

POST SHORTS

Recycling schedule



The recycling pickup for Wednesday, Dec. 1, is plastic, glass and metal. Put items in blue bags and place them on the curb.

Holiday closures

The APG PX, Burger King and the APG Shopette will be open 8 a.m. to 1 p.m. on Thanksgiving Day.

Kirk U.S. Army Health Clinic will be closed Nov. 25 through 27 for Thanksgiving holiday.

The Combined Federal Campaign Office will be closed Nov. 25 and 26.

Carlson Wagonlit will be closed Nov. 25 and 26 and reopen Nov. 29.

The APG Veterinary Treatment Facility will be closed Nov. 25 and 26 and reopen Nov. 29.

Appointments are now being taken for December.

There will not be a Social Hour at Top of the Bay Nov. 26.

ACS holds Family Movie Night

Army Community Service will hold Family Movie Night, 6 to 8 p.m., Nov. 30, at the Post Theater. The feature presentation will be Shrek 2.

This is a free, ticketed event, with free popcorn and drinks.

Tickets are available 8 a.m. to 4 p.m., Monday through Friday, at the Edgewood Area ACS, building E-4630, or at the Aberdeen Area ACS, building 2754, 8 a.m. to 5 p.m., Monday through Friday, or call ACS at 410-278-7572.

Thrift Shop Bag Sale

The Thrift Shop will hold a \$2 bag sale Dec. 1 through 16.

The Thrift Shop will be closed Dec. 17 through Jan. 5.

Happy holidays to all. For more information, call 410-272-8572.

Winter coat drive underway

A winter coat drive will be held through Dec. 17. Winter is fast approaching and many are in need of a coat or jacket.

Help someone in need keep the chill off during the upcoming winter months. Many people have one or two articles in their closets that have not been worn in a year or more.

See SHORTS, page 5

DTC command changes hands



Brig. Gen. Michael Combest, right, returns the U.S. Army Developmental Test Command colors to Command Sgt. Maj. Larry Robinson after accepting command of DTC in ceremonies Oct. 27. Looking on is outgoing DTC Commander Brig. Gen. Keith McNamara.

Photo by RALPH BROTH

AMSAA observes Veterans Day

Story and photo by
Meghan Bowen
APG News

Veterans were remembered at an observance sponsored by the U.S. Army Materiel Systems Analysis Activity in building 241 Nov. 10.

Former Staff Sgt. Earl Ralph Kelly, a World War II and Normandy veteran, spoke to guests about the importance of freedom and 'our duty to preserve it.'

"Freedom isn't free; every man should fight for this country," Kelly said. "We were all doing the job we were trained to do."

Kelly's stories about the daily dangers that Soldiers encountered painted a personal portrait of war for the guests to view through the eyes of a veteran.

Kelly recalled coming across a friend in battle and asking him if he had seen his company.

"The 'I' company doesn't exist anymore," the friend told him. So Kelly joined 'G' Company.

"Of 583 men in the battalion, 122 survived. By the time I reported back to them, there were only seven men left," Kelly remembered.

In one instance, Kelly recalled that his battalion was

sent in to fight and recruit any Soldiers in the area to help them.

"My commander told us that if the Soldiers we found wanted to stay and fight, then feed them. If they don't want to fight, then take anything of use no matter what their rank by point of gun if necessary," Kelly said.

During the fight, Kelly's friend started to laugh and he asked him why.

"They've got us surrounded. Just think, we don't have to go looking for them; they're going to come right to us," Kelly said.

Kelly recalled the concentration camps in Austria, where the Soldiers were instructed 'under no circumstances' to give any food to the prisoners, because it would make their stomachs sick after having been starved.

"You couldn't pass by those people without giving them something," Kelly said. "I gave one man a sea ration; he vomited it up and everyone around him jumped in to eat it."

Soldiers were also instructed not to give any of the prisoners a weapon.

But Kelly gave his to one man, who disappeared with the gun, shots were heard, and he

returned the weapon saying, "He'll never beat nobody else again."

There were two things that Kelly attributed to his survival.

"I learned two things that kept me alive," Kelly said. "One was that anytime you can see the enemy, then the enemy can see you too. The second thing was that the easiest way to get to the objective was neither the wisest or the safest."

As a result Kelly had many disputes with his superiors, but they 'made it through,' he said.

One AMSAA guest asked Kelly what his opinion was of movies about World War II.

"I got through one movie, and there's just too many damn memories," Kelly said. "A lot of it was too realistic. It gets pretty emotional. It really does."

Some AMSAA employees provided artifacts from the war, which were displayed for the guests.

Randy Wheeler, AMSAA analyst, brought in framed uniform patches and a newspaper article about his grandfather, the late Carl Wheeler of Havre de Grace, who served in the 502nd Parachute Infantry, Company D, 101st Airborne Division, the 'Screaming
See AMSAA, page 15

New veterans ID cards help battle identity theft

American Forces Press Service

The Department of Veterans Affairs has designed a new identity card for veterans that will safeguard confidential information while combating identity theft.

"The new identification card ensures veterans' personal information is protected," Veterans Affairs Secretary Anthony J. Principi said. "It also helps prevent the theft of important benefits and services from veterans that they earned by their service to our country."

The card, formally known as the Veterans Identity Card, will have veterans' photos on the front and identify them as enrollees in the VA's health-care system.

Encrypted on a magnetic tape on the back of the card will be the veteran's Social Security number, date of birth and a control number. The magnetic strip also records whether the veteran has a service-connected disability.

Identity theft is one of the fastest growing crimes in the nation. The Federal Trade Commission listed identity theft as the No. 1 fraud reported by consumers in 2003.

Requests from veterans and their congressional representatives were instrumental in bringing about these latest changes, officials said.

"The new VIC ensures the security of veterans' personal information as well as ensuring that only eligible veterans receive the benefits and services they've earned," said Kristin Cunningham of the VA health-care system's business office.

Veterans should request the new card at their local medical center. Processing will take five to seven days once eligibility is verified. VA officials said they hope to complete the conversion to the new, safer card by mid-November. The existing cards will remain valid until veterans receive their new cards.

For more information see the Department of Veterans Affairs Web site, <http://www.va.gov>.

APG honors retirees during Appreciation Day

Meghan Bowen
APG News

Retired military members were welcomed to a program hosted by the Aberdeen Proving Ground Retiree Council at the Aberdeen Area Recreation Center Nov. 13.

Approximately 140 guests attended the informational program, in which APG Garrison Commander Col. John T. Wright welcomed retirees followed by remarks from Brig. Gen. Roger A. Nadeau, commander of APG and the U.S. Army Research, Development, and Engineering Command.

"It didn't matter if one or a thousand people had shown up as long as we were able to provide them with what they needed and addressed the different retirees' concerns," Nadeau said.

Retired Maj. Gen. George Murray, past president of the National Association of

Uniformed Services, was the guest speaker. Explaining the survivor benefits program and the recent changes was of primary concern in his speech. (For more specifics on the changes, see article on page 2, "Change in law affects surviving veteran's spouses.")

