

POST SHORTS

Recycling schedule



The recycling pickup for Wednesday, Feb. 27, is plastic, glass and metal. Put items in blue bags and place them on the curb.

Gospel Night concert, Feb. 24

The 29th Annual Wilbert Davis Gospel Night is Sunday, Feb. 24, 4 p.m. at the Post Theater. Due to security precautions, those without government ID cards who are interested in attending should contact the Equal Opportunity Office at 410-278-1535.

OC&S instructors of the year honored

Maj. Gen. Mitchell Stevenson, the Army's chief of Ordnance, will host a ceremony to honor the U.S. Army Ordnance Center and Schools' top instructors for the year 2001.

The ceremony, which is open to the public, will be conducted in the Ball Conference Center at 1:30 p.m., March 8.

The Instructors of the Year are Capt. Chris A. Byler, Chief Warrant Officer Rocky D. Yahn, Staff Sgt. Emy Davis, and Gregory L. Williams.

For information, call Sgt 1st Class Ismael Martinez, Equal Opportunity, 410-278-2529.

OC&S Library

Beginning Feb. 25, the OC&S Library hours are Monday, noon to 4:15 p.m., Tuesday through Thursday, 7:30 a.m. to 4:15 p.m. and Friday, noon to 4:15 p.m.

Defense and security info available

You can now receive free e-mail announcements on new Defense and Security publications from federal agencies of the U.S. government. New Titles by Topic Email Alert Service, a new program from the U.S. Government Printing Office, offers timely notifications on the latest defense and security titles as soon as they are available for purchase. Titles available for purchase include:

- Strategic Assessment
- Military Operations and Intelligence
- Technology and Weaponry
- National Security Policies
- Defense Related Laws
- Foreign Relations

All of this information and more is available by
See SHORTS, page 2

Culture tour highlights legacy of a people

Yvonne Johnson
APG News

The African-American legacy was the focus of a day-long excursion to Baltimore for nearly 100 Aberdeen Proving Ground employees who participated in the Taste of History and Culture Tour on Feb. 13.

The day featured a tour of the Great Blacks in Wax Museum, a visit to an African gift shop and a "soul food" dinner in Glen Burnie.

APG Garrison's Black Employment Program sponsored the event, which was designed to foster an appreciation of black history and culture said program chairperson, Brenda Clayton, U.S. Army Center for Health Promotion and Preventive Medicine, or CHPPM.

"We saw it as a great motivator, a way to enhance pride and understanding," Clayton said.

She added that the tour was once an annual program that was initiated by the Army Environmental Hygiene Agency, which is now CHPPM, in the early 1990s.

See CULTURE page 12



A wax figure display inside the Great Blacks in Wax Museum depicts a group of notable African libertarians who include, from left, a young Winnie Mandela, Steve Biko, Nelson Mandela during the years he spent in a South African prison and Kwame Nkrumah.
Photo by YVONNE JOHNSON

APG'S blacks on parade

(Editor's note: In celebration of Black History Month, the weekly series on African-Americans who are making a difference on Aberdeen Proving Ground continues. Whether prominent or not so prominent, they are a small sample of the potential that abounds in all of us. The series concludes with an Army nurse who promotes health, education and concern for others to U.S. Army Ordnance Center and Schools soldiers.)

Community health nurse driven by soldiers' needs



Photo by YVONNE JOHNSON

Maj. Linda McKinney-Wilson, chief of community health nursing at Kirk U.S. Army Health Clinic, handles one of the many daily calls for assistance she receives as the leader of health education, training and counseling for the soldiers and civilians of Aberdeen Proving Ground.

Yvonne Johnson
APG News

Maj. Linda McKinney-Wilson came to Aberdeen Proving Ground six months ago after receiving her master's degree in community health from the Medical College of Georgia. She serves as the chief, community health nursing at Kirk U.S. Army Health Clinic and is charged with overseeing health education requirements for the U.S. Army Ordnance Center and Schools' soldiers.

Through health classes, screenings and counseling, she educates and counsels soldiers on subjects such as tobacco cessation and communicable diseases.

McKinney-Wilson said that she finds the job fulfilling because young soldiers, many of whom are hearing what she teaches for the first time, respond well to her instructions.

"I give them my card and they use it," McKinney-Wilson said adding that she makes herself available on weekends and evenings for soldiers who can't get away during the day.

"I try to make each class or session better than the last," she said adding that she is constantly on the Internet looking for ways to enhance the learning process.

"I think they find it rewarding and appreciate the fact that I am here for them," she said.

"I work for the soldiers. From E-1 and up, I tell them to let me know what I can do to help you."

She said she enjoys the community health field with its daily challenges and opportunities to positively impact the lives of young soldiers, particularly the African-American females.

"I believe most of them are encouraged by what I have achieved and come away knowing that there is no limit to what they can do," she said.

McKinney-Wilson credits her accomplishments on her instinctive concern for others and her belief in the benefits of a solid education.

She made up her mind to go to college while growing up with her 10 brothers and sisters in St. Petersburg, Fla. She said she didn't always
See MCKINNEY, page 5

Soldiers must choose retirement option

Army News Service

The first soldiers eligible for a \$30,000 bonus must decide by March 1 whether they want the new Career Status Bonus/REDUX retired-pay plan.

Under the CSB/REDUX plan, soldiers essentially receive \$30,000 of their retirement pay early, at least five years before hanging up their uniforms, a personnel official said.

The March 1 deadline for the bonus applies to soldiers who began their service after July 31, 1986, and before March 1, 1987. They must select between either the High-Three or CSB/REDUX retirement options.

A few soldiers opted for the CSB/REDUX plan when they signed up for the Thrift Savings program, officials said. They explained that soldiers are supposed to make the decision by the 15th anniversary of their entry into service, but the initial deadline was delayed until March 1.

Choices about such options need time and careful thought, said Gary F. Smith, former chief of Army Retirement Services in the Office of the Deputy Chief of Staff for Personnel. He described the career-status bonus as smart for someone who wisely will invest the \$30,000.

"It would not be smart for someone who will use the bonus to run out and buy a car," Smith said.

Many soldiers are unsure which retired-pay plan they are covered by, personnel officials said. They explained that three different plans are currently in use. The plan a soldier uses is determined by his or her DIEMS, or Date Initially Entered Military Service.

Soldiers with DIEMS before Sept. 8, 1980,

receive a percentage of their final basic pay. Those with DIEMS on or after Sept. 8, 1980, receive a percentage of the average of their highest 36 months of basic pay, referred to as the High-Three formula. Soldiers with DIEMS after July 31, 1986, may choose between the High-Three and Career Status Bonus (CSB/REDUX) formulas. Each formula begins with the number of years of creditable service, officials said.

A notice will appear on qualifying soldiers' Leave and Earnings Statements alerting them to choose a formula. The choice cannot be changed once made, officials said.

Soldiers choosing the CSB/REDUX option receive a \$30,000 career-status bonus during their 15th year of service and agree to serve five more years. Retired pay then equals the number of years of creditable service multiplied by 2.5 percent, minus 1 percent for each year of service under 30, multiplied by the average of the soldier's highest 36 months of basic pay.

At age 62, retired pay will be recomputed under the High-Three formula, but will not be retroactive. Under CSB/REDUX, the longer one stays on active duty, the closer the percentage multiplier is to what it would have been under the High-Three formula, up to the 30-year point at which the percentage multipliers are equal.

The \$30,000 career-status bonus is subject to federal and state taxes. According to the Internal Revenue Service's elective deferral limit, citizens may shelter up to \$11,000 in tax-free savings programs such as the Thrift Savings Plan in 2002.

See OPTION, page 10

Army Times 'Soldier of the Year'

Army Times

The Army Times, in association with AT&T and Fisher House, will present its second annual Army Times Soldier of the Year Award. The Army Times will honor the soldier who best embodies the finest qualities of the men and wo-women serving in today's U.S. Army.

The Army Times Soldier of the Year Award winner will be selected from nominations of soldiers, the readers of the Army Times. Nomination details and ads are available at www.armytimes.com/soldier. Nominations must include:

- Your name, address, commercial phone number and e-mail address.
- Your nominee's name, address and commercial phone number.
- Your nominee's current unit commander's name, address and commercial phone number.
- In 300 words or so, describe why you feel your nominee deserves this award.

• Names and contact information of three people who can verify the achievements of your nominee.

• Nominees must be active duty, Guard or Reserve through June 14, 2002.

• Deadline for nominations is April 12.

Send nominations to: www.armytimes.com/soldier, e-mail: soldier@armytimes.com, fax to: Soldier of the Year Award, 703-642-7325 or mail to: Soldier of the Year Award, Army Times, 6883 Commercial Drive, Springfield, VA 22159.

