen said she is looking forward to working with DESP to protect Soldiers from environmental exposures during deployments. Mysen is currently part of the new Global Threat Assessment Team within DESP.



**William Hauck** is a recent graduate of York College in Pennsylvania. He has a Bachelor's degree in Biology and plans to pursue a Master's degree. Hauck has joined the Directorate of Laboratory Sciences as an ORISE employee and is working for the Analytical Spectrometry Division in the Gas Chromatography / Mass Spectrometry laboratory. In his free time, he volunteers at his local fire department as a firefighter and ambulance attendant.



**Robert Muller** joins CHPPM, as a Physical Science Technician with the Directorate of Laboratory Sciences. Prior to joining CHPPM, he worked with live virus refining and chromatography in the production of an injectable influenza vaccine. He has a degree in biology from Towson University in Maryland and has a prior background in the construction industry.



**Beth Boffen** was born into an Army family and has moved seven times before settling in Maryland. She graduated from the College of Notre Dame in Maryland with a degree in Chemistry and also has minors in Physics and Spanish. Boffen attended the University of Maryland, Schwaebisch Gmuend, Germany for one year. She previously worked for the Department of Justice: Immigration and Naturalization Service and the Department of Transportation: Transportation Security Administration (both currently fall under

## New Faces

the Department of Homeland Security). Boffen enjoys all genres of literature and music and loves roller coasters and scary movies. She feels that the best times are those spent with family and friends.



**Christine Kurk** recently joined the Radiologic Analysis Division Team within the Directory of Laboratory Sciences as an ORISE employee. She was born and raised in France. Kurk has a chemical engineering degree from Ecole Nationale Supérieure des Industries Chimiques – Nancy, France and a Ph.D. in chemistry from Institut National Polytechnique de Lorraine – Nancy, France. She came to the U.S. as a postdoctoral fellow. Her research projects involved nuclear waste remediation, specifically the actinides (uranium, plutonium, neptunium, americium, and thorium). Her personal interests include: knitting, bobbin lace, birds, hiking, computers, and accounting. She is the webmaster for her church.



**Kevin Kitts** is a native of Harford County, Maryland. He has joined the Directorate of Laboratory Sciences as an ORISE employee. He has an Associates degree from Harford Community College in political science and a Bachelor's degree from Towson University, Maryland in computer science. He previously worked for Digital Innovation, Incorporation on proprietary database systems. To help with his new position, he plans to pursue a degree in Environmental Science at Harford Community College. In his spare time, he enjoys karaoke singing, listening to music, games, tinkering with computers, hiking, crabbing, astronomy, bird-watching, and traveling. He tutors students in Computer Science classes at

Harford Community College.

## DEERS up-to-date?

Sierra Military Health Services

**M**ajor life changes require notification to the Defense Enrollment Eligibility Reporting System or DEERS.

Some of the changes requiring notification include marriage, birth of a child, divorce, new home address, or new telephone number.

The addition of a new child requires that the child's social security number be entered into DEERS. There are increasing cases of children who were temporarily added under the sponsor's SSN and never updated with their own SSN. Those children are experiencing problems with their DEERS eligibility for direct care (at a Military Treatment Facility) until their SSN is provided.

DEERS must also be notified when members become ineligible; such as, when a child gets married; when a child, still living at home, reaches the age of 21; or if a full-time college student reaches the age of 23.

All changes other than address changes must be made in person at the local military installation's personnel office. Address changes may be made via the Internet at <http://www.addrinfo@osd.pentagon.mil> or call 1-800-538-9552.

# HOOAH!

**CPT Kent Broussard** was honored recently with the Military Volunteer Outstanding Service Medal. While assigned at CHPPM-South, Broussard devoted over 1700 hours of service to the Villa Rica Community. He coached Little League baseball, football, basketball and was a member of the Faith Christian Center Church.

