

Over 45 percent of U.S. chemical munitions stockpile safely destroyed
Headquarters Announces Treaty Milestone Met

The U.S. Army Chemical Materials Agency (CMA) announced that an effort to safely destroy the Nation’s stockpile of chemical munitions has reached a significant milestone. The milestone of safely destroying 45 percent of the U.S. stockpile of chemical munitions, officially acknowledged by the provisions of an international treaty known as the Chemical Weapons Convention, was achieved Monday, June 18, 2007.

“Our team is committed to finishing this project in the same safe manner that has characterized our accomplishments to date.”

The slow, methodical and safe destruction of the Nation’s chemical stockpile began with operations on a small Pacific Atoll 800 miles from Hawaii in 1990. Disposal operations in the U.S. began six years later in Utah. Since then, stored chemical munitions and materiel have been destroyed not only in Alabama, but in Arkansas, Indiana, Maryland, and Oregon as well.

More than 900 people working for the Anniston Chemical Activity and for Westinghouse Anniston at the Anniston Chemical Agent Disposal Facility (ANCDF) greeted the news with pride knowing they had contributed to the overall achievements celebrated to date by CMA.

Speaking on behalf of the Anniston work force, Timothy K. Garrett, ANCDF site project manager, said, “Our workers are justifiably proud in their contribution to all that has been accomplished during the many years the U.S. has safely stored chemical munitions and the four years we have been destroying the weapons here.”

Garrett continued his praise of the Anniston team by saying, “Our team is committed to finishing this project in

the same safe manner that has characterized our accomplishments to date. In Anniston, their work has effectively reduced the storage risk to the community by some 97 percent. Their accomplishments are truly commendable.”

To date, Anniston has safely destroyed 1,830 155mm projectiles, 35,662 VX-filled rockets and more than 41,500 gallons of liquid VX. In addition, another 142,428 GB-filled munitions and 96,246 gallons of liquid GB have been destroyed. Approximately 27 percent of the Anniston chemical stockpile has been safely demilitarized since operations began in Alabama in August 2003.

Challenges *(continued from page 1)*

In the next few months, Commissioners will be hearing plans to address expanding 911 / dispatch staffing during the busiest of times and how to raise additional revenues over the next three years to support the equipment provided and maintained previously through federal funds allocated to the county. This approach would likely combine an increase in fees charged to entities receiving dispatching services along with a phased increase to the 911 user fee to levels similar to those found in some adjoining counties.

The County Commission always appreciates input from constituents as to the value received for the services purchased for their constituents. Feel free to provide input on the County 911 / Dispatch services to your district Commissioner! For more information on these or other services managed by the Cleburne County Emergency Management Agency, contact Steve Swafford at 256.463.7130. 

County	Annual Revenues	Other Dispatch Centers in County	Monthly Call Volume
CLEBURNE	\$238,000	0	1,000
CHEROKEE	\$512,000	0	1,000
RANDOLPH	\$598,000	1	800
DEKALB	\$582,000	3	1,586
CLAY	\$244,000	3	300
TALLADEGA	\$710,000	5	7,000
CALHOUN	\$1,292,000	8	5,886

While providing central county-wide emergency service dispatching, Cleburne County’s 911 revenues fall far behind those of other area 911 services.

Obesity in America: How it Affects You

Since the mid-seventies, the prevalence of an overweight and obese population has increased sharply for both adults and children. Data has been collected from two surveys to show that among adults aged 20–74 years the prevalence of being obese increased from 15.0% (in the 1976–1980 survey) to 32.9% (in the 2003–2004 survey). The two surveys show an increase in overweight tendencies among children and teens. For children aged 2–5 years, the prevalence of being overweight increased from 5% to 13.9%; for those aged 6–11 years, prevalence increased from 6.5% to 18.8%; and for those aged 12–19 years, prevalence increased from 5% to 17.4%.

Obesity increases many health risks

These increasing rates raise concern because of their implications for Americans' health. Being overweight or obese increases the risk of many diseases and health conditions, including:

- Hypertension
- High cholesterol
- Type 2 diabetes
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)
- Coronary heart disease
- Stroke
- Gallbladder disease

Although one of the national health objectives for 2010 is to reduce the prevalence of obesity among adults to less than 15%, current data indicate that the situation is worsening rather than improving.

How is obesity determined?

Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify ranges of weight that have been shown to increase the likelihood of certain diseases and other health problems.

For adults, overweight and obesity ranges are determined by using weight and height to calculate a number called the “body mass index” (BMI). BMI is used because, for most people, it correlates with their amount of body fat. A BMI of 25 results in an overweight individual and a BMI of 30 labels the individual as obese. It is important to remember that although BMI correlates with the amount of body fat, BMI does not directly measure body fat. As a result, some people, such as athletes, may have a BMI that identifies them as overweight even though they do not have excess body fat. Other methods of estimating body fat and body fat distribution



include measurements of skinfold thickness and waist circumference, calculation of waist-to-hip circumference ratios, and techniques such as ultrasound, computed tomography, and magnetic resonance imaging (MRI).