A significant number of vendors attended the ceremony, according to Col. Charles M. Shadle, APG Retiree Council chairman.

Numerous veterans' organizations including representatives from the Military Officer's Association of America, and the Women's Army Corps Veterans Association were among the exhibitors present.

Kathy Abey, district representative for Congressman Wayne T. Gilchrest, provided a display on the Veterans History Project, which is dedicated to preserving the stories

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Former Staff Sgt. Earl Ralph Kelly, left, World War II guest speaker, talks with retired Sgt. Maj. Arif Zaky, a U.S. Army Materiel Systems Analysis Activity analyst who served during the Korean War, at AMSAA's Veterans Day observance Nov. 10.

Veterans' voices

Army showcases support program for disabled war vets

Sgt. 1st Class Doug Sample, USA
American Forces Press Service

The Army hosted a Pentagon media roundtable Nov. 10 to discuss a new support program aimed at helping those Soldiers and their families through the rehabilitation and transition process.

The Army began work on 'Disabled Soldier Support System 3' eight months ago to provide counseling and help to severely disabled Soldiers and their families through a "direct support" system, said Army Col. Robert H. Woods Jr., director of the Army's Human Resources Policy Directorate.

"Dealing with injuries can be a traumatic experience," he said. "And we want to be there, right there with them, taking them through the entire process."

He said that 'support system' will incorporate the help of several existing military agencies, such as Veterans

Affairs and the Army Career and Alumni Program, as well as civilian agencies and corporations.

DS3 began after Acting Army Secretary Les Brownlee and Veterans Affairs Secretary Anthony J. Principi sought ways in which disabled vets could be better served.

Veterans eligible for the program must have received a disability rating of 30 percent or greater and be in a "special category" as a result of injuries or illness. Those injuries may include amputations, severe burns and head injuries and loss of eyesight, Wood said.

According to Army statistics, the conflict has so far resulted in more than 880 disabled veterans, 230 of them now enrolled in the DS3 program, he said.

Soldiers entered into the program will go through three phases.

The first phase is getting the Soldier through medical

stabilization and rehabilitation, and then on to proper medical treatment channels.

The Soldier is then provided medical care and evaluated for continued service on active duty or help with a disability decision.

Phase 3 includes helping the Soldier with decisions on

"They do let you know what they have to offer to you. They let you know what they do and how they can help you."

percent the department's civilian work force. Of that number, 7 percent are disabled veterans.

Meanwhile, Woods said, the Army is in the process of hiring more than 200 caseworkers who will follow disabled Soldiers for up to five years after they enter the pro-

Sgt. Michael Cain
299th Engineer Battalion
4th Infantry Division
Injured truckdriver

gram. He added that the Army plans to have one caseworker for every 30 disabled Soldiers. Caseworkers will help Soldiers with problems that arise throughout the rehabilitation and transition process.

The Army also plans to

establish a toll-free hotline for Soldiers to call during normal business hours.

Woods said that currently, most of the disabled Soldiers returning from combat are being treated at Walter Reed Army Medical Center in Washington, D.C.

As the program continues to grow, Woods said, the Army envisions placing DS3 counselors at Army regional medical centers throughout the United States.

Sgt. Michael Cain of the 299th Engineer Battalion, 4th Infantry Division, a truck driver, was injured during a resupply mission in Tikrit when his truck rolled over an antitank mine. The blast severed his right leg below the knee.

Although Cain said he used DS3 counselors only sparingly during his two-month hospital stay, counselors were able to help find a place for his parents when they came to visit and were readily available to

help during his recovery.

"They do let you know what they have to offer to you. They let you know what they do and how they can help you," he said.

Woods said the focus of the DS3 program is in the final statement of the Army Ethos: "I will never leave a fallen comrade behind."

"That's the focus of the DS3 program," he emphasized. "We didn't leave them when they got hurt on the battlefield; we brought them home, we medically stabilized them. And now we're not going to leave them at all."

Woods said the program is being briefed to the other services so that they can consider offering similar programs to their service members.

For more information, see the Disabled Soldier Support System Web site, http://www.wblo.org/data/modules/pbm/recovered/disabled_soldier_support_system.

How to send support to "Any Service Member"

AAFES

With the holidays quickly approaching, many Americans are searching for ways to reach out to troops stationed overseas.

Anticipating a rush of mail from well-wishers, the Department of Defense announced that, "Due to security concerns and transportation constraints, the DOD no longer accepts items to be mailed to 'Any Service Member.'"

Fortunately, those wishing to send support to troops overseas have another option. The Army & Air Force Exchange Service's "Gifts from the Homefront" and "Help Our Troops Call Home" programs allow anyone to make a direct contribution towards the morale of deployed troops without compromising security or increasing the strain on the military mail system.

DOD reports that some people have tried to avoid this prohibition by sending large numbers of packages to an individual service member's overseas address, which, according to the DOD, clogs the mail system and causes unnecessary delays in delivery. Military APOs cannot guarantee delivery by a specific date due to processing constraints.

"Gifts from the Homefront" certificates, which can be purchased by any individual,

business or civic organization, allow troops to purchase items of necessity and convenience at PX and BX facilities around the world including 51 exchanges in Operations Iraqi and Enduring Freedom. The gift certificates may also be personalized with a message to troops who find themselves far from home.

Because the gift certificates can be used for merchandise already stocked at contingency locations, "Gifts from the Homefront" are a safe alternative to traditional care packages that place unnecessary strain on the military mail system and present Force Protection issues. Service members can purchase exactly what they need with the certificates because they can be applied to a wide range of products. Reports from Iraq and Afghanistan indicate that the certificates are being used for the latest CDs and DVDs, comfort items such as snacks and beverages and phone cards for those all-important calls home.

AAFES' Commander Maj. Gen. Kathryn Frost says that "Gifts from the Homefront" and "Help our Troops Call Home" are excellent ways for all to show they care.

"I encourage every American who is concerned about the welfare of deployed troops to buy a gift certificate or a phone card," Frost said.

Change in law affects surviving veteran's spouses

Deadline approaches to apply for restoration of DIC

VA

The Department of Veterans Affairs wants to ensure that surviving spouses of deceased veterans are aware of an approaching deadline that may affect entitlement to Dependency and Indemnity Compensation benefits.

Last year, President George W. Bush signed Public Law 108-183, the "Veterans Benefits Act of 2003," which restores entitlement to DIC and related home loan and education benefits for surviving spouses who remarry on or after they turn 57 years of age.

VA officials are concerned that surviving spouses may not be aware of this change in law, or may overlook this benefit if their subsequent marriages have not ended.

Generally, VA pays DIC to the surviving spouses of military service mem-

bers who die while on active duty, and to surviving spouses of veterans whose death resulted from service-related causes.