**SPC Kristina Snyder** received the Army Achievement Medal in October. Snyder distinguished herself through exceptional achievement as a Preventive Medicine Specialist for CHPPM-South. Her dedication to mission readiness and accountability for the organization was outstanding. Snyder's technical abilities have superbly promoted and contributed to the overall quality and success of the Industrial Hygiene Division's mission.

## Mold and Indoor Air Quality Conference



Instructors (l) Arthur Belden and (r) Vickie Hawkins and the attendees at the Mold and Indoor Air Quality Conference.

CHPPM-South hosted a Mold and Indoor Air Quality Conference October 7 through 9. This two and a half day course consisted of an IAQ overview, mold and human health, mold and IAQ regulatory standard review, sampling strategies, mold remediation, heating, ventilating, and air conditioning components, and real-world case studies. Attendees included local and regional Reserves, National Guard Industrial Hygiene technicians, civilians and active duty military Industrial Hygienists, Health and Safety Personnel, as well as personnel from the Fort McPherson Housing and Engineering offices. If anyone is interested in mold/IAQ training for their respective units, call CPT Ronald Havard (or CHPPM-South Industrial Hygiene Division) at 404-464-4510 / DSN 367-4510 or email: [Ronald.Havard@forscom.army.mil](mailto:Ronald.Havard@forscom.army.mil)

# CHPPM

## *Quality Step Awards*

Justina Allen – DTS  
 Annemarie Gibson – DCSIM  
 Mark Johnson – DTOX  
 Jeffrey Kirkpatrick – DHRM  
 Joseph Knapik – DEDS  
 Victoria Little – DCSIM  
 Michael Major – DTOX  
 John Pentikis – DOHS  
 Rainier Ramos – DCSIM  
 Thomas Smith – DOEM

## *Winning Spirit Award*

Mary Bourque – DCSOPS  
 Desiree Bowman – DLS  
 Diana Brewer – DOHS  
 Melissa Brooks – DOEM  
 Jacqueline Davis – DHPW  
 Jason Edmondson – DEHE  
 Neoclis Kyriazis – DCSRM  
 Mildred Martin – DLS  
 Cynthia Martinez – DCSOPS  
 Robert McKenzie – DLS  
 Gunda Reddy – DTOX  
 Denise Robinson – DHRM  
 Kelly Shuja – DEDS  
 Heidi Taylor – DLS  
 Mary Tritle – DOHS

## *Performance Awards*

Donald Ciliax – DOEM  
 Marianne Cloeren – DOEM  
 Leeann Domanico – DOEM  
 Terrence Lee – DOEM  
 Douglas Ohlin – DOEM  
 Vivian Rush – DOEM  
 Felix Sachs – DOEM  
 Joanne Schmith – DOEM  
 Thomas Smith – DOEM  
 James Stout – DOEM  
 Coleen Weese – DOEM

## *Commander's Coins for Oil Well Fires Training and Equipment Teams Members*

SGT Jacques Acloque – DCSLOG  
 SPC Stacy Garvin – DCSLOG  
 Jimmy Billups – DLS  
 Lou Boomsma – DHRM  
 Thomas Burroughs – DOHS  
 Denice Davison – DOHS  
 Mark Farro – DOHS  
 Alex Frankewita – DEHE  
 Linda Hindman – DOHS  
 Paul Hopp – DEHE  
 Jacqueline Howard – DHRM  
 Brad Hutchens – DESP  
 Jeffrey Kirkpatrick – DHRM  
 Gerald Langenstein – DCSLOG  
 James Lloyd – DLS  
 Shannon Lowe – DCSIM  
 Mike McCarter – DEHE  
 Gerri Miles – DLS  
 Wilbert Moultrie – DRHM  
 Mark Phippen – DEHE  
 John Ryea – DOHS  
 James Sheehy – DHRM  
 Barbara Smelser – DLS  
 Joe Sutphin – DEHE  
 Heidi Taylor – DLS  
 Christopher Weir – DEHE  
 Richard Wells – DOHS  
 Matthew Wyant – DLS  
 Brian Zeichner – DOHS



## Alzheimer's Disease – The Leading Cause of Dementia

By: Lisa Young,  
Directorate of Health Promotion and Wellness

As the U.S. population ages, the diseases seen frequently by health care providers will change. One of these is Alzheimer's disease, the leading cause of dementia, and one of several disorders that involve the gradual loss of brain cells. AD is more common than we might expect, afflicting approximately four million Americans. One out of every 10 people over 65 and 5 out of 10 over 85 have AD. By 2050, an estimated 14 million Americans will have AD unless a prevention or cure is found.