Someone you know deserves this award. She or he may be a soldier in your platoon or simply someone you've admired from afar (for once, rank is irrelevant).

The Army Times Soldier of the Year winner and honorable mention recipients will be announced in the Army Times this spring.

An awards ceremony on Capitol Hill will follow in May.



ISSUE HIGHLIGHTS

Page 3

Tax assistance at APG CHPPM to host conference

Page 4

Exercises for the heart

Page 5

Preventing colon cancer

Page 6

Community Notes

Page 10

Computerized mat cutter at APG Framing and Engraving Center

Page 11

Basketball update

POST SHORTS

SHORTS from front page

joining this free online service at <http://www.bookstore.apo.gov/alertservice.html>.

Bus reservations to military health facilities

Effective immediately, all reservations for the Walter Reed Army Medical Center, Ft. Meade, and Bethesda bus must be made telephonically at 410-278-1778. Any patients not calling for reservations will be added on the morning of their appointment. Appointments at other medical treatment facilities should be made between the hours of 10 a.m. and 2 p.m.

FWP hosts training conference

The Aberdeen Proving Ground Federal Women's Program will host its annual training conference Wednesday, March 6, 7 a.m. to 4 p.m. in the Edgewood Area of APG. To register on line, visit www.apg.army.mil/garrison/fwp/fwp.htm. For more information, contact Ann Gibson, 410-436-2800 or Linda Patrick, 410-436-1023.

New guidelines for immunization of females

New screening processes will be conducted on all women of childbearing age requiring immunizations at Kirk U.S. Army Health Clinic. Each female patient will be provided information concerning immunizations and pregnancy. Specific information will be provided on the vaccine or vaccines to be administered. Each female patient will be interviewed to identify possible pregnancy. The interview and general information will be initiated and dated by the patient and the medical personnel conducting the interview and placed in the patient's medical record. If pregnancy is suspected, immunization will be deferred until a pregnancy test is completed. If the test is positive, immunization will only be given if clinically indicated.

Automotive Craft shop hours change

The Automotive Craft Shop, building 2379, has new hours. The center is closed on Monday and Tuesday. Wednesday through Friday it is open 11 a.m. to 7:30 p.m. and on Saturday, Sunday and training holidays it is open 9 a.m. to 5 p.m.

The shop is a full-service automotive maintenance facility, offering self-help repair and training. Tools, equipment and lifts are available for all car care needs. For more information, call Cal Adams, 410-278-5178/2884.

Toll free numbers for contacting VA

For Veterans Administration benefits, information about education, home loans, disability, medical care, burial, life insurance and sexual trauma, call 1-800-827-1000.

For other topics, call:

- Life Insurance, 1-800-669-8477
- Health Care Benefits, 1-877-222-8387
- Income Verification and Means Testing, 1-800-929-8387
- Mammography Helpline, 1-888-492-7844
- Gulf War/Agent Orange Helpline, 1-800-749-8387
- Status of Headstones and Markers, 1-800-697-6947
- Telecommunications Device for the Deaf (TDD), 1-800-829-4833

For health care services, contact your nearest VA medical facility. To locate the nearest VA medical facility, go online to <http://www.va.gov/sta/guide/division.asp?divisionId=1>.

To contact CHAMPVA:

- E-mail, hac.inq@med.va.gov
- By telephone, 1-800-733-8387
- By FAX, 1-303-331-7804
- By mail, VA Health Administration Center, CHAMPVA, P.O. Box 65023, Denver, CO 80206-9023.

(Editor's note: Information is courtesy of Veterans Administration Web site, <http://www.va.gov> and <http://www.va.gov/vbs/health/>.)

Twenty-five cent Tuesday at EA Thrift Shop

The Edgewood Area Thrift Shop will be having a sale Feb. 26. All clearance items will be 25 cents each. Present this ad, and the first 10 clearance items will only be 10 cents each.

The Edgewood Area Thrift Shop is located on Stark Road, across from the golf course. It is open Tuesday and Thursday, 10 a.m. to 3 p.m. and the first Saturday of the month from 10 a.m. to 2 p.m. For more information, call 410-676-4733.

USO-Metro, JETS co-host job fair

The USO of Metropolitan Washington and the Joint Employment Transition Services, or JETS, is co-hosting a job fair Friday, Feb. 22, 10 a.m. to 2 p.m. at Spates Community Club, Fort Myer, Va.

More than 60 companies with full or part-time positions will

attend. Job seekers can talk to representatives from high tech corporations, law enforcement agencies, security companies, temporary agencies and financial service companies, among others.

The fair is free and open to all members of the armed services, their family members, retired military and Department of Defense and Coast Guard civilian personnel.

JETS and USO-Metro work together to produce quarterly job fairs. JETS is a consolidation of the Army, Navy, Marine, and Air Force Transition Services formed to provide employment information to transitioning service members and their families. USO-Metro is a nonprofit 501(c)(3) organization and receives no federal, state, or local funding.

For more information, call Dale Jovero or Dawn Ruth at 703-696-2552.

Pollution Prevention



Save paper by printing double-sided documents.

Pollution Prevention Program Office

Bowling Center hours change

The Bowling Center, building 2342, has new hours. On Sunday, the center is open noon to 7 p.m.; Monday and Tuesday, 11 a.m. to 6 p.m.; Wednesday and Thursday, 11 a.m. to 10 p.m.; Friday, 11 a.m. to midnight; and on Saturday, 1 p.m. to midnight.

The Bowling Center offers great lunchtime specials, open bowling, leagues for youths and adults, special parties, organization day events and more.

For more information, call Dave Brewner, manager, at 410-278-4041.

Volunteer tutors needed

It is once again time to solicit support for the Aberdeen Proving Ground Tutorial Program. This Army Community Service program provides volunteer tutors to assist local secondary school students who are having difficulty in various subject areas.

School counselors in each select students who need help, want help, and who can benefit from tutorial assistance. The school counselor informs the student's parents of the program. The parents then contact the APG Program Coordinator who selects an appropriate tutor from his/her list of volunteers. The tutor then contacts the students' family to set 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 the youth of community. 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. If you need additional information concerning the program, contact Reich at 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 278-6605/4541.

Dental Clinic sick call hours

The Aberdeen Proving Ground Dental Clinic Command sick call hours are 7 to 8 a.m., Monday through Friday.

Any questions or concerns should be addressed to Lt. Col. Michael E. Garvin, APG Dental Clinic at 410-278-1789.

Vehicle Registration office relocates

The Vehicle Registration office relocated to the Pass and ID office located in the Aberdeen Area in the rear of building 4305. Office hours in the Aberdeen Area are Monday, Wednesday, Thursday and Friday (excluding RDO day), 8 a.m. to noon and 1 to 4 p.m.

The Edgewood Area office in building E-4420 is open every Tuesday from 8 a.m. to noon and 1 to 4 p.m. Personnel desiring to register their vehicle(s) must bring their current registration(s), proof of insurance, operator's license and government/-

civilian identification card. For more information, call the Pass and ID office at 410-306-2380.

Host families needed

Host families are needed for Spanish or French foreign exchange students, ages 13 to 18, visiting Harford County for three- or four-week programs in July 2002. Participation in this program offers families opportunities to discover a unique culture, learn a new language and participate in fun trips and activities. Visiting students can travel with the host family on vacation. For more information, visit Web site: www.iffusa.org or contact Melissa Hawkins, 410-569-1868 or e-mail: mhawk271@home.com.

CYS summer program begins registration

It is time to make plans for your child's summer vacation. The Aberdeen and Edgewood programs have summer openings for children who will complete first through eighth grade this school year. The program is available for nine weeks, June 17 through Aug. 16, Monday through Friday, 6:30 a.m. to 5:30 p.m. Tuition is based on total family income and will be determined at the time of registration. Waiting list forms are at the Edgewood Area Youth Services, building E-1902, the Aberdeen Area Youth Services, building 2522 and at the Central Registry Office, building 2752, 7:30 a.m. to 4:30 p.m.

The Central Registry Office will call single soldiers and civilians, dual military and soldiers with a working spouse on the waiting list beginning March 11. When that list is exhausted, civilians with a working spouse will be called. Contractors and all other soldiers, civilians, and retirees will be notified if any openings remain. Youths who were enrolled in the summer program last year have no priority.

Please note items that must be with you at registration:

1. Proof of military or Department of Defense affiliation and total family income
2. Child's birth certificate
3. An up-to-date shot record
4. A completed health assessment/physical signed by your physician after Jan. 1, 2002
5. A completed registration packet
6. An annual nonrefundable registration fee of \$15 for each family member, \$35 for families with 3 or more children
7. A nonrefundable, nontransferable deposit of \$20 per week for each child enrolled

For additional information, call the Central Registration Office at 410-278-7571 or 410-278-7479.