The basic monthly rate is \$967 and is increased if the surviving spouse has dependents, is housebound, or meets criteria common to those who need a home aide. There are additional payments for dependent children. Parents who were dependent upon the service member's income also may qualify for DIC.

Under previous law, surviving spouses who remarried were not eligible for DIC unless their marriages ended. At that time they could apply for reinstatement of benefits.

Under the new law, surviving spouses who remarried after age 57 and before Dec. 16, 2003, have a limited time to apply for restoration of DIC.

They have one year from the date the

new law was enacted (Dec. 16, 2003) to apply for restoration of benefits. If VA receives the application later than Dec. 15, 2004, restoration of DIC must be denied.

The one-year application period does not apply to other surviving spouses whose remarriage on or after attaining age 57 followed enactment of the law.

For more information on restoration of DIC, call VA's toll free number at 1-800-827-1000 or visit the nearest VA regional office. Office locations can be found in the blue pages of local telephone directories.

People who are hearing impaired should call VA at 1-800-829-4833 by use of a telecommunications device for the deaf (TDD).

More information on benefits and services is available at VA's Internet Web site www.va.gov.

"While these troops are doing superhuman tasks in countries half way around the world, we must remember that, after all, they too are human and the holidays can be a tough time to be away from friends and family. Something as simple as a \$20 gift certificate or \$39 phone card can deliver the much-needed 'connection home' troops crave during the holiday season."

Those wishing to send "Gifts from the Homefront" can visit <http://www.aafes.com> or call 1-877-770-4438.

"Help Our Troops Call Home" phone cards are also available at

<http://www.aafes.com> or by calling 1-800-527-2345. From there, the gift certificates and/or phone cards may be sent to an individual service member (designated by the purchaser) or distributed to "any service member" through the USO, American Red Cross, Air Force Aid Society or Fisher House.

"Gifts from the Homefront"

and "Help Our Troops Call Home" phone cards can be addressed to "any service member" or individual service members.

The gift certificates can be redeemed at any AAFES facility in the world including 29 in Iraq, 10 in Kuwait, five in Afghanistan, one each in Pakistan, Kyrgyzstan, Uzbekistan, and four in

Qatar/United Arab Emirates/Djibouti.

The phone cards can be used at any of AAFES' 60 call centers throughout Operations Iraqi and Enduring Freedom. The "Help Our Troops Call Home" program offers the best value for troops who enjoy calls home from any of AAFES' 46 call centers in Iraq and Afghanistan.

JPAC teams deploy to Papua New Guinea

JPAC

An investigation and recovery team from the Joint POW/MIA Accounting Command deployed from Hickam Air Force Base, Hawaii, Oct. 5 to Papua New Guinea to recover remains believed to be associated with American losses from World War II.

One excavation relates to a 1942 B-25 loss in the Port Moresby, Central Province. The aircraft was part of a formation that flew through a cloudbank over a mountain range. When the formation re-emerged from the mountain range, the subject aircraft was missing with its seven-man crew.

A JPAC team will also excavate a site associated with a 1943 B-24 aircraft that left Port Moresby on a night mission, and it disappeared.

Two other sites are scheduled for excavation. A C-47 aircraft and crew disappeared after a mission in 1944 to Hollandia, New Guinea; the other site involves the 1944 loss of an F-5E while on a photo reconnaissance mission.

The U.S. government, the Department of Defense and JPAC remain committed to scientific excellence and the fullest possible accounting of all Americans still missing.

JPAC will continue to fulfill the nation's promise to bring home service members who gave their lives.

For more information, call Maj. R. Nielson-Green, 808-448-1937 or e-mail him at Rumi.Nielson.jpac.pacom.mil. For JPAC mission information, visit www.jpac.pacom.mil.

A Veteran's Daydream

Buddy W. Maxwell, retired Sergeant Major

**An old man sat in the park alone, reminiscing, as old men do,
About the great adventure he was part of starting in 1942.
About his buddies who had fought so bravely by his side,
How he had managed to live while so many of them died.**

**He made a face as he recalled the evening news that he'd seen,
And the talk about medals won and what they could mean.
He thought briefly about his own medals he'd earned with pain,
That he never mentioned for reasons he would not explain.**

**He'd kept the ribbons, all worn on Veteran's Day with pride.
The medals he's sent to the family of a friend who fell by his side.
He knew he'd been told those medals were his and his alone.
But wanted to ease the loss of those who'd never come home.**

**He knew in his heart they'd won because all had fought so well,
But often wondered if God had selected who lived and who fell.
Maybe he'd ask him, for his time on earth was coming to an end,
Soon he'd be joining all the others, again at the side of his friend.**

APG News

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For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, AMSSB-GIM-P, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@usag.apg.army.mil.

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Family Corner

ACS hosts Family Holiday Extravaganza

ACS

Army Community Service will host its fourth annual holiday celebration for APG families, at the Aberdeen Recreation Center, building 3326, 6:30 to 8:30 p.m., Dec. 7.

Military, Department of Defense civilians and family members are invited for a fun-filled evening of games, prizes and snacks.

This event, hosted by the ACS staff, will feature face painting, cakewalk, ring toss, beanbag toss, candy guess and

many crafts. ACS will provide complimentary individual photographs with Santa for all the little wish-makers.

"We are looking forward to our families joining us for an evening of fun," said Celestine Beckett, ACS director. "This is our fourth year sponsoring this celebration, and previously we've had a tremendous response from the APG community."

The ACS staff invites the community to attend to renew acquaintances, make new friends, and most importantly,

have a great time.

For free tickets to the Family Holiday Extravaganza, stop by the Aberdeen Area ACS building 2754, Monday through Friday, 8 a.m. to 5 p.m., or the Edgewood Area ACS building E-4630, Monday through Friday, 8 a.m. to 4 p.m.

For additional information, call ACS, 410-278-7572. For special accommodations, call Reeshemah Bugg, Exceptional Family Member Program coordinator, 410-278-2420.



Photo by YVONNE JOHNSON

Ten-year old Jamal Mentor, left, and his "reindeer buddy," Braven Walden, 9, wait their turn for the ring toss during the Army Community Service holiday party at the Aberdeen Area Recreation Center in December 2002.

Food, toy and coat drive underway at RDECOM

RDECOM

The 18th Annual Food and Toy Drive is underway and will continue until Dec. 15. Donation boxes are in place at many locations across post.

Coats also will be collected for infants through adults and must be clean and in good wearable condition. Boxes for coat collection are located in building E-3549, in lobbies A and C.

Donatable items include non-perishable food and new or "clean, gently used" toys for children of all ages, including teenagers.

The employees of the U.S. Army Chemical Materials Agency are assisting RDECOM. Donation boxes have been placed in buildings

E-1946, E-4405, E-4410, E-4517, E-4585 and E-5141.

The Neighbors Involved in the Community of Edgewood (NICE) will be the recipient of the food and toy donations. NICE is a local group working to improve the quality of life in the Edgewood community. This year NICE anticipates 125 or more families will need assistance. Coats will go to The Sharing Table in Edgewood.