AD is a progressive, incurable disease that can last from 3 to 20 years. The areas of the brain that control memory and thinking skills are affected first, but as the disease progresses, cells die in other regions of the brain. The exact causes of the disorder are not known, but research is looking at what happens to our brains as we age, what happens to brain cells in AD, and the genes associated with AD. Researchers agree that a complex set of factors is involved, to include-

- Plaques - clumps of protein fragments outside the cells.
- Tangles - clumps of altered proteins inside the cells.
- Increasing age.
- Family history.
- Specific genes identified with AD.
- High cholesterol.
- High blood pressure.

In recent years, there has been increased research to find medications and treatments to reduce the progression, discover the prevention, and find a cure for AD. There are currently several medications approved by the FDA for AD. The Federal Government will spend an estimated \$600 million for AD research in FY2002. One research trial was conducted involving the use of immunotherapy for treating AD. The study showed impressive results, with those participants that produced antibodies from the immunotherapy either declining or holding steady in their cognitive function. Research is also ongoing identifying kinase enzymes involved in the degeneration of brain cells, with the possibility of using kinase inhibitors to counteract the progressive nerve damage in AD. Additionally, work with lithium is being investigated as a possible block to enzymes involved in the formation of plaques and tangles.

AD is a physically, emotionally, and financially costly disease for those afflicted and their families. More than 7 out of 10 people with AD live at home with 75 percent of the home care being given by family and friends. U.S. society spends over \$100 billion a year on AD, with the average lifetime cost per patient at \$174,000. However, neither Medicare nor most private health insurance covers the long-term care most patients require.

Alzheimer's disease affects a person at different levels. The progressive stages seen are-

1. No cognitive or memory deficit.
2. Forgetfulness, tearfulness.
3. Mild cognitive decline, anxiety, confusion.
4. Agitation, denial, recent memory loss, withdrawal, and depression.
5. Disorientation, purposeless activity, assistance required for survival.
6. Musculoskeletal, personality, and emotional changes; total dependence, and agitation.
7. No speech, incontinence, weight loss, loss of facial affect.

The Alzheimer's Association has developed a checklist of common symptoms to help people identify the warning signs of AD. If you, or someone you know, have several of the symptoms below, contact a physician for a complete examination.

- Gradual memory loss.
- Poor reasoning or judgment.
- Disorientation of time and place.
- Difficulty learning.
- Loss of language skills.
- Decline in performance of routine tasks.
- Changes in mood or personality.
- Agitation.
- Anxiety.
- Delusions.
- Hallucinations.
- Loss of initiative.

## Alzheimer's Disease – The Leading Cause of Dementia

Family members, friends, or health care providers of AD patients may find these suggestions helpful:

- Enter their room as if you are an old friend – they may think you are!
- Keep the environment warm, safe, and well lit. Remain calm and patient since they will often copy your behavior.
- Use lots of verbal reminders and provide repetitive activity to keep them busy.
- Stay with a routine, but also don't be afraid to try something new such as respite videos, simulated phone messages, music, and jokes.
- Combat agitation by using distraction and comforting words. Listen to the meaning and feeling behind the words, which may tell you more than their actual verbalization. They may tell a story that expresses emotions they can't put into words.
- Meet accusations with helpful solutions, not defensiveness or arguing. If they say they have lost an item, look for it.
- Don't dismiss a patient's hallucinations. Validate their feelings and try to distract them.
- Be alert to non-verbal pain indicators, and be sensitive to how you touch them.
- Fight aggression with music and space. Attempt to discover the cause, and avoid repeating it.
- Don't ask a question you don't want a "NO" answer to!
- For wandering behavior, use "Dead End" signs at the end of the halls or on doors.
- Have a sense of humor, and focus on what they can do.
- When leaving the room, give them something to do.
- For frequently asked questions, write the answer down and place it where they can see it.