Kirk offers classes

The Take Care of Yourself class will be held in the Preventive Medicine conference room (Room A-12), located on the first floor at Kirk U.S. Army Health Clinic, Room A-12. The class will be held the first and third Wednesday of every month, 10 a.m. to noon. The class teaches patients how to treat minor illnesses and injuries at home and when to see a doctor. The class will be instructed by a registered nurse using the Take Care of Yourself and Taking Care of Your Child handbooks distributed to TRICARE Prime enrollees.

Attendees will receive a Medicine Cabinet Card which will allow them to request specific over-the-counter medications without having to see a Primary Care Provider. This education class and pharmacy privilege is limited to TRICARE Prime enrollees only. To sign up for this class, call 410-278-1725. For more information, call Preventive Medicine, 410-278-1964.

Make reservations at picnic area

Outdoor Recreation is accepting reservations from Aberdeen Proving Ground organizations for the 2002 picnic season. All military units and civilian offices on post have first chance to reserve the Maryland Boulevard Picnic Area for their office picnics. No fee is charged for picnics held during the week. The picnic area is available on weekends for a small charge.

Call early to get the date you want. An ice machine, PA system, refrigerator, picnic tables, pavilions, restrooms, barbecue grills, volleyball courts, basketball court, horseshoe pits, softball field, dunking booth and playground equipment are available. Call Outdoor Recreation for reservations at 410-278-4124, or visit building 2407.

APG newcomer orientation

The Aberdeen Proving Ground Newcomer Orientation will be held Thursday, Feb. 28 at the Aberdeen Area Recreation Center, building 3326, 1 to 3 p.m. All military and civilian personnel, retirees and their family members are invited to attend. Representatives of support agencies and organizations will be present to discuss their activities. Door prizes will be awarded and give-a-ways available.

For more information, call Fred Posadas, relocation manager, Army Community Service, 410-278-2453.

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 13,500.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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

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AT HOME ON THE RANGE



Photo by U.S. NAVY 1ST CLASS PRESTON KERES

Spc. Jeremy Teela, a native of Alaska and member of the Vermont National Guard, takes aim during the men's 20 kilometer individual biathlon event at the Soldier Hollow Olympic venue in Utah. A member of the Army World Class Athlete Program, Teela tied the U.S. record in the event which combines shooting and skiing skills. The guardsman finished less than three minutes behind gold medalist Ole Einar Bjoerndalen of Norway.

Free tax assistance and electronic filing from post tax center

Sandi Williams
SJA

Military members, retirees and dependents requesting help in filing income tax returns, or who want to file returns electronically, can use the Installation Tax Assistance Program. The program, directed by the Office of the Staff Judge Advocate, Client Services Division, provides free tax assistance.

A Taxpayer Assistance Center, located in wing 9, building 310, second floor, is open thru April 15, Monday through Thursday, 8 a.m. to 4 p.m., and every other Friday, 8 a.m. to 3 p.m. by appointment only. Military members who do not have a designated unit tax advisor, or UTA, and retirees and family members may make an appointment for free tax assistance by calling the Taxpayer Assistance Center at 410-278-3397/2020.

Military units have appointed UTAs to assist military members with tax return preparation. The UTAs have been trained in federal and Maryland income tax return

preparation. An examination at the end of the course certifies each UTA as a volunteer income tax assistant, or VITA. Tax issues and returns beyond the scope of the VITA program will be referred to the Taxpayer Assistance Center or a paid tax preparer.

Military members who desire assistance in preparing and filing income tax returns should contact their UTA listed below. Do not call the Taxpayer Assistance Center before contacting your UTA.

2002 appointed unit tax advisors

143rd Ord Bn, HHC
Staff Sgt. Carlton Parkhurst 410-436-5318
Staff Sgt. Marcus Mackey 410-436-3301
Staff Sgt. Wilda Wilson 410-278-4116
Staff Sgt. William Davidson 410-436-5331
143rd Ord Bn, Company A
Lt. Kristin Ashcraft 410-436-4443
Staff Sgt. Scott Ryan 410-436-4443

143rd Ord Bn, Company B
Staff Sgt. Gary Johnson 410-436-4212
Staff Sgt. Richard A. Unzicker 410-436-4212
1st Lt. David Sullivan 410-436-4212

143rd Ord Bn, Company C
Drill Sgt. Andrew Gibby 410-436-4619
Drill Sgt. Consuelo Whitehurst 410-436-4619

16th Ord Bn, HHC
Sgt. 1st Class Patrick McGrattan 410-306-1518
Sgt. 1st Class H. Anderson 410-278-4422
Staff Sgt R. Lee 410-278-0690

16th Ord Bn, Company A
Drill Sgt. Jesus Gutierrez 410-278-4203

16th Ord Bn, Company B
2nd Lt. Candice Martin 410-278-0393
Sgt. 1st Class Kevin Jenkins 410-278-4315

16th Ord Bn, Company C
Staff Sgt. Cory Givhan 410-278-8579

16th Ord Bn, Company E
Staff Sgt. Jonathan Henry 410-278-3979

61st Ord Bn, HHC
Capt. Adrienne Clarke 410-278-4400

SBCCOM/TEU
Sgt. 1st Class Queen Johnson 410-436-8576

CHPPM
Master Sgt. Robert Carpenter 410-436-1042

MRICD
Capt. Eric Midboe 410-436-1727
Sgt. Anthony John 410-436-5112

Staff Sgt. Jeffrey S. Dawson 410-436-1490

389th Band
Sgt. Scott Eric Dziadon 410-278-8769

Kirk USAHC & USA

Dental Clinic
Staff Sgt. George Torbert 410-278-1765

USAG HST
Sgt. 1st Class Richard Smith 410-297-4041

USMC Det
Staff Sgt. Todd Mason 410-278-2831

USAF Det
Staff Sgt. Shepard

410-278-2379
HQ DTC
Maj. Charles Carter 410-278-1017
520th TAML
Staff Sgt. Adele Warner 410-
NCO Academy
Sgt. Michael F. Jackson 410-278-7400
4th CEB
Gunnery Sgt. David Cothran 410-
Legal Assistance Office
Sandra Williams 410-278-2020

CHPPM to host joint health conference

Evelyn B. Riley
CHPPM

The Fifth Annual Force Health Protection Conference and the Second Annual Department of Defense Population Health and Health Promotion Conference will be held jointly Aug. 9 to 16 at the Baltimore Convention Center at the Inner Harbor. The theme for the joint conference is "Adapting to a Changing Global Environment." The U.S. Army Center for Health Promotion and Preventive Medicine, or CHPPM, will host the event.

The conference will provide the military and civilian force health protection community with the opportunity to increase knowledge and awareness of current issues, attend short courses for professional development, mentor, network, and earn Continuing Education Units or Continuing Medical Education.

The first three days will be skills training workshops designed primarily for, but not limited to, the DOD conference attendees. The core conference, beginning Aug. 12, will include both plenary and breakout sessions designed to provide an exchange of information within the DOD community in the areas of homeland security, environmental health, popula-

tion health, complimentary and alternative medicine, behavioral health, veterinary medicine, medical research and development, injury prevention, nutrition, and spiritual health. In addition, service-specific breakout sessions will be offered. Topics and lessons learned relating to the events of Sept. 11 will be presented. The DOD conference and the three tracks that make up the FHP conference are described below:

The Second Annual DOD Population Health and Health

Promotion Conference is designed to unite the population health and health promotion specialties in an integrated environment that will provide scientific and technical training necessary for the diverse specialties; allow participants to address relevant and significant force health protection issues; and provide mentoring and networking opportunities. It will begin with three days of pre-conference skills training workshops focused primarily on humanitarian assistance, See CONFERENCE, page 10

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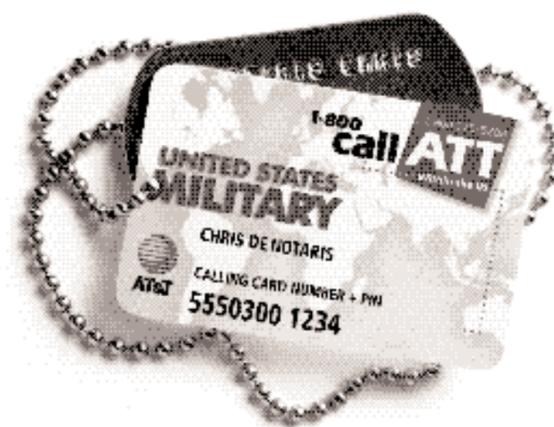
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Preventing colon cancer: screening, early detection saves lives

MAJ Ann Crosby
CHPPM

Colorectal cancer, cancer of the colon and rectum, is second only to lung cancer in the number of cancer deaths it causes. About 6 percent of Americans will develop the disease within their lifetime. Cancer of the colon and rectum accounts for 15 percent of cancer deaths. The risk of colorectal cancer begins to increase after the age of 40 and rises sharply at 50 to 55; the risk doubles with each succeeding decade. Despite advances in surgical technique and adjuvant therapy, only a modest improvement in the survival of patients who present with advanced neoplasms has

occurred. Effective preventive approaches must be developed to reduce the morbidity and mortality from colorectal cancer.