For children and teens, BMI ranges above a normal weight have different labels such as being at risk of overweight and being overweight. Additionally, BMI ranges for children and teens are defined so that they take into account normal differences in body fat between boys and girls and differences in body fat at various ages.

Obese children likely to be obese adults

Overweight children and adolescents are more likely to become obese as adults. For example, one study found that approximately 80% of children who were overweight at aged 10–15 years were obese adults at age 25 years. Another study found that 25% of obese adults were overweight as children. The latter study also found that if overweight begins before 8 years of age, obesity in adulthood is likely to be more severe.

The obesity epidemic covered on television and in the newspapers did not occur overnight. Obesity and overweight conditions are chronic in our society, and there are a variety of factors that play a role in obesity. Overweight and obesity are a result of energy imbalance over a long period of time. This energy imbalance occurs because there are more calories consumed than calories used in the individual. The cause of energy imbalance for each individual may be due to a combination of several factors. Individual behaviors, environmental factors, and genetics contribute to the complexity of the obesity epidemic. [CI](#)

Cleburne Ranks Third in State for Radon Detection

Radon is a naturally occurring radioactive gas produced during the normal decay of Uranium found in the earth's crust. Radon is a colorless, odorless, and tasteless gas that occurs naturally in most rocks and soil and is harmlessly dispersed in outdoor air. However, when radon is trapped in buildings, especially at elevated levels, it can quickly increase the risk of lung cancer.

The method of entry into the home is simply from the ground below the house. Radon can enter into any home, new or old, any school, business or building through dirt floors, cracks in concrete, sumps, joints, and foundation openings.

Radon is an underestimated cause of lung cancer. The Environmental Protection Agency (EPA) reports that radon is responsible for more lung cancer deaths than any other single pollutant except tobacco smoke. This translates to 21,000 American deaths each year due to radon.

Radon is a serious issue for residents of Cleburne County and should not be taken lightly. Of all homes that have been tested in the county, over thirty percent have an elevated level of this radiation. This makes Cleburne County the third highest in the state for radon detection. With these results and other soil testing, Cleburne County has been put in the highest risk category for counties in Alabama.



Deborah Mathews (right) of the Cleburne County Extension Office tells WPIL radio listeners how a \$5 investment can save their lives.

Deborah Mathews, the County Extension Coordinator, is very active in radon education. She states that “Yes, we have radon in Cleburne County, but it is fixable.” She agrees that it is very important that each resident of Cleburne County to have their homes tested for radon to assure they are not being exposed. Mrs. Mathews adds that radon kits are only \$5.00 and can be picked up at the local Extension Office at 72 Brockford Road. The office is right next door to the nursing home. [CL](#)

1942: Anniston Army Depot established

1961: First chemical weapons arrived

1995: ANCA Organized as a tenant activity on ANAD

2001: ANCDF construction concluded

2003: Chemical Materials Agency

2003: ANCDF begins chemical weapons disposal operations

2013: Completion of demilitarization operations

CSEPP: An Update on Demilitarization

The Anniston Chemical Activity (ANCA) is located at Anniston Army Depot in Anniston, Alabama. Establishment as a tenant activity occurred on October 1, 1995, under the command jurisdiction of the Director, U.S. Army Chemical Materials Agency.

ANCA began as a group of dedicated and professional individuals performing the mission of safe storage and management of the Anniston stockpile of chemical munitions. Throughout this mission, significant milestones of safe movement and destruction have been reached.

Since the beginning of the Anniston Chemical Agent Disposal Facility (ANCDF) on August 9, 2003, 142,428 GB munitions and 874,436 pounds (96,246 gallons) of GB nerve agent have been demilitarized. Thirty-one months later, March 2, 2006 marked the end of the GB campaign.

The next phase of the campaign began on July 23, 2006 with the demilitarization of the VX agent for the ANCA and ANCDF. The VX demilitarization campaign breaks down in the following order:

- M55 Rocket / M56 Warhead Disposal Campaign (completed March 8, 2007)
- 155m Artillery Projectile Disposal Campaign (began June 3, 2007)
- M23 Mine Disposal Campaign (to begin following 155m Artillery Projectile disposal)
- More than 41,500 gallons of VX processed

ANCA's overarching goals are to help provide a safer United States of America, a greater capability for the U.S. to meet the provisions of the Chemical Weapons Convention Treaty, and a tremendous cost savings to the taxpayer. The extraordinary efforts of ANCA employees reflect great credit upon the United States Army, Calhoun County, and the campaign as a whole. [CL](#)

In spite of health risks and frequently higher-than-domestic prices

Consumers Continue to Buy Drugs Over the Internet

The U.S. Food and Drug Administration (FDA) continues to warn the American public about the dangers of buying medications over the Internet. These practices continue to put consumers at risk and may be more expensive than domestic purchasing.

New data collected by the FDA shows consumers who are trying to save money on prescription drugs do not need to take chances by buying prescription drugs from foreign Internet sites, because low-cost generic versions are available in the United States. This finding also may be an indication that some consumers are likely buying foreign drugs this way to avoid getting a prescription from their doctor or health care professional, since many Web sites do not require a prescription.