For example, "Mom, you are at Crestview Adult Care Center. I have gone to work. I will be back to see you today at 6:00 p.m.. I love you. Karen, your daughter."

More information on AD is available through the Alzheimer's Association at [www.alz.org](http://www.alz.org).

### CHPPM Places First in Baltimore Marathon



(l-r Mike Sheely, Veronique Hauschild, and Kevin Russell are congratulated by BG Bester.) Photo provided by Ethel Kefauver, Visual Information Division.

A relay team comprised of CHPPM employees, Kevin Russell, Directorate of Environmental Health Engineering; Veronique Hauschild, Directorate of Health Risk Management; Mike Sheely and Kim Broderick (former CHPPM employees), competed and won first place out of a 198 mixed (male/female) relay teams in the October 18 Baltimore, Maryland Marathon. The team ran under the name "USACHPPM" and completed the 26.2 mile course in 2 hours 54 minutes and 59 seconds, well ahead of the next team. Relay distances varied, Broderick started the race with 6.2 miles, Russell completed 6.8, Hauschild 3.3, and Sheely 9.9. The team received a trophy for their win, which was presented to BG Bester.

Congratulations to other CHPPM employees who took on lengthier runs; Brandolyn Thran, DHRM completed the entire marathon in 4 hours 40 minutes, and Joleen Johnson, DHRM completed the half-marathon in 2 hours 20 minutes.

# Avoid the flu – get vaccinated

By: Ann Ham

Influenza (flu) is a serious disease that is caused by a virus that spreads from infected persons to the nose or throat of others. Those who have not yet received their flu shot should be vaccinated by the end of November, if possible, to protect themselves from this disease. The flu season usually peaks between January and March.

BG William Bester reminds all active duty operational military service members that it is mandatory they be vaccinated for flu unless there are documented health circumstances that would preclude their getting the vaccine. Kirk U.S. Army Health Clinic, Aberdeen Proving Ground, Maryland, arranged for flu shots to be given to CHPPM military personnel in Building E-1570 on November 12.

“All operational military personnel are expected to be vaccinated before Thanksgiving,”

said LTC(P) John Wempe, Kirk U.S. Army Health Clinic commander.

It takes about two weeks to build immunities, so personnel should get their shots well before the flu season starts, he said.

“If you look at history, you will see that influenza has caused a lot of deaths, so we want to be out in front of it — vaccinate the people

who are past their first trimester of pregnancy should be vaccinated. Those who are concerned about whether or not to get a flu shot should check with their health care provider.

Within the military population, the flu vaccine is given first to operational military personnel according to DASG-PPM-NC, 2003-2004 Army Influenza Immunization and Control Program. Next in priority are medically high-risk military beneficiaries and their contacts, such as persons 65 years on or before April 1, 2004; residents of long-term care facilities; adults or children with chronic disorders or disorders of the pulmonary or cardiovascular system (including asthma); and four other categories including children age 6 months to 18 years on long-term aspirin therapy and women who will be in the 2<sup>nd</sup> or 3<sup>rd</sup> trimester of pregnancy during influenza season.

The flu season usually peaks between January and March

early so they will be protected from those strains of the virus that are in the vaccine,” said Wempe.

The flu vaccine is very safe. However, people who have had a serious allergic reaction to eggs or to a previous dose of influenza vaccine or who have a history of Guillain-Barre Syndrome should not receive the vaccine. Women



BG Bester receives his annual flu shot from LTC John Wempe, commander, Kirk U.S. Army Health Clinic. Photo provided by Ethel Kefauver, Visual Information Division.