Everyone is invited to attend the reception scheduled for 9 a.m., Dec. 15 in the Berger Laboratory Cafeteria, building E-3549 in the Edgewood Area.

For more information, call Barbara Knapp at 410-436-5713.

Dealing with unwanted e-mail

DOIM

Every day, the Information Assurance Manager for the Directorate of Information Management receives numerous complaints from e-mail users regarding the receipt of unwanted e-mail, or "spam."

Spam will often appear as bogus offers or as messages that were not sent by the person listed as the sender.

Besides being annoying and time consuming, processing spam messages wastes network and storage resources and, in some cases, has resulted in people losing money to bogus offers.

There are a number of ways a spammer (someone who sends spam messages) can get an e-mail address. They may simply buy a list of e-mail addresses from a list broker, who compiles it by "harvesting" addresses from the Internet.

If a user has visited a Web site or an on-line service's membership directory, chances are the user's e-mail address is listed somewhere.

All computers connected to the Internet are

potential targets. Spammers scan the Internet, searching for points of entry and then install hidden software that allows remote access to a user's data and programs. In addition, once they have the e-mail address, a spammer can send messages and make them appear to have come from the user.

The DOIM has taken steps to protect the APG network from spammers.

While such precautions as employing up-to-date anti-virus software, using firewalls, and educating the user community does offer a level of defense, user involvement is critical.

Users must do everything they can to avoid becoming an unwitting culprit.

Avoid opening attachments unless expecting it or knowing what it contains. Delete suspicious messages from the "Inbox" and then delete them from the "Deleted Items" folder.

If the user's computer is infected, notify the service provider. If the DOIM is the service provider, contact the DOIM Service Desk at 420-306-4357 (HELP) immediately.

Qualifying for federal jobs

Sue Cassidy
CPAC

All work experience is considered in determining an applicant's qualifications for federal employment, regardless of whether any compensation was received.

Credit is given for all work experience that is pertinent to the position being filled—paid and unpaid experiences are given equal credit.

For example, if a person worked as the thrift shop bookkeeper for approximately 20 hours each week and performed those duties for 2 years, that person would be given credit for half of a work

week on the average and the time credited would be 1 year of experience based on a 40-hour work week. If an average of 10 hours a week was worked (or 1/4 of a work week), the overall 2 years experience would translate to 6 months experience.

Applicants should be sure that the experience described in their resume is not only accurate but does not require the human resources specialist to "read between the lines" or guess what is meant.

Only clearly stated, substantiated experience is given credit toward qualifying for a job.

And, volunteer experience, like paid experience, is subject to verification. Keep good records of all volunteer experience; find out what experiences a particular job requires; and describe experiences clearly and accurately when applying for that job. Volunteer efforts can translate into career advancement and the applicant gets the credit deserved.

For complete information on applying for federal jobs, visit www.cpol.army.mil, Employment; Army Job Application Kit.

Retirees

From front page

of service members for future generations.'

A new challenge that Abey is undertaking includes capturing the stories of war brides. (APG News will cover more on this in a future edition.)

Abey also distributed information on local attractions in Washington, D.C., and the social security program.

Retired Sgt. 1st Class Larry Shepard and his wife Cathy attended the event and commented on the program.

"We like coming to this," Mrs. Shepard said. "There's a lot of information on the TRICARE health program that we like to get."

Kathleen Hodges, wife of former APG commander Col. Warren D. Hodges, attended the program and collected information from the Kirk U.S. Army Health Clinic's table.

KUSAHC representative Ellen Bradley, a beneficiary counseling and assistant coordinator,

assisted Hodges with information about the military health system.

Hodges offered her thoughts on the program.

"I thought it was wonderful," Hodges said.

Lt. Col. Janet Wilson, KUSAHC, performed blood pressure checks for guests.

"The program was well done and very organized," Wilson said. "People seemed really eager to absorb everything."

Retired Staff Sgt. William Fortuna, talked about the program with fellow retiree Sgt. 1st Class Victor Bierlair, after the ceremony.

"Wonderful program! I hope they keep them coming," Fortuna said.

"It was very beneficial," Bierlair said.

Retired Sgt. Maj. Drew A. Nobles, APG retirement service officer and transition center supervisor, who helped plan the program, commented on the retirees' response.

"I enjoyed them enjoying it," Nobles said.

After the program, Nobles attended the lunch at the dining facility in building 4219 with fellow retirees, Master

Sgt. Lee Stevens and his wife Lucy from Rising Sun.

"I really benefited from the legal assistance information provided," Mrs. Stevens said in reference to the Staff Judge Advocate's Office, which provided information during the program on estate planning, powers of attorney, estate probate, medical instructions to next of kin and other matters.

Nobles commented on the military music provided by the 389th Army Band (AMC's Own), which played the national anthem.

"I loved the band; their combo was excellent," Nobles said.

"I thought it was a great program that offered a significant amount of information and a forum for retirees to receive information," Nadeau said.

"The day was a great success," said retired Command Sgt. Maj. Barry D. Decker, APG Retiree Council co-chairman.

For more information on the APG Retiree Council, call Shadle, 410-663-9263 or Decker, 410-278-1153.



Photos by MEGHAN BOWEN
Kirk U.S. Army Health Clinic representative Ellen Bradley, left, a beneficiary counseling and assistant coordinator, assists Kathleen Hodges, right, wife of former APG commander retired Maj. Gen. Warren D. Hodges, with information about the military health system.



Lt. Col. Janet Wilson, right, Kirk U.S. Army Health Clinic, performs a blood pressure check on retired Col. Charles M. Shadle, left, APG Retiree Council chairman, at Retiree Appreciation Day Nov. 13.

Community Notes

THURSDAY NOVEMBER 25 TRADITIONAL THANKSGIVING DAY SPECIALTY MEAL

The Thanksgiving Day Specialty Meal will be held in the Aberdeen Area dining facility, building 4503 and the Edgewood Area dining facility, building E-4225, for lunch, 11:30 a.m. to 2:30 p.m. During this event all military personnel, family members, Department of Defense civilians, retirees and guests are invited to dine.

The holiday meal rate of \$5.40 applies to any officer, enlisted member, and family member of sergeant or above, department of defense civilian, retiree and their guests.

The discount meal rate of \$4.60 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

The Thanksgiving Day Specialty Meal Menu includes: hearty turkey veg-

etable soup, shrimp cocktail, savory roasted turkey, baked ham with pineapple rings, carved to order steamship round, all American apple and sausage cornbread dressing, savory bread dressing, fluffy mashed potatoes with giblet gravy, sweet potato casserole, corn, green beans, broccoli casserole, assorted salad bar, bacon and tomato salad, cucumber salad, Waldorf salad, cranberry sauce, hot rolls, apple pie, pumpkin pie, pecan pie, cherry pie, fresh fruit, hard candy, mixed nuts, soft serve yogurt with assorted toppings, assorted beverages and egg nog.