A tumor causes many warning signs. By the time the warning signs are recognized, the tumor is at least a few centimeters in size. Screening people without warning signs may be the best way to find very early cancers. Regardless of age, anyone who develops warning signs associated with colorectal cancer should consult a physician as soon as possible. Major warning signs include any change in bowel habits, rectal bleeding with bright red blood, unexplained weight loss, or constant

fatigue.

No single cause is known for colon cancer. However, risk factors should be lowered whenever possible. Colorectal cancer can be prevented if polyps that lead to cancer are detected and removed. If detected in its early stages, 90 percent of colorectal cancer is curable. There are some things individuals can do to prevent the development of colorectal cancer. A high fiber, low fat diet may play a role in prevention. Stopping smoking and limiting alcohol intake also may help. The evidence for calcium and aspirin intake is less persuasive. Screening examinations that pick up polyps in an early

stage help prevent them from becoming cancerous. To date, there is no evidence that vitamin supplements such as B carotenes, selenium, and vitamin E protect against colon cancer; therefore, they are not recommended.

Four ways to screen for colon cancers exist. The first is a stool test to check for blood. Most cancers have no symptoms, hidden blood in the stool is often the first, and in many cases, the only warning sign. Most medical authorities recommend a stool test be done every year.

The second is a barium x-ray. In this test, a contrast material is infused through the rectum. The radiologist

can see large polyps or cancers (greater than 10 millimeters) in the colon. This test involves some discomfort and often fails to detect small polyps. The major limitation to the barium enema is that a colonoscopy is required if lesions are detected. The enema is recommended every five years.

The third method is a sigmoidoscopy examination where a small flexible scope is used to look at the lower third of the colon. This examination is recommended every five to 10 years.

The fourth method is a colonoscopy. A colonoscopy is similar to a sigmoidoscopy but allows the

See **CANCER**, page 11

McKinney

From front page

know where she was headed but she knew college would get her there.

"The Army presented me with the best opportunity to get ahead," McKinney-Wilson said.

She entered the military as a private shortly after high school, taking basic training at Fort McClellan, Ala., and advanced individual training at Fort Sam Houston, Texas. As an Army medic, she spent six years on active duty, advancing to the rank of staff sergeant.

During her initial tour of duty, McKinney-Wilson served at Fort Bragg, N.C., and at Tripler Army Medical Center in Hawaii, where she worked in the pediatrics physical oncology ward, one of the most trying assignments of her career, she said.

"It was rough being 19-years old and confronted by death all the time," McKinney-Wilson said.

During a three-year hiatus from the military, McKinney-Wilson used her GI Bill benefits to earn a nursing degree from McNeese State University in Louisiana. She reentered the military as an officer and served at Fort Polk, La., and Fort Carson, Colo., before returning to the same assignment in Hawaii, this time as the head nurse.

"My second tour was better because I was more informed with a better medical understanding," she said, adding that she was at first reluctant to take the position.

An early mentor, retired Col. Patricia Ross, the former chief of the maternal child nursing department, guided her through it, she said.

"She was the best mentor anyone could have," McKinney-Wilson said. "She gave me the Tripler assignment, my first head nurse posi-

tion, and always told me what I needed to hear when my confidence wavered."

Besides her family, McKinney-Wilson said one of her proudest accomplishments was donating bone marrow to an African-American male with leukemia while in Colorado.

"It was during a bone marrow drive. They told me I was a match and I was happy and proud to donate," she said, adding that she still participates in drives and currently is participating in one for a U.S. Army Forces Command employee in Atlanta.

"The fulfillment you feel

afterward is worth any discomfort following the process," she said.

Calling her life "unremarkable," she added that, "things just came my way."

As the only college graduate among her siblings, she said she encourages her nieces and nephews to pursue education to the fullest.

"You have to believe that there are no barriers, she said. You are your only obstacle."

McKinney-Wilson lives in Edgewood with her husband, retired Sgt. 1st Class Michael Wilson, son Michael, 14 and daughter Jenae, 9.

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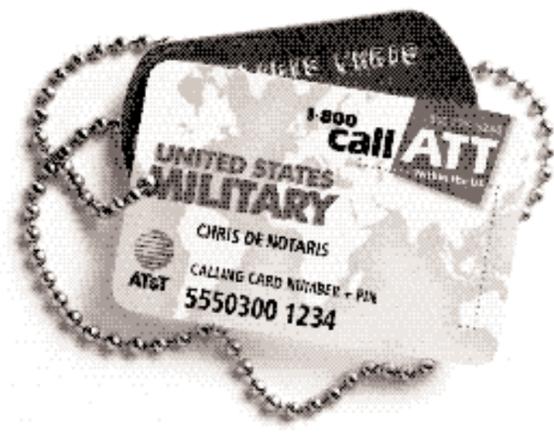
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BOUNDLESS

Community Notes

THURSDAY FEBRUARY 21

SONS OF THE AMERICAN REVOLUTION MEETING

The monthly luncheon meeting of the Colonel Aquila Hall Chapter of the Maryland Sons of the American Revolution will convene at 2 p.m., at the Greek Restaurant in Bel Air. All chapter officers, members and prospective members are requested to attend. The lunch or snack will be pay as you go. All male individuals with direct bloodlines to any male or female patriot of the Revolutionary War are eligible to join the Harford Children of the American Revolution (CAR) Chapter. All male and female descendants of any patriot, up to the age of 22 are eligible to join the CAR. For more information or for questions concerning your eligibility, call William T. Smithson, 410-836-3433 or by e-mail at wsmithso@erols.com.

SAME LUNCHEON

The February luncheon of the Society of American Military Engineers-Chesapeake Post will be held 11:30 a.m. to 1 p.m. at the Booz Allen Hamilton Office, 1309 Continental Drive, Suite R, in Abingdon.

This scheduled speaker is Mark S. Johnson, Ph.D., U.S. Army Center for Health Promotion and Preventive Medicine. Johnson's presentation is titled "Army Risk Assessment Modeling System." He will focus his presentation on methods to refine risk assessment in the Army regarding encroachment and the need to maintain training activities, and include a realistic assessment of risks posed to humans and wildlife resulting from these activities.

For lunch reservations, respond no later than Feb. 18 to Donna Vereb, 301-670-5485 or e-mail donna_vereb@urscorp.com.

WARRANT OFFICERS ASSOCIATION MEETING

The February meeting of the Aberdeen/Edgewood Chapter of the United States Warrant Officer Association will be held on at 11:30 a.m. in the Gunpowder Room of Top of the Bay. All warrant officers are welcome to attend. Elections will be held at the meeting. If you have a nomination, contact Chief Warrant Officers Don Williams or Larry Van Cleve. For more information concerning the chapter, contact Chief, Warrant Officers Pete Hill or Jane Jones at 410-278-4979.

SATURDAY FEBRUARY 23

LOCAL DJ THANKS MILITARY

As his way of giving back to the troops who unselfishly give of themselves so Americans can be free, Dave Burcham, or DJ DaveyB of Pro Productions, is donating four hours of music and programming to all military at Aberdeen Proving Ground, especially those working the installation gates.

An Americana program will be held 7 to 11 p.m. at the Edgewood Area Recreation Center, building E-4140. Top 40 and dance music will be featured as well as some give-aways.

For more information, contact Shirley Davis at 410-436-2713 or Dave Burcham at 410-278-4651.

BINGO

Basket Bingo, sponsored by the Port Deposit VFW Post 8185, Route 222, will begin at 7 p.m. Doors open at 6 p.m. Tickets cost \$10 per person and include 20 games on paper cards. Tickets are available by calling Anne Gibson, 410-378-3338, Brenda Conjour, 410-273-7332, or Kathy Heaton, 410-378-3594.

VFW POST 8185 BASKET BINGO

VFW Post 8185, Route 222, Port Deposit, will hold Basket Bingo at 7 p.m. Doors open at 6 p.m. Cost is \$10 per person and includes 20 games, all paper cards; additional sets cost \$5 each. There will also be door prizes, raffles and refreshments. To purchase tickets, call Anne Gibson, 410-378-3338, Brenda Conjour, 410-273-7332, or Kathy Heaton, 410-378-3594. Fundraiser benefits VFW Post 8185.