For a complete listing and more information about the flu vaccine, check the CHPPM Web site at <http://chppm-www.apgea.army.mil/> and click on Influenza Policy.

# CHPPM's 5<sup>th</sup> Annual Halloween Party

By: Ann Ham

The CHPPM Family Readiness Group held their 5<sup>th</sup> annual Halloween Party Friday, October 31 at the Edgewood Area Gunpowder Club. CPT Joseph Hout, who hosted the group party effort, reported that 30 children attended, with 21 families signing up to attend.

Children enjoyed an especially frightening Haunted House, which was designed and created by the enlisted members of the FRG. Children participated in contests involving scarecrow making, coloring, best costume, and pin-the-nose-on-the-pumpkin. Face painting, piñatas, and pumpkin bowling were other activities arranged for the youngsters.

"It was evident that a lot of planning and work took place," said Ms. Connie Fox-Samson of CHPPM's Directorate of Occupational and Environmental Medicine. "The children had a lovely time. We especially enjoyed the photography by 'Beetlejuice'."

Hout, dressed as "Beetlejuice," was the Halloween party photographer for those children wanting their pictures taken in their costumes. An added extra attraction this year was a hayride around the officers' quarters, provided in MAJ Tim Kluchinsky's four-wheeler.

"Thanks to all who helped make this a truly memorable and safe event for the children and families," said Hout. "I hope even more CHPPM personnel will volunteer next year to take part in preparing for the event and then see how much fun the children have with the holiday activities."



*Trick or Treat!*

photos provided by CPT Joseph Hout, Company Commander, HQ, HQ

## CHPPM employee honored at Chincoteague National Wildlife

Irene Sacilotto, a consultant for The Directorate of Laboratory Sciences, was recently honored at a VIP reception at Chincoteague National Wildlife Refuge for the grand opening of the Herbert H. Bateman Educational and Administrative Center.

Sacilotto has worked for CHPPM since 1974. However, over the years, she has maintained a second avocation as a nature photographer and photo workshop/tour leader. She is nationally published and has images appearing in magazines such as Nature's Best Photography, Birder's World, Living Bird, National Wildlife, Natural History, and Outdoor Photographer. Her photographs have also appeared in books, cards, calendars, and posters produced by Audubon, National Wildlife, National Geographic, and the National Park Service to name a few. Sacilotto has authored "How To" articles for Outdoor Photographer, Shutterbug's Outdoor and Nature Photography, and other photo magazines and was featured in the Public TV series entitled "Nature's Best Photography." Under the auspices of Osprey Photo Workshops and Tours, she has conducted more



than 200 photo workshops/tours in more than 80 locations in both the U.S. and abroad. In 2003, she spoke on digital photography at the Force Health Protection Conference held in Albuquerque, New Mexico for the Environmental Science Track and Medical Command Public Affairs and Marketing Conference. She was a major contributor to the Center's displays, providing more than 70 images including the huge mural marking the entrance to the exhibit area. Sacilotto's images are destined to be seen by more than 500,000 people expected to pass through the visitor's center each year at the Chincoteague National Wildlife Refuge.

Sacilotto has been a long-term refuge supporter and

volunteer. She has been photographing on the refuge for more than 20 years and has contributed hundreds of images to Fish and Wildlife Service files. Through her yearly photo workshops on the refuge, she has introduced several hundred amateur photographers to its remarkable wildlife and scenery. Currently, she is completing work for a book on the refuge.

Chincoteague National Wildlife Refuge lies on the Virginia end

of Assateague Island, a narrow 37 mile long barrier island off the coast of Maryland and Virginia. Its 14,000 acres include beach, dunes, thickets, maritime forest, marsh, and freshwater impoundments. The refuge preserves critical barrier island habitat and protects a wide variety of plants and animals including the Delmarva fox squirrel and other endangered and threatened species. Strategically located along the Atlantic Flyway, it is a vital stop-over point for migrating waterfowl, shorebirds, songbirds, warblers, and peregrine falcons. One of the most popular of the 542 National Wildlife Refuge in the U.S., Chincoteague NWR received more than 1.5 million people per year.