Note: Menu is subject to change without prior notification.

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

PURPLE THURSDAY AT APG MAIN EXCHANGE

The APG Main Exchange will hold a special 'Purple Thursday,' 8 a.m. to 1 p.m. Wear purple and receive a 10

percent off coupon, find the hidden turkey and receive a turkey.

The Exchange will feature large sales and discounts on childrens' toys, TVs, coats, shoes, all portable electric mini-systems and all Christmas items, excluding American Greetings.

Giveaways and prizes will be available.

FRIDAY NOVEMBER 26 SINGLES DINNER- DANCE

The original Little Black Book Singles organization will sponsor a 20th Anniversary Singles Dinner-Dance at the Richlin Ballroom in Edgewood, 8 p.m. to midnight.

All single, divorced and widowed individuals of all ages are invited to attend.

Tickets cost \$45 in advance and at the door and includes live entertainment by Krystal Klear, buffet dinner, get-acquainted dancing, door prizes and a cash bar.

For more information or to purchase tickets, call 410-939-0669.

SATURDAY NOVEMBER 27 CHRISTMAS PRIZE BINGO

Christmas Prize Bingo to benefit the Ladies Auxiliary to the Water Witch Fire Company will be held at VFW Post 8185, located on Route 222, Port Deposit, 7 p.m. Doors open at 6 p.m. Tickets cost \$10 and includes all paper cards for 20 games; special single card packet costs \$5 for children under 10 and extra packs cost \$5.

There will be door prizes, refreshments, toys, gifts, raffles and more. All children must be accompanied by an adult. For more information or to purchase tickets, call 410-378-3338 or 410-378-9169.

SATURDAY AND SUN- DAY NOVEMBER 27 and 28 MILITARY PATCH & PIN SHOW

A Military Patch & Pin Show will be held at Pikesville National Guard Armory, 610

Reisterstown Rd. (off I-695), Pikesville, Saturday, 9 a.m. to 4 p.m. and Sunday, 9 a.m. to 2 p.m.

Antique and modern military medals, patches, insignia, uniforms, helmets, documents, books, toys and models, edged weapons, military and antique firearms and historical artifacts from all wars will be available.

The show is under new ownership.

Admission for military personnel in uniform is free, all others, \$5.

For more information, visit www.military-show.com or 732-616-3263.

FRIDAY DECEMBER 3 COUNTRY HOE DOWN

The Harford County Country/Western Dance Association, a non-profit organization, sponsors country western dancing the first Friday of the month at the American Legion located on Parke Street in Aberdeen. Dancing is held from 7:30 to 11:30 p.m.

Everyone is welcome. Cost of admission is \$8. Cash bar is available, and no dance lessons.

For more information, call 410-272-8318.

SATURDAY DECEMBER 4 AMERICAN LEGION COLLECTS FOR TOY'S FORTOT'S

Sons of the American Legion Squadron #128, Aberdeen, will hold a Toy's for Tot's collection point 2 to 4 p.m. at the Aberdeen Festival Park, North Parke Street.

Bring a new unwrapped toy in exchange for a cup of hot cider.

Donations will help ensure disadvantaged children have a happy holiday.

The city of Aberdeen's annual Christmas Parade and Celebration will be held simultaneously.

The parade begins at 3 p.m. on West Belair Avenue.

For more information, call Gary Gerdon, 443-807-0728.

SATURDAY DECEMBER 11 BREAKFAST WITH SANTA

The Perryville Outlets Mall will host Breakfast with Santa, 9 a.m.

Cost is \$5 per person and includes breakfast, a gift bag for each child and a visit by Santa.

For more information or to make reservations, call the mall office at 410-378-9399.

SUNDAY DECEMBER 12 BASKET BINGO

American Legion Post 194, 336 E. Main St., Rising Sun, is sponsoring a basket bingo.

Games start at 3 p.m. Cost is \$10 for 20 games.

For more information, call 410-658-3915, or e-mail basketbingors@aol.com.

Proceeds will benefit Boy Scout Troop 28.

SATURDAY DECEMBER 18 A CHRISTMAS CELE- BRATION

To benefit Women's Day 2005, the women of St. James A.M.E. Church, 617 Green Street, Havre de Grace, are sponsoring a bus trip to Evangel Cathedral, Upper Marlboro, 3:30 p.m. to see "Christmas Celebration," a play featuring Vickie Winans.

Cost is \$45 and includes bus transportation and show ticket. A non-refundable deposit of \$23 is due at the time of reservation.

For more information, call Joan Hunter, Shirley Rumsey, Christine Thomas or Jonise Stallings at 410-939-2267.

MOVIES

ADMISSION: ADULTS \$3.50, CHILDREN \$1.75
Building 3245 Aberdeen Boulevard
To verify listing, call 410-272-7520.

TEAM AMERICA: WORLD POLICE

Starring: Ben Affleck,
James Gandolfini

Friday, Nov. 26, 7 p.m.

Drew Latham (Affleck) is an executive leading an empty, shallow life with only wealth on his side. Facing another lonely Christmas ahead, Drew wants to revisit his old childhood home and possibly relive some old holiday memories. But when he arrives, he finds that the house he was raised in is no longer the home he grew up in. Inhabited by another family, Drew offers a nice financial reward that has the family ringing. But is Drew's generous cash offer only the beginning of an annoying visitor who's a little too overeager to celebrate Christmas? (Rated PG-13)

Animated

Team America follows an international police force dedicated to maintaining global stability. Learning that power hungry dictator Kim Jong Il is out to destroy the world, the team recruits Broadway star Gary Johnston to go undercover. With the help of Team America, Gary manages to slip into an arms dealer's hideout to uncover the plan to destroy the world. Will Team America be able to save the world? (Rated R)

SURVIVING CHRIST- MAS

Saturday, Nov. 27, 7 p.m.
(free admission)

Note: There is no 9 p.m. showing on Saturday

HCC's spring credit classes begin Jan. 24

Harford Community College's spring credit classes begin Jan. 24. Students can register for credit courses at the Aberdeen Proving Ground Center, Janet M. Barr Soldier Support Center, building 4305, Room 207, Monday through Thursday, 9 a.m. to 4 p.m. and alternate Fridays. For more information, call 410-272-2338.

In addition, registration will take place at HCC, Monday through Thursday, 7:30 a.m. to 7 p.m. and Friday, 7:30 a.m. to 4:30 p.m. The college will be closed Nov. 25 through 28 and Dec. 24 through Jan. 2. There will be expanded hours Jan. 3 through 22, Monday through Thursday, 7:30 a.m. to 7 p.m.; Friday, 7:30 a.m. to 4:30 p.m.; and Saturday, 9 a.m. to 1 p.m.

Students may also register for courses by mail or FAX through Jan. 22. Forms and more information will be included in the Spring Schedule of Credit Classes. Continuing students may register online using SOLAR at www.harford.edu. Students can also access the Schedule of Classes on the Web site or can request a schedule by calling 410-836-4107.

Prior to registering, students may call HCC's Advising, Career, Disability and Tutoring Services at 410-836-4301 to make an appointment to meet with a new student advising group or meet with an academic advisor to plan their semester schedule. Students who have never attended HCC, or who attended before Fall 2003, should complete an HCC Application for Enrollment prior to registering.

For more information or to register, call the Office of Registration and Records at 410-836-4222 or 410-879-8920, ext. 222.

POST SHORTS

Allow someone in need to use these items.

Donate coats and other clothes and food items to those in need. Drop off points include the Post Chapel, PX and the Commissary.

For more information, call Spc. James Hyde at 410-278-4333 or Staff Sgt. Brian Adams at 410-278-3000.

Johns Hopkins USFHP open forum

An open forum will be offered 1 to 2 p.m. and 2 to 3 p.m., Dec. 8, in the NCO Room at the Aberdeen Proving Ground Recreation Center, building 3326, on the corner of Raritan and Erie streets. Representatives from Johns Hopkins will provide materials and answer questions about the USFHP, a TRICARE Prime option.

The forum is open all DEERS-eligible family members of active duty and retired uniformed services members, retirees of all ages, family members of Reserve/National Guard on active duty for 31 days or more, non-remarried spouses and unmarried children of deceased service members, Coast Guard family members, NOAA retirees and their family members, as well as eligible family members of deceased NOAA members. No pre-registration is required.

For information, call 1-800-80-USFHP (7347), or Ed Cramer, USFHP at Johns Hopkins, 443-287-2529, e-mail ecramer3@jhmi.edu, or visit www.hopkinsmedicine.org/usfhp.

APG tree lightings scheduled

Col. John T. Wright, deputy installation commander, will host the APG annual holiday tree lighting ceremonies 6 p.m., Dec. 5, in front of the Post Library, building 3320 and 6 p.m., Dec. 12, in front of the EA Chapel, building E-4620.

ACA hosts Office Products Expo

The Directorate of Contracting, U. S. Army Contracting Agency will host the second annual Office Products Expo 10 a.m. to 2 p.m., Dec. 9 at the Aberdeen Proving Ground Recreation Center, building 3326, Erie Street. Refreshments will be served.

Attendees will have an opportunity to become acquainted with the various vendors who have agreements under the mandatory Blanket Purchase Agreement used to purchase office supplies. A representative from the Defense Logistics Agency will demonstrate the use of DoD EMALL.

This event will emphasize the Javits-Wagner O'Day Program, which is a unique Federal procurement program that generates employment and training opportunities for people who are blind and those who have other severe disabilities. The JWOD Program is a mandatory source of supply.

Everyone is invited to attend; especially those involved in the acquisition process, i.e. requestors, government purchase cardholders, billing officials.

For more information, call Dennis Bolen, ACA, DSN 298-0849 or e-mail him at debolen@sbccom.apgea.army.mil.

AFB celebrates 10th year

Army Family Team Building will celebrate its 10th birthday, 1 p.m., Dec. 16. Sarah Staats, the new coordinator, will host a cake cutting with Col. John T. Wright, deputy installation commander. Everyone is invited. For more information, call Army Community Service, 410-278-7474.

Register for Bataan Memorial March

The 17th Annual Bataan Memorial Death March will be held at White Sands Missile

Range, N.M., March 20. The memorial march recognizes the sacrifices made by thousands of U.S. and Filipino service members overwhelmed by the Japanese in the Philippine Islands during World War II.

The event is open to military (active duty, reserve, National Guard, ROTC, JROTC or retired) and civilian teams and individuals in either heavy or light divisions. Military personnel marching in any military category must wear full field gear. Civilian marchers in any category should wear attire appropriate for a road march through desert terrain. All marchers entered in heavy division categories must also carry a 35-pound rucksack.

Cost is \$40 for individuals and \$150 for a five-person team.

Deadlines are Feb. 19 for entry forms received by mail, Feb. 25 for entry forms received via fax and March 10 for on-line registration. If the 4,000 participant maximum is reached before any of these deadlines, all forms of registration will close.

Registered participants will receive a commemorative T-shirt, a commemorative timing chip, a certificate, pre-event continental breakfast and post-event meal. Those who finish the march will receive a commemorative dog tag.

For more information, call the White Sands Missile Range Community Recreation Division at 505-678-1256 or the Public Affairs Office at 505-678-1134, or visit the Web site at <http://www.bataan-march.com/>. Questions and comments may be e-mailed to bataan@wsmr.army.mil.

Social Hour at Top of the Bay

Table tennis, darts and other activities are available at the Friday socials, 4 to 8 p.m., at Top of the Bay every Friday. Look for future competitions with prizes to include tickets to local events and bus trips. Free snacks, music and more are available.

For more information, call MWR Registration.

Registering for TSP Catch-up ends Dec. 11

TSP Catch-up for 2004 will stay in effect until the pay period ending Dec. 11.

Employees that desire to make new elections for TSPC for 2005 will be able to create those elections during the pay period Nov. 28 through Dec. 11, to be effective Dec. 12.

The limits for 2005 will increase from \$3,000 to \$4,000 annually. Due to the changing IRS limits, employees must make a new TSPC election each year. A new chart for deductions, per pay period, will be placed on the ABC-C Web site prior to Nov. 28.

For more information, contact a servicing human resources assistant.

Army seeking warrant officer candidates

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors, and Airmen

to fill its warrant officer ranks.

Positions are open to qualified applicants in all 45 specialties. Applicants with less than 12 years of active federal service are encouraged to apply.

For more information and all forms/documents required, visit www.usarec.army.mil/warrant, or call DSN 536-0328/0466/0271/ 1860/0458/0484 or commercial 502-626-1860.

Emmett Paige scholarships available

The Gen. Emmett Paige Scholarship provides funding to veterans, military personnel, and their family members who are majoring in specified fields in college for \$2,000.

This program is open to veterans and persons on active duty in the uniformed military services and to their spouses or family members who are currently enrolled full-time in an accredited four-year degree-granting institution in the United States. Veterans entering college as freshmen may apply. Spouses or family members must be sophomores or juniors.

Applicants must be U.S. citizens, be of good moral character, have demonstrated academic excellence, be motivated to complete a college education, and be working toward a degree in engineering (aerospace, chemical, computer, or electrical), mathematics, physics, or computer science with a GPA of 3.4 or higher.

For more information, visit <http://www.military.com/Education/ScholarShip/Profile/1,14220,0546,00.html>.

Army Suggestion Program On AKO

Aberdeen Proving Ground is transitioning to the new Army-wide suggestion program located on AKO. To access, visit https://armysuggestions.army.mil/services/asp/asp_home.cfm.

There is also a link from www.apg.army.mil.

Users will need their AKO user name and password to access this site.