SOUL FOOD DINNER

The women of St. James A.M.E. Church, 617 Green Street, will sponsor their first Annual Soul Food Dinner, 11 a.m. to 4 p.m. Take-out or dine-in is available. Select three main entrees from turkey, pigs feet, ham, fried chicken or fried fish. Also, select three side dishes from baked macaroni, black-eyed peas, collard greens, candied yams, potato salad, or cabbage. Dinner includes rolls, dessert and beverages. Cost is \$10 for ages 13 and older and \$5 for children 12 and under.

For tickets or information, call Subria Kelly, 410-272-7912, 410-278-5695 or 410-939-2267. The program will benefit Woman's Day 2002.

THURSDAY FEBRUARY 28

APG NEWCOMER ORIENTATION

The Aberdeen Proving Ground Newcomer Orientation will be held at the Aberdeen Area Recreation Center, building 3326, 1 to 3 p.m. All military and civilian personnel, retirees and their family members are invited to attend. Representatives of support agencies and organizations will be present to discuss their activities. Door prizes will be awarded as well as give-aways.

For more information, call Fred Posadas, relocation manager, Army Community Service, 410-278-2453.

GUILLAIN-BARRE SYNDROME

The Aberdeen Proving Ground Committee for the Disabled will present Joel S. Steinberg, M.D., PhD (Physiology and Biophysics), at 2 p.m., at the Gunpowder, building E-4650, in the Heron Room. Steinberg will discuss Guillain-Barre Syndrome, GBS, a rare disorder that causes the body's immune system to attack parts of the nervous system. Steinberg is vice-president and member of the medical advisory board for the GBS Foundation International, as well as a founding member. He will present facts on this puzzling disorder, including treatments and current research. All APG personnel are eligible to attend.

For more information, call Angela Cheek, 410-278-1140.

(This presentation is not an APG endorsement of the GBS Foundation International, and is only intended to provide educational information.)

SATURDAY MARCH 2

SATURDAY NIGHT COMEDY JAM PART IV

Charlton-Miller VFW Post 6054 presents "Saturday Night Comedy Jam Part IV" featuring from the "Kiss My Bumper" commercial and BET Comic View, comedian Howard G, and friends. Show time is 9:30 p.m. to midnight. There will be an "After Party" Jam. Donations are \$10 in advance and \$12 at the door. Tickets are available at the VFW Post 6054 or contact Senior Vice Commander Terry Robinson at 410-272-3444.

BULL, OYSTER ROAST

St. Joan of Arc School is having a bull and oyster roast at Richlin Ballroom in Edgewood, 8 p.m. to 12 a.m. There will be a variety of food including carved beef, raw bar, ham, hot and cold buffet, desserts, and beer and soda. The evening's activities include a silent auction, raffles, big 6 wheel and a D.J. The cost is \$30 per person (adults only). Space is limited. Tickets are available through SJA School, 410-272-1387, or call Marita Lukey, 410-273-6686.

BASKET BINGO

Basket Bingo to benefit Good Shepherd Catholic School will be held at the Good Shepherd School, 810 Aiken Avenue, Perryville, 7 p.m. Doors open at 6 p.m. Food, drinks and baked goods will be available. Tickets cost \$10; additional sets cost \$5. For tickets call Good Shepherd School, 410-642-6265 or Brenda Conjour, 410-273-7332.

FRIDAY MARCH 8

BASKET BINGO

Basket Bingo to benefit U.S. Army Center for Health Promotion and Preventive Medicine Organizational Day will be held at the Aberdeen Fire Hall, Rogers Street. Doors open at 6 p.m., bingo begins at 7 p.m. Tickets cost \$10; additional sets cost \$5. Pit beef, ham and turkey, barbeque, drinks and baked goods will be sold. For tickets, call Anne Gibson 410-378-3338 (home), 410-436-2800 (work) or Brenda Conjour, 410-273-7332

SATURDAY MARCH 9

EA-OWC SPONSORS BASKET BINGO

The Edgewood Area Officers' Wives Club is sponsoring Basket Bingo at the Gunpowder Club, Edgewood Area, Aberdeen Proving Ground. Doors open at 6 p.m., with bingo proceeding at 7 p.m. Tickets are \$10, and include 20 games of bingo, the opportunity to purchase additional cards at a discount, door prizes and refreshments. All prizes are baskets. Proceeds from the event benefit the scholarship and charitable donations funds of the club, distributed to local schools, military and community organizations and charities each spring. Space is limited for this event. Admission ticket sales the night of the event will be on a space-available basis.

Purchase your tickets in advance by contacting Karen Chambers, 410-676-9142, buying at set locations throughout the Aberdeen and Edgewood areas, or contacting a club member.

BUSTRIPTO DOVER DOWNS AND REHOBOTH OUTLETS

Get away for the day. Take a trip with NET NEMOW (Ten Women spelled backwards) to Rehoboth Outlets and Dover Downs, for shopping and gaming. Cost is \$35 per person. A chartered bus will leave the Aberdeen Plaza Shopping Center at 7 a.m. and return at 7 p.m. For information or reservations, call 410-939-1489, 410-272-4902, or 410-272-3744.

SUNDAY MARCH 10

SPAGHETTI DINNER

The Prince of Peace Church in Edgewood will hold a spaghetti dinner from 2 to 6 p.m. Adult tickets cost \$6, seniors, \$5, children 6 to 12, \$3, and children under 6 are free. Menu includes spaghetti and homemade meatballs, Italian bread, salad, homemade desserts and drinks. Tickets will be available at the door. For more information, call Dawn at 410-676-7785.

MARCH 15 FRIDAY

MCSC BASKET BINGO

The Aberdeen Area Military and Civilian Spouses Club, or MCSC, will host a Basket Bingo at the Aberdeen Fire Hall on Rogers Street. Doors open at 6 p.m. and play begins at 7 p.m. Refreshments will be available. Tickets cost \$10 for 20 games. Tickets will be available at Aberdeen Proving Ground Main PX on March 9. Call Angie Salamy at 410-272-6712 to reserve your tickets. Proceeds from this event will benefit MCSC scholarship and welfare funds. Players will receive two extra raffle tickets if they wear green.

SATURDAY MARCH 23

BASKET BINGO

Basket Bingo to benefit The Water Witch Fire Company Ladies Auxiliary will be held at the VFW Post 8185, Route 222, Port Deposit, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Tickets cost \$10; additional sets cost \$5. For tickets, call Anne Gibson 410-378-3338, Stephanie Gibson, 410-378-2672, or Brenda Conjour, 410-273-7332.

SUNDAY MARCH 24

WACVA FUNDRAISER

The Women's Army Corps Veterans' Association is hosting a Bull/Oyster Roast to raise money to purchase a wheel chair accessible van for the transportation of Perry Point VA Hospital disabled veterans.

The DAV Transport not only picks up veterans from their homes so they can make their doctor's appointments, but also takes them home after their appointments. Many veterans are in wheel chairs and unable to transfer themselves onto the vans without help.

The volunteer drivers are not allowed to help veterans on or off the vans, therefore they are not allowed to pick up these veterans and transport them to Perry Point. The van

MOVIES

THEATER HOSTS WILBERT DAVIS GOSPEL NIGHT

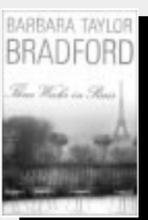
The Post Theater will be closed Friday, Feb. 22 and Saturday, Feb. 23 for the 26th annual Wilbert Davis Gospel Night.

LIBRARY BOOK CORNER

These recently published titles are available at the APG Morale, Welfare and Recreation Library:



The Best Alternative History Stories of the 20th Century edited by Harry Turtledove



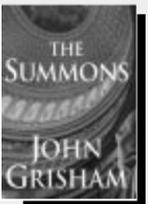
Three Weeks in Paris by Barbara Bradford



Cypress Point by Diane Chamberlain



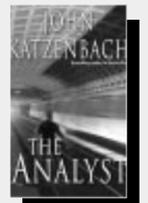
The Diary of Ellen Rimbauer: my life at Rose Red edited by Joyce Reardon



The Summons by John Grisham



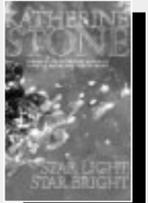
Bittersweet by Freddie Lee Johnson



The Analyst by John Katzenbach



Conflict of Interest by Nancy Taylor Rosenberg



Star Light, Star Bright by Katherine Stone



Safe Harbor by Luanne Rice

You can receive a complete listing of the library's new materials via e-mail and also reserve items electronically. Contact the library 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 only open on Tuesday, 11:30 a.m. to 6:30 p.m.