## Commander Crosses his final finish line



*Photo provided by Ethel Kefauver, Visual Information Division.*

CHPPM Soldiers gather at the finish line to cheer on BG Bester as he crosses the finish line of the 2-mile run part of the Physical Training test. COL John Ciesla keeps him company for the run in this last PT test of BG Bester's Army career as he will retire in spring of 2004.

# Cold weather tips

DIO

Now is the ideal time to prepare homes for the cold months ahead. Performing a few quick and easy maintenance chores could save homeowners a lot of time and money later.

- Disconnect exterior hoses outside, and turn off all outside faucets.
- Freezing water lines: when the outside temperature is 32 degrees or below, leave inside faucets dripping. Open cupboard doors to provide some heat.
- Clean or replace furnace filters monthly. Check the thermostat to be sure it is working properly and the pilot light is functioning.
- Check the chimney. If the fireplace hasn't been used in a while, it's a good idea to have it checked for animals, debris, and leaves. Consider installing a screen over the chimney opening.
- Clean gutters and ridge vents. When gutters are clogged, rainwater backs up. If the temperature drops below freezing, the standing water freezes causing the gutters to expand and crack. The ridge vents need to be cleaned in order to allow the house to "breathe" correctly; otherwise, air will stagnate and create an unhealthy environment.
- Check the caulking around doors and windows. If the caulk is cracking and peeling away, it allows the home's heat to escape. In addition, ensure that the doors and windows shut tightly and that no cold air is coming in.





### In Memory of

#### **Edmund Lee "Ed" Davis, Colonel, U.S. Army, Retired Entomologist and Preventive Medicine Science Officer**

Compiled by Donald Driggers, COL (Ret.), U.S. Army

Ed Davis, Colonel, U.S. Army (Ret.), former AEHA/CHPPM commander, of Valrico, Florida, passed away in August, from brain cancer, which had been diagnosed only about six months before. Davis was born in Florida and resided in the Tampa area following his retirement in August 2000 from Headquarters, U.S. Central Command at MacDill Air Force Base, Tampa, Florida.

Davis' illustrious military career spanned a full 30 years. Davis was Commander, U.S. Army Environmental Hygiene Agency (AEHA/CHPPM-West), Fort Lewis, Washington from 1988 through 1990 and Commander, CHPPM-Europe, Landstuhl, Germany from 1995 through 1997.

In addition to his professional degrees as a Medical Entomologist, Davis was a Board-Certified Entomologist and a graduate of the Army War College and Command and General Staff College. He was a graduate of the AMEDD and Infantry Officers' Advanced Courses as well as the Army's elite Airborne, Ranger and Pathfinder courses. He was also an accomplished military bugler, knowledgeable of the history and significance of the different bugle calls. His expertise was such that he could render tunes on a piece of garden hose and a funnel – an unforgettable demonstration of his skill in this military art.

Davis was one of the nation's most decorated entomologists. During his distinguished 30-year career, he earned the Legion of Merit with Oak Leaf Cluster, the Bronze Star Medal, the Defense Meritorious Service Medal with OLC, the Meritorious Service Medal, the Joint Service Commendation Medal, the Army Commendation Medal with 3 OLCs, the Army Achievement Medal, the National Defense Service Medal with Bronze Star Device, the Vietnam Service Medal, the Army Service and Overseas Service Ribbons, and multiple unit citations and campaign ribbons. In addition to the Combat Infantry Badge, he earned and proudly wore the Parachutists' Badge ("Jump Wings"), the Air Assault Badge, and the Ranger Tab. Among his proudest achievements was his induction into the Infantry Officer Hall of Fame at Fort Benning, Georgia, in 2001.

Davis will be missed by us all -- we are all lessened with the premature passing of this fine American Soldier, citizen, professional, and friend. Our heart goes out to his family at this most difficult time.



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