For more information, contact Marjorie Sexton, 410-278-0944, or e-mail marjorie.sexton1@us.army.mil.

Donate to the Intrepid Fallen Heroes Fund

The Intrepid Fallen Heroes Fund provides unrestricted grants to the families of military personnel who have given their lives in the current operations in defense of this country, including military operations in Afghanistan, Iraq, and elsewhere. The grants are intended to help families through any immediate or long-term financial difficulties they may face.

It is supported entirely by donations. Administrative costs are not deducted from donations.

The fund will provide support to the surviving spouses and/or children of United States and British uniformed military personnel killed in action in Operation Iraqi Freedom or Operation Enduring Freedom.

Through a special contribution from the Stamps Family

Charitable Foundation, the fund will make an additional contribution of \$1,000 to the families of all U.S. troops lost in Iraq, regardless of whether they left behind a spouse or children. For more information, visit http://intrepidmuseum.org/foundation_heroesfund.html.

To donate online to the Intrepid Fallen Heroes Fund, visit http://intrepidmuseum.org/foundation_heroesfund_donate.html. Contributions may also be mailed directly using contribution form or made by phone at 1-800-340-HERO.

Understanding leasing, the active duty card holder

The Office of the Staff Judge Advocate is available to discuss the finer points of off-post leasing with active duty ID card holders.

Many of the problems and unforeseen costs of residential leases can be avoided by reviewing the lease with an attorney prior to signing it. An attorney can explain hard-to-understand "legal-ese" and the duties of both the landlord and the active duty ID card holder.

A legal assistance attorney can discuss lease termination and eviction rights under the Service members Civil Relief Act. Don't be caught later by the "fine print."

To schedule an appointment with an attorney, call OSJA Legal Assistance, 410-278-1583.

Checking employee Leave & Earnings Statement

Employees are reminded it is their responsibility to check their Leave and Earnings Statement to verify the correct deductions are being withheld for their benefits.

This includes Thrift Savings Plan, Federal Employees Health Benefits and Federal Employees Group

Life Insurance.

All deductions are listed on the LES under "Deductions" and include the dollar amount.

The TSP is also listed in Block #22 on the LES with either the percentage or dollar amount elected for contribute.

A TSP loan would also be listed under deductions with the TSP loan number.

Employees transferring to the installation are strongly encouraged to double check all deductions to make sure everything has transferred with no interruption.

FEGLI Open Season changes will not be reflected since they are not effective until September 2005.

For more information, contact a servicing human resources assistant.

USPS offers free packing materials

The U.S. Postal Service is offering free packing materials to spouses and families of military members who are deployed overseas.

To take advantage of this service, call 1-800-610-8734 and press 1 (for English and

then 3 for an operator) and they will send the requestor free boxes, tape and mailing labels for priority and express mail. These products are to be used to mail care packages to service members only.

DA photo policy change

Effective immediately, military personnel are no longer required to forward hardcopy photos to the Enlisted Records and Evaluation Center for Enlisted Soldier Promotion Selection Boards if the photo studio has the capability to upload photos electronically to the Department of the Army Photo Management Information System (DAPMIS).

Only selection boards held at the Human Resources Command in Alexandria for active Army officers still require hardcopy photos.

The APG Photo facility will no longer issue paper copies to enlisted Soldiers for the annual promotion boards. Requests for hardcopies for other types of selection boards will still be honored as well as for officers in the above category.

LEAVE DONATION

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Employees leaving the program should call Ronda McKinney, 410-278-8988, or e-mail rondamckinney@usag.apg.army.mil, to complete a termination form.

Employees eligible for donations in the Voluntary Leave Transfer Program

Marian Bellis (fracture of left tibia)	Richard Hoffman
Sarah Blevins	Janice Johnson (diabetic neuropathy)
Jeanie Bowman	Lydia Langley
Michael Cain	Anita Koller
Iris Campbell (chemotherapy)	Beverly King (caring for husband)
Barbara Crossley	Danny Kopp (lung-cancer)
Cathryn Cruz (cancer)	Jin Kwon
Victoria Cwiertnie (lime disease)	William B. McLean (kidney failure)
Jessica Dang	Edward Myers
Carl Davis	Tess Ramos (total hip replacement)
Shelia Davison (benign paroxysmal positional vertigo)	Cheryl L. Roark
Geraldine Eaton	Matthew Ryan
David Fletcher	Leigh Sanders
Renee Gaffney	Barbara Seker
Charles Gambrell	Sheilah Simberg
Cynthia Hairston (Surgery)	Marguerite Soper
Beatrice Heilpern	Alison Tichenor
Cynthia Henry (bronchitis with complications)	Linda Tignor
Melanie A. Hoffman (parasinusitis, fibromyalgia condition)	Charles Young (kidney and pancreas transplant)

APG legal staff awarded for excellence

Meghan Bowen
APG News

The Aberdeen Proving Ground Office of the Staff Judge Advocate was honored for excellence in claims and legal assistance for the year 2003 at a gathering in the OSJA building 310 Oct. 22.

Garrison Commander Col. John T. Wright, presented the awards and congratulated the OSJA office.

"The work that you do is to be recognized," Wright said. "What you do in support of the families and civilians here is very important. The Soldiers like to know that their families are being taken care of."

Lt. Col. Stephen Parke, staff judge advocate, commented on the offices' duty to the approximately 390 clients they serve each month.

"For the people in our office, it is our

privilege to take care of the officers and their families," Parke said.

"This is a team effort," said Sioux Grendahl, chief, Client Services.

The staff was presented with the 2003 Judge Advocate General's Award for Excellence in Claims Support. The office also received the claims excellence award in the years 2000 and 2002.

Out of 151 eligible offices in the world, only 33 offices won the claims award, according to the award notification letter from the Department of the Army.

"Your success in winning the award indicates that you have one of the best claims offices in the United States Army," the letter read.

Wright then presented the office with the 2003 Army Chief of Staff's Award for excellence in legal assistance, which it also received in the years 2000, 2001 and 2002.

The 2003 certificate stated that the APG OSJA was awarded for its 'superior achievement in providing professional legal advice and assistance to Soldiers and their families'.

Garrison Command Sgt. Maj. Elvis Irby attended and commented on the OSJA honors.

"It's great to see our staff receive awards," Irby said. "Hooah!"



Public Notice

Accreditation Assessment Team invites public comment



Photo by RALPH BROTH

Members of the APG Police pose with the Smart trailer, a device that measures a motorist's speed. From left, Officer Matthew Kerstetter, Investigator Peter Simon, Officers Marenada Tate and Jeremy Rondone, Investigator Andreas Sexton and Officer Thomas Wardrope. (Editor's note: A published photo is requested as part of the public notice process.)

DLES

A team of assessors from the Commission on Accreditation for Law Enforcement Agencies, Inc. will arrive Dec. 11 to examine all aspects of the Aberdeen Proving Ground Police policy and procedures, management, operations and support services, Robert Krauer, director of Law Enforcement and Security, announced Nov. 18.

As part of the on-site assessment, agency employees and members of the community are invited to offer comments at a public information session 2 p.m., Dec. 13, in building 3752, the APG Police Academy.

If for some reason an individual cannot speak at the public information session but would still like to provide comments to the assessment team, they may do so by telephone. The public may call 410-278-2974 on Dec. 13, between 9 and 11 a.m.

Telephone comments as well as appearances at the public information session are limited to 10 minutes and must address the agency's ability to comply with CALEA's standards. A copy of the standards is available at building 3752.

The Accreditation Program Manager for Aberdeen Proving Ground is Capt. Erick Stone, commander of the APG Police Academy, 410-278-8930.

Persons wishing to offer written comments about APG's ability to meet the standards for accreditation are requested

to write: Commission on Accreditation for Law Enforcement Agencies, Inc. (CALEA), 10306 Eaton Place, Suite 320, Fairfax, VA 22030-2201.

"Aberdeen Proving Ground has to comply with 476 standards in order to gain accredited status," Stone said.

Stone said the assessment team is composed of law enforcement practitioners from similar but out-of-state agencies.

The assessors will review written materials, interview individuals, and visit offices and other places where compliance can be witnessed.

The assessors are Jerry Stewart, director, Iowa State University Police, team leader; Rex Gooch, Lieutenant, Maryland Heights Missouri Police, and Charles Baker, retired chief, West Carrollton Police, Ohio.

"Once the commission's assessors complete their review of the agency, they report back to the full commission, which will then decide if the agency is to be granted accredited status," Stone said.

Accreditation is for three years, during which the agency must submit annual reports attesting continued compliance with those standards under which it was initially accredited.

For more information, write the Commission (CALEA) at 10306 Eaton Place, Suite 320, Fairfax, Virginia, 22030-2201; or call 800-368-3757 or 703-352-4225.

APG closing announcements

If the installation is closed, is experiencing a delay in opening or if liberal leave is in effect due to weather or other emergency situations, check for postings on the local television and radio stations (listed below), WAPG-TV Channel 3 (on Aberdeen Proving Ground), or call 410-278-SNOW (7669). A recorded telephone message will contain updated information and should begin at about 5 a.m.

Announcements about federal offices in the greater Baltimore metropolitan area do not apply to APG; listen for those that name APG specifically.

For general information, call the APG Public Affairs Office, 410-278-1147.

Station	Frequency	Location
WAMD	AM 970	Aberdeen
WXCX	FM 103.7	Havre de Grace
WBAL	AM 1090	Baltimore
WIYY	FM 97.9	Baltimore
WPOC	FM 93.1	Baltimore
WDEL	AM 1150	Wilmington, Del.
WSTW	FM 93.7	Wilmington, Del.
WSBA	AM 910	York, Pa.
WARM	FM 103.3	York, Pa.
WROZ	FM 101.3	Lancaster, Pa.
WBAL-TV	Channel 11	Baltimore
WMAR-TV	Channel 2	Baltimore
WBFF-TV	Channel 45	Baltimore
WJZ-TV	Channel 13	Baltimore

Conquering post traumatic stress disorder



Understanding PTSD

www.ncptsd.org

A program of the U.S. Department of Veterans Affairs, the National Center for Post-Traumatic Stress Disorder was created within the Department of Veterans Affairs in 1989 in response to a Congressional mandate to address the needs of veterans with military-related PTSD. Its mission was and remains to advance the clinical care and social welfare of America's veterans through research, education, and training in the science, diagnosis and treatment of PTSD and stress-related disorders.

What is PTSD?

Post-traumatic stress disorder is a psychiatric disorder that can occur following the experience or witnessing of life-threatening events such as military combat, natural disasters, terrorist incidents, serious accidents, or violent personal assaults like rape.

People who suffer from PTSD often relive the experience through nightmares and flashbacks, have difficulty sleeping, and feel detached or estranged, and these symptoms can be severe

enough and last long enough to significantly impair the person's daily life. PTSD is marked by clear biological changes as well as psychological symptoms, and is complicated by the fact that it frequently occurs in conjunction with related disorders such as depression, substance abuse, loss of memory and cognition and other problems of physical and mental health. The disorder is also associated with impairment of the person's ability to function in social or family life, including occupational instability, marital problems and divorces, family discord and difficulties in parenting.

Understanding PTSD

Careful research and documentation of PTSD began in earnest after the Vietnam War. The National Vietnam Veterans Readjustment Study estimated in 1988 that the prevalence of PTSD in that group was 15.2 percent at that time and that 30 percent had experienced the disorder at some point since returning from Vietnam.

PTSD has subsequently been observed in all veteran populations that have been studied, including World War II, the Korean conflict, and Persian Gulf populations, and in United Nations peacekeeping forces deployed to other war zones around the world.

PTSD is not only a problem for veterans, however. Although there are unique cultural- and gender-based aspects of the disorder, it occurs in men and women, adults and children, Western and non-Western cultural groups and all socioeconomic strata.

A national study of American civilians conducted in 1995 estimated that the lifetime prevalence of PTSD was 5 percent in men and 10 percent in women.

Symptoms of post traumatic stress disorder

www.ncptsd.org

PTSD is characterized by a specific group of symptoms that sets it apart from other types of reactions to trauma. Increasingly, evidence points to four major types of symptoms: re-experiencing, avoidance, numbing and arousal.

Re-experiencing symptoms involve a sort of mental replay of the trauma, often accompanied by strong emotional reactions. This can happen in reaction to thoughts or reminders of the experience when the person is awake or in the form of nightmares during sleep.

Avoidance symptoms are often exhibited as efforts to evade activities, places, people

or other reminders of the trauma.

Numbing symptoms are typically experienced as a loss of emotions, particularly positive feelings.

Arousal symptoms reflect excessive physiological activation and include a heightened sense of being on guard as well as difficulty with sleep and concentration.

Who determines PTSD presence?

While it may be tempting to self-identify PTSD, the diagnosis generally is made by a mental-health professional, through a formal evaluation by a psychiatrist, psychologist, or clinical social worker that is specifically trained to assess psychological problems.

Vet Center telephone directory for Readjustment Counseling Service

U.S. Department of Veterans Affairs
www.va.gov

Delaware
Wilmington: 302-994-1660

Pennsylvania
Erie: 814-453-7955
Harrisburg: 717-782-3954
McKeesport: 412-678-7704
Philadelphia: 215-627-0238
Morgantown: 215-924-4670

West Virginia
Beckley: 304-252-8220
Charleston: 304-343-3825
Huntington: 304-523-8387
Martinsburg: 302-263-6776
Morgantown: 304-291-4303
Princeton: 304-425-5653
Wheeling: 304-232-0587

Maryland

Baltimore: 410-764-9400
Elkton: 410-392-4485
Silver Spring: 301-589-1073

District of Columbia
202-726-5212

Heated healing eases pain

Native American sweat lodge brings peace