OC&S LIBRARY

The Ordnance Center and Schools Library is located in the basement of building 3071.

The Wrong side of the Fence, A United States Army Air Corps POW in WWII by Eugene E. Halmos

Just-in-time accounting: how to decrease costs and increase efficiency by Steven M. Bragg



College Money Handbook 19th ed. 2002, Peterson's College Money Handbook



Quick Course In Microsoft Power Pont 2000 by Microsoft Press



The Non-Designer's Web Book 2nd edition by Robin Williams and John Tollett

Beginning Feb. 25, the OC&S Library new hours will be Monday, noon to 4:15 p.m., Tuesday through Thursday, 7:30 a.m. to 4:15 p.m. and Friday, noon to 4:15 p.m.

will cost \$35,000 - \$45,000.

The fundraiser will be held at the Richlin Ballroom in Edgewood, 2 to 6 p.m. Tickets cost \$35. There will also be a Big 6 Wheel, plant wheel, silent auction and a raffle. Donations are needed for the silent auction. Anyone who would like to attend or volunteer should contact Wanda Story at 410-272-5040.

Framing a memory

Computerized mat cutter makes the job easier



Sheila Little
APG News

Matting and framing artwork, photographs, medals and mementos just got a little easier on Aberdeen Proving Ground, with the addition of a computerized mat cutter.

Personnel at the APG Framing and Engraving Center in building 2407 in the Aberdeen Area, offer assistance to patrons interested in completing framed projects requiring matting, or will complete the process for them, assuring a completed mat that is cut quickly and accurately.

Debbie Brooks-Harris, program manager for APG Arts and Crafts, said the new equipment is easy to operate and using it saves time for customers and shop personnel. Some styles cut via the computerized machine would be nearly impossible to hand-replicate.

"Having this machine gives us the capability to cut designs that are nearly impossible to cut by hand, in a very short time and with extreme accuracy," she said.

"The software contains a library of clip art that can also be incorporated into the mat design, enabling us to cut approximately 100 corner styles, each within minutes," Brooks-Harris added.

The manager said that intricate designs, along with many mat color choices available at the shop, add a professional touch to any matted project.

In addition to equipment to use in matting and framing, the shop includes supplies for framing everything from posters to memorabilia, and, for those who don't have the time or inclination, shop personnel will do your framing at prices based on complexity, time and supplies required. Most custom-framing projects take two to three weeks to complete.

The shop also carries a selection of wooden plaques and brass plates for those customers interested in engraving services. Engraving is done by shop personnel on site.

The frame shop conducts a four-hour class on framing one Saturday each month for \$15. Interested participants must bring an 8 inch by 10 inch item with them, and at the end of the class, will take home a completed project.

Framing supplies and monthly framing classes are also available at the Edgewood Area Arts and Crafts Center, building E-4440. Call the shop, 410-436-2153, for additional information on framing, ceramics and wood shop classes. Other classes such as porcelain dolls, ceramics, stained glass and pottery are scheduled according to patron interest.

The APG Framing and Engraving Center is open Tuesday through Friday, 10 a.m. to 5 p.m., and Saturday, 9 a.m. to 5 p.m. Call 410-278-4207 for more information.

Photo by KELLY HILL

Manufacturer representative Chuck Terry explains the uses and versatility of the computerized mat cutter located at the APG Framing and Engraving Center. The mat cutter makes intricate and accurate mat cutting much easier to accomplish, offering a professional look at a reasonable cost, in a short time.

Conference

From page 3

risk communication, behavioral health - post deployment issues, tobacco cessation, dental health promotion, and human immunodeficiency virus/sexually transmitted disease.

Life Sciences Track - the technical aspects of prevention/detection of environmental, occupational, and disease threats to the health and performance of DOD personnel. This track will include research and development in support of the soldier, toxicology, and veterinary services.

Clinical Sciences Track - the science and delivery of preventive medicine services.

Clinical and general preventive services to include immunization, occupational medicine services, hearing conservation, vision conservation, and behavioral health and associated services.

Environmental Sciences Track - topics related to identifying, assessing and providing recommendations for protecting soldier health. This includes environmental health topics such as industrial hygiene, food and water sanitation, medical surveillance, entomological services, health physics, environmental noise, field sanitation, and disease prevention.

Participants are invited to prepare and display technical posters that will be judged for content and aesthetics by a panel of subject matter experts. The winners will be

announced on the final day of the conference. CHPPM will judge all posters, selecting the 10 best submissions for partial central funding of travel and per diem.

Technical presentations are also being solicited for the conference. Both military and civilian vendors are encouraged to exhibit during the conference. Information on the call for papers and the exhibitor prospectus will be found on the FHP Web site <http://chppm-www.apgea.army.mil/fhp>.

The Web site will be available for registration in March. For more information, contact Lt. Col. Roxanne E. Baumgartner, director, 410-436-7387 or Jane Gervasoni, 410-436-5091.

CWF sponsoring bus trip to NYC



The Civilian Welfare Fund is sponsoring a trip on Saturday, May 11 to see "42nd Street" on Broadway, in New York City. The price is \$110 per person, which includes charter bus transportation and the ticket for the show.

For reservations or more information, contact Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

Option

From front page

Misunderstandings about health care for retirees are also common, according to Army personnel officials.

"One of the reasons people join the military is because they think they'll have free medical care for the rest of their lives," Smith said. "But retirees are living longer now and the military has downsized."

To take or decline the Survivor Benefit Plan is perhaps soldiers' toughest retirement decision, Smith said.

"Initially, it looks like a lot of money going into something you don't automatically see the value of," Smith said.

"And some soldiers think they'll be better off investing the money elsewhere, but they don't, leaving survivors without income protection when the soldier dies."

An Army retiree himself, Smith recommends that soldiers take their children's needs into account when choosing whether to move or to stay in the same location as their final duty station.

"Moving around is often harder for kids than it is for adults. They have to say goodbye to friendships just like we do," Smith said.

Since many retirement benefits continue for family members after the retiree departs by death or divorce, soldiers should give their loved ones an active role in retirement planning, Smith recommended. A proactive attitude is Smith's

advice for a smooth retirement.

"Don't be afraid of retirement. It's natural to be anxious," he said. "But go into it with a positive attitude and be proud of yourself. That will make the experience so much more pleasurable."

(Editor's note: The above article is an excerpt from this month's "Hot Topics" insert in Soldier's Magazine. The special insert is dedicated to the memory of Gary F. Smith, former chief of Army Retirement Services, his deputy Max Beilke, and the Army's former Deputy Chief of Staff for Personnel Lt. Gen. Timothy Maude. The three were meeting about the retirement program when terrorists crashed a jet into the Pentagon and killed them Sept. 11.)

LEAVE DONATION

Employees eligible for donations in the Voluntary Leave Transfer Program are:

Fay Walker Banker (hip replacement)
Marian Bellis (fracture of left tibia)
Bonnie Bromley (liver transplant)
Daniel Brown (father has emphysema)
Tammy Budkey
Jane E. Calahan (surgery)
Nancy Coleman-Jones (surgery)
Tracy H Coliano-Hirsch (maternity)
Geraldine S. Cragg
Dawn M. Crouse (surgery)
Rene de Pontbriand
Tricia Lin Dietz
Fred Dill
Joseph R. Dugan
Messina Enderlein
Wayne Erb (wife is ill)
Denise M. Fox (maternity leave)
Joyce C Green
Michael L. Hitchcock (surgery)
Melanie A. Hoffman (parasitosis, fibromyalgia condition)
John C. Houck
Stephen Howard (bone marrow transplant)
Wayne A. Jaynes
Evelyn K. Johnson

(surgery)
Marlin Julian (heart surgery)
Mary B. Kane (surgery on leg)
Jennifer Keetley (maternity)
Beverly King (caring for husband)
William Klein
Nicole L. Klein (broken ankle)
Carrie L. Lambert
Yvonne Lissimore (knee surgery)
Angela R. Little (neck and shoulder injury)
Edna L. Lobodzinski (eye surgery)
Geraldine Martin (surgery)
William B. McLean (kidney failure)
Rebecca G. Mercer-Leto (heart attack)
Stacy Miller (maternity)
Sandra W. Miller (back surgery)
John E. Mogan (surgery)
Vincent L. Mohr (knee replacement)
Shirley A. Murphy (terminal illness)
Cecil Pennington (surgery)
Debi L. Petosky (back surgery)
Karen S Pense

Mary E. Pettitway
Barbara Carol Remines (surgery)
Angela L. Reeves (maternity leave)
Michael Reynolds
Boyd J. Richards (care of mother)
Denise Robinson (maternity)
Ricky Ross (heart attack)
Tami C. Rowland (maternity)
Allan Scarborough (back surgery)
Sherry Schaffer
Lena Shelton
Motoko Stahl
Debra S. Stark (surgery)
Rachel Swearingen
Alison Tichenor (surgery)
Sandra M. Wachter (surgery)
Rosalind Walters-Kenion (maternity)
Cecelia Walton (respiratory problems)
Michael R. Willard
Charles Young (kidney and pancreas transplant)
Andrew M. Vaught (brain tumor removed)
Wanda L. Waldon (surgery)
Josephine O. Wojciechowski (care for elderly parents)

For information about donating annual leave, call Dave Mial at 410-278-1524 or fax 410-278-7877.

CATHOLIC LENTEN SERVICES

Aberdeen chapel

Each Wednesday 6:30 p.m.
March 1 11 a.m.
March 1 11:45 a.m.
March 9 9 a.m. to 5 p.m.
March 24 8:30 a.m.
March 27 7 p.m.
March 28 11:45 a.m.
March 29 12 p.m.
March 30 8 p.m.
March 31 8:30 a.m.

Stations of the Cross
Adoration, Benediction
First Friday mass
Adult Lenten Retreat
Palm Sunday mass
Ecumenical Tenebrae Service
Holy Thursday mass
Stations, Seven Last Words
Easter Vigil
Easter Sunday mass

Edgewood chapel

Each Thursday 7 p.m.
March 24 10:45 a.m.
March 26 7 p.m.
March 28 7 p.m.
March 29 11:45 a.m.
March 31 10:45 a.m.

For more information, contact the Aberdeen Chapel, located in building 2485, at 410-278-4333. The Edgewood Chapel is located in building E-4620 and can be reached at 410-436-4109.



(The Protestant Easter Contata will be part of the morning service March 24, 10:15 a.m. at the Aberdeen Chapel.)

Sports & Recreation

Basketball update

The following results were reported for intramural basketball for the week ending Feb. 16.

American Division

Results

Feb. 11

KUSAHC, 57; HST, 43
HHC 61st, 44; HHC 16th, 39
NCOA, 69; HHC 1/115th, 29

Feb. 13

HHC 61st, 1; HHC 1/115th, forfeit
HHC 16th, 69; HST, 51
NCOA, 50; KUSAHC, 40

Schedule

Feb. 25

6:30 p.m., KUSAHC vs. HHC 1/115th

7:30 p.m., HST vs. HHC 61st

8:30 p.m., NCOA vs. HHC 16th

Feb. 27

6:30 p.m., HHC 61st vs. NCOA

7:30 p.m., HST vs. HHC 1/115

8:30 p.m., HHC 16th vs. KUSAHC

Standings

HHC 61st 11-0
HHC 16th 9-2
KUSAHC 6-5
HST 2-9
NCOA 4-7
HHC 1/115th 1-10

Edgewood Division

Results

Feb. 11

Company C 1/115th, 54; HHC 143rd, 36

Company B 143rd, 49;

Company A 143rd, 37

Company C 143rd, 73;

MRICD, 71 (OT)

Feb. 13

Company C 1/115th, 41;

Company A 143rd, 35

Company B 143rd, 49;

Company A 143rd, 37

HHC 143rd, 70; Company C 143rd, 61

Schedule

Feb. 25

6:30 p.m., MRICD vs. Company A 143rd

7:30 p.m., Company C 143rd vs. Company C 1/115th

8:30 p.m., Company B 143rd vs. HHC 143rd

Feb. 27

6:30 p.m., Company C 1/115th vs. MRICD

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

8:30 p.m., Company A 143rd vs. HHC 143rd

Standings

MRICD 7-4

Company C 1/115th 7-4

Company B 143rd 7-4

HHC 143rd 6-4

Company A 143rd 2-7

Company C 143rd 2-8

National Division

Results

Feb. 12

Company E 16th, 52;

Company A 16th, 48

USMC, 57; 389th Band, 29

Company C 16th, 32; USAF, 27

Feb. 14

Company B 16th, 73; 389th

BAND, 31

USAG, 56; Company E 16th, 40

Company C 16th, 53;

Company A 16th, 39

Schedule

Feb. 26

6:30 p.m., Company C 16th vs. Company E 16th

7:30 p.m., Company B 16th vs. 389th Band

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

Feb. 28

6:30 p.m., 389th Band vs. USAF

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

8:30 p.m., USMC vs. Company E 16th

Standings

Company B 16th 9-0

Company C 16th 7-2

USAF 5-3

Company E 16th 4-5

USMC 3-5

389th Band 1-7

Company A 16th 1-7

HHC 61st tightens hold on first place with win over HHC 16th, 44-39

Yvonne Johnson

APG News

In American Division action Feb. 11, the defending post champion, HHC 61st, continued its run for a repeat, with a 44-39 win over arch rival HHC 16th. As of Feb. 15, HHC 61st remained undefeated and atop the division with an 11-0 record.

As expected, the game got off to a fast pace with HHC 61st winning the early points race. Donald Thompson put the team on top, opening the scoring with a three-pointer, then producing at the line to finish with a game high 20 points.

Both defenses poured it on early and had several missed opportunities on offense before they got down to business.

Never a runaway, the game stayed close with both teams fighting to an 18-18 tie. A foul sent HHC 61st's Brian Cole to the line with less than 30 seconds left in the half. Cole missed both shots but completed a layup for two. Two more scores put HHC 16th up again, but HHC 61st's Ulysses Thomas sealed the half-time lead with a three-pointer from the corner, for a 23-22 half-time lead.

In the second half, Thompson and Thomas led the team to a decisive win that seemed larger than the actual score.

They opened up the second half with back-to-back baskets to go up 27-22 but HHC 16th's Bradley James responded with three, to close the gap.

The pace stayed upbeat throughout with HHC 61st leading by no more than nine points, until the team pulled away in the closing moments.

Caver who finished with eight points and David Hester, who had a team high 12 points, kept the team in the game with smart play and tough defense.

Thompson led all scorers with 20 points, followed by Thomas with 12.



Photo by YVONNE JOHNSON

An uplifted Brian Cole, 32, Headquarters and Headquarters Company, 61st Ordnance Brigade, is surrounded by HHC 16th Ordnance Battalions' Wade Brown, 5, David Hester, 55 and an unidentified player as he grabs a rebound during the first half of the Feb. 11 game. 61st kept its first place ranking in the American Division intact with a 44-39 victory.

Safe driving tip

Situation: Imagine driving 55 mph and suddenly, without warning, there is a sheet of water covering your lane in the road up ahead. What should you do?

A. Hard brake and turn left to avoid hitting the water.

B. Hard brake and release before hitting the water, hold wheel tightly and steer straight ahead.

Answer A. I wouldn't recommend your choice of "hard brake and turn left to avoid hitting the water" not at 55 mph. You should "hard brake and release before hitting the water, hold wheel tightly and steer straight ahead." Here,

speed is the critical factor, both if you try to swerve from hitting the water and if you drive straight through. You need to slow down to keep from hydroplaning and ensure your wheels are straight so when you come out of it, you'll be headed in the direction you want to go. Check out Answer B.

Answer B. Good choice. Your decision to "hard brake and release before hitting the

water, hold wheel tightly and steer straight" is the thing to do. At the speed you're going the car will hydroplane. The tires will float on the water and won't have contact with the road surface. This occurs when your tire inflation pressure, the speed of your car, the depth of the water on the road, and the condition/design of the tire tread are combined in such a way as to cause your tire to lose contact with the road. When this happens, you have no control of your vehicle.

There's a formula that will tell you when you'll have total hydroplaning: compute the square root of your tire pressure and multiply it by 10.35. Partial hydroplaning may occur at lower speeds. The depth of water needed to hydroplane is dependent upon whether or not water can escape from beneath your tires. Many of today's tires are designed with good "escape" routes, but for practical purposes, if your tire pressure is 32 psi, you would hydroplane at about 59.5 mph, if 36 psi hydroplaning would occur at about 62.1 mph.

(Editor's note: Safe driving tips are provided by the APG Installation Safety Office.)



Scuba certification class starts March 4

Get your Professional Association of Diving Instructors, or PADI, scuba diving certification. Pool and classroom sessions are completed in just four evening classes followed by a week-end of dives in the pool and at a local quarry. The course includes textbook, video, dive tables, logbook and certification card, which is your license to dive anywhere in the world. The course also includes use of all scuba gear, wetsuit, hood, gloves, weight belt and tanks. You must provide your own personal gear to include a mask, snorkel, fins and boots. These products can be purchased at the class site prior to the first class.

All classes will take place at Knight Divers in Edgewood. Transportation will not be provided.

All classes will start promptly at 6:45 p.m. except for check-out dives, which begin at 8 a.m.

Class dates are Monday, March 4, 6, 12 and 14.

Check-out dives begin at 8 a.m. Saturday, March 23, and Sunday, March 24.

Attendance on all days is required for certification.

Register through Feb. 28 at the Outdoor Recreation Equipment Resource Center, building 2407.

Registration is limited to 20 and costs \$230.

For more information, contact Stacie Edie at 410-278-3931 or e-mail: stacie.edie@usag.apg.army.mil.

Automotive Crafts Shop hours change

The Automotive Crafts Shop, building 2379, has new hours. The center is closed on Monday and Tuesday. Wednesday through Friday it is open 11 a.m. to 7:30 p.m. and on Saturday, Sunday and training holidays it is open 9 a.m. to 5 p.m.

The shop is a full-service automotive maintenance facility, offering self-help repair and training. Tools, equipment and lifts are available for all car care needs. For more information, call Cal Adams, 410-278-5178/2884.

Paintball tournament, March 23

On Saturday, March 23, 9 a.m., at Robinhood Paintball, Havre de Grace, MWR will host a day of paintball fun with the added dimension of competition with a round-robin tournament. You must register into one of two divisions; (Active Duty Division & Open Division) with a team of three (18 years of age or older). Each team will receive all necessary paintball equipment and 1,000 rounds of paintballs. Additional rounds of paintballs will be available for purchase. Awards will go to the top two finishing teams in each division. Cost is \$140 per team.

Registration is limited to the first 20 teams and will be held Feb. 15 to March 15 at the Outdoor Recreation Equipment Resource Center, building 2407.

Transportation to Robinhood Paintball is not provided.

For more information, contact Charles Heinsohn at 410-278-3868 or e-mail: charles.heinsohn@usag.apg.army.mil.

Lunchtime hand-held computer class

Are you thinking of switching from a date book to a palm pilot or other hand held computer this year? Do you already own one, but think you can use it more productively? Come learn first-hand what 'hand holds' or palm pilots are, and how they can help you improve your productivity. Bring your own for hands on training or just come to listen and learn. Classes will be held Feb. 26 or March 19, 11:30 a.m. to 1 p.m., at the Aberdeen Area Recreation Center.

Register Feb. 1 to 21 for the February class, and from Feb. 26 to March 14, for the March class. Class size is limited to 12. Cost is \$15.

For more information, contact Earlene Allen at 410-278-2621 or e-mail: earlene.allen@usag.apg.army.mil.

Cancer

From page 5

entire colon to be viewed. The patient usually is mildly sedated during a colonoscopy.

Insufficient evidence exists to determine which screening method is best. The colonoscopy is the most thorough but takes longer, requires sedation, is slightly riskier (on rare occasions, the bowel can be perforated), and is more expensive than a sigmoidoscopy.

The type and duration of colorectal cancer treatment depends upon the extent of the disease and when it was discovered. Treatments can include surgery, chemotherapy, radiation, or a combination of all three. Surgery is the most commonly performed treatment for colorectal cancer. If the tumor is discovered before

it has penetrated the bowel wall, removal of the cancer is usually all that is necessary for a cure. Small cancers localized to the rectum can be removed surgically, with radiation therapy follow-up. If surgery reveals that the cancer has spread to the lymph nodes or other organs such as the liver, chemotherapy is usually prescribed.

Cancer of the colon and rectum is second only to lung cancer as the leading cause of cancer-related deaths in the United States. Without undergoing screening or taking preventive action, approximately 1 in 17 persons in this country will develop colorectal cancer at some point in life. Research has shown that appropriate screening and treatment can alleviate much of the suffering associated with colorectal cancer and reduce the number of deaths. Colorectal cancer has not received the attention other cancers have, even though it is the second leading cause of cancer-related deaths in this country and it has a well-defined, identifiable, and treat-

able precursor lesion - the adenomatous polyp.



Cancer Warning Signs

- Diarrhea, constipation, or other changes in bowel habits lasting 10 days or more
- Blood in the stool or dark stools
- Unexplained anemia
- Abdominal pain and tenderness in the lower abdomen
- Intestinal obstruction
- Weight loss with no known reason
- Stools narrower than usual
- Constant tiredness
- Anal lump
- Abdominal fullness, gaseous

Preventive Measures

- Annual fecal occult blood test
- Double Barium Contrast Enema (every 5 years)
- Sigmoidoscopy (every 5 years)
- Colonoscopy (every 10 years)

Risk Factors

- Age
- Diet
- Excessive alcohol consumption
- Long history of smoking
- Personal history of colorectal cancer
- Personal history of colorectal polyps
- Family history of colorectal polyps or colorectal cancer
- Hereditary Syndromes (familial adenomatous polyposis)
- Personal history of chronic inflammatory bowel disease
- Rectal bleeding with bright red blood



Two West African ceremonial masks hang from the ceiling in the gift shop of Everyone's Place, Afrakan Cultural Center, in Baltimore. The bookstore and gift shop was one of three stops on the Taste of History and Culture tour for Black History Month sponsored by the APG garrison Black Employment Program.



Jackie Fields, a motor vehicle operator with the Directorate of Installation Operations, gestures toward a wax likeness of his uncle, Wilfred "Mickey" Fields, the late Baltimore jazz saxophonist on display in the Great Blacks in Wax Museum. Fields was seeing the figure for the first time.

Photos by YVONNE JOHNSON

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Culture

From front page

"With the level of interest we have now, we wouldn't mind bringing it back again," Clayton said.

The day began with a prayer service at the Edgewood Area Chapel led by Col. Larry Robinson, U.S. Army Soldier and Biological Chemical Command chaplain.

Robinson told listeners that although the current generation did not suffer like its

ancestors, and most of us will never be rich or famous, "each one of us has a legacy for future generations. Our legacy will be our attitude to serve others."

After the service, participants were taken by bus to the museum on North Avenue in Baltimore, where they viewed various stages of black history.

The group toured a replica of a slave ship and viewed hundreds of life-like figures representing blacks in American history. The displays included shackled slaves; abolitionist and orator Frederick Douglass; Dred Scott of the famous Dred Scott decision, rodeo star Bill Pickett, and pop music star Michael Jackson, as well as

informative placards detailing the lives of the persons represented and their accomplishments.

Most participants said they found the museum impressive.

"It was an eye-opener for me," said Mary Spence, Directorate of Installation Operations. "This is my first trip here, but it won't be my last."

Andrea Melvin, U.S. Army Technical Escort Unit, said she was impressed with the spectrum of subjects.

"I didn't think it would be big enough to hold all of our history," she said.

Swan Creek employee, Emmett Toombs, added that he would have liked to spend more time with the historical

subjects.

"It's an impressive learning environment," Toombs said of the museum's layout. "You can definitely see the road map through civilization."

Two special displays paid tribute to Dr. Martin Luther King Jr. and to Dr. Carter Godwin Woodson, the father of Black History Month.

The King display included modern-day letters from Baltimore school children who wrote about what they would ask King if he were still alive.

"I would like to ask Dr. King to help us get along with each other," read one letter from a Harford Heights Elementary School first grader.

There also were copies of actual hate letters King received during his crusade for civil rights and Federal Bureau of Investigation reports and surveillance instructions from J. Edgar Hoover, the former FBI director.

At a stop at Everyone's Place, the two-story Afrakan Cultural Center on West North Avenue, visitors looked through hundreds of books on African history, poetry and fiction, perused a video and cassette library of famous speeches and lectures, and purchased cards, games, posters or memorabilia from the gift shop.

The tour concluded with a meal of barbecued spare ribs and chicken, collard greens and potato salad at Bill Dotson's Restaurant in Glen Burnie.

Twelve soldiers from the U.S. Army Theater Army Medical Laboratory, or TAML, also went on the tour. All agreed they learned a lot.

"This would be a good experience for anyone," said Sgt. Nathan Burkholder. "You can learn from it no matter how much you think you know."

"Their presentation of history was excellent," said Sgt. Robert Spencer.

"I would definitely take this tour again," Spc. Lanumoa Spencer added.

After the meal, APG garrison executive officer, Lt. Col. Donny Butler awarded certificates of appreciation to the two TAML bus drivers and certificates of attendance to all participants.

Along with Clayton, the BEP committee members included Penny White, program manager, APG Garrison; Jackie Pitts, committee chairperson, SBCCOM; Aldona Pryce, co-chair, U.S. Army Environmental Center; Claudia Coleman, CHPPM and Denise Coleman, North East CPOC.



"My strategy

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