The use of prescription drugs without a prescription is an intrinsically unsafe practice. FDA urges consumers to have a prescription from their doctor or other health care professional before using prescription drugs. The agency also urges consumers to review www.fda.gov for important information before making such purchases.



Recent examinations of a sample of drugs shipped to U.S. consumers found several drugs are associated with higher risks and are more dangerous to the consumer if used without the supervision of a doctor or health care professional. For example, warfarin (an anticoagulant or blood thinner) is a medication that requires very close monitoring to prevent stroke or death. Another example is amoxicillin and other antibiotics that should not be used for self treatment to reduce the risk of antibiotic-resistant infections.

Consumers are also at risk if the drugs are not properly labeled for safe and effective use. For example, alendronate sodium, which is used to treat and prevent osteoporosis, should include information warning patients of significant side effects if it is not taken appropriately. Imported eye drop preparations may not have been manufactured under proper conditions to ensure sterility, leaving patients susceptible to contamination that may result in serious infections. These are only a few examples demonstrating the importance of obtaining FDA-approved drugs and health care provider monitoring.

The examination of foreign mail shipments also found that about 45 percent of the imported products already are available in the United States as an FDA-approved generic drug. About half of these generic drugs are available through national pharmacy chain programs that offer generic prescriptions at a cost of \$4 each. This cost is usually significantly less than the cost of drugs charged by Internet sellers. [CL](#)

Some serious dangers involving drugs purchased from unregulated Internet sellers include the purchase and use of drugs which:

- require careful dosing and monitoring;
- do not have adequate labeling for safe use;
- are inappropriately packaged, therefore product integrity is uncertain;
- have been withdrawn from the U.S. market for safety or efficacy reasons;
- may carry risks that require initial screening and/or periodic patient monitoring;
- cause harm—such as a controlled substance (narcotic), whose use should be supervised by a doctor or health care professional due to abuse potential; and
- have clinically significant drug interactions.

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To the Cleburne County Resident at:

The Nutrition and Health Council's
***Friends & Family
Fitness Festival***

**Saturday, October 13
from 9 AM - 1 PM**

SEE BELOW for MORE INFO!



**MARK
YOUR FAMILY
CALENDAR NOW!**

The Nutrition and Health Council presents the
Friends & Family Fitness Festival

what: An event where families can learn and practice fun, physical activities together

when: Saturday, October 13 from 9:00 AM-1:00 PM

where: Heflin Recreation Center

who: For families and for singles and their friends

why: To help families and friends find ways to be physically active and have fun together

how much: No admission charged!



***Boxed lunches filled with healthy and satisfying foods will be available for purchase!
Cindy Templeton, R.D. and other registered dietitians are planning these meals.***

How long has it been since you picked up a hula hoop, threw a Frisbee or jumped rope? It's time to try these things again and learn some new techniques. Over twenty fun activity stations will be manned by families from all over the county; you'll see teachers, doctors and other county leaders; maybe a pastor or two leading activities. ***Come join us!***

Cleburne County Commission has committed to enhancing the lives of its residents through information, updates on county projects and programs, and keep you informed of what is heard in Cleburne County. You

CLEBURNE County LINES

Jeff Edwards, Editor

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Cleburne County 911 Dispatch Faces New Challenges

With over ten years having past since its opening in 1996, the Cleburne County 911 Dispatch Center has witnessed considerable change in the number of service requests and complexity of situations managed. Today, the center finds itself fielding a 911 call volume of over one thousand calls per month, over half of these from cellular callers.

The public's growing dependency on emergency services at times creates situations which require prioritizations to be made that dispatchers would prefer not to have to make. Funds set aside for 911 and dispatching services are only sufficient to staff one call taker per shift at the dispatch center with their 12 hour work periods filling the twenty-four hour days and seven day weeks required for operation. When things get hectic, this staffing level can be easily overtaxed with responsibilities.



Cleburne County dispatchers face heavy workloads as call volumes increase.

For example, suppose a dispatcher receives a call involving a car wreck with multiple injuries occurring on Highway 78. Protocols require the dispatcher to alert and inform the emergency medical service (EMS), local fire department and the law enforcement department covering the area. Each agency has to receive not only the alert but also information such as the location of the emergency, the status of the scene, number injured and the nature of their injuries. This information is typically given while the initial caller is still on the line in case follow up information is necessary. After the dispatch of emergency services are made, the dispatcher stays on the line with the caller and provides emergency medical instructions, if necessary, to assist the caller provide care of the victims until such time as help arrives. Seem confusing, it is! Add into this the likelihood one dispatcher is having to handle two emergency scenes. When you take our multiple vehicle accident scenario and add in a woods fire or domestic dispute the effects can be overwhelming to our quality of service.

In most counties, 911 service handles only emergency phone calls. When the service was coming on line in Cleburne, it was determined the most efficient way to manage public funds was to consolidate 911 call-taking with a countywide emergency services dispatch center so that one center would serve as the nucleus for all emergency service coordination. With funds in short supply, this turned out to be an excellent idea, reducing duplication of services. Although the last ten years have seen considerable increases in requirements, neither the number of phones nor the amount of fee assessed for services have increased.

*(See **Challenges** on page 2)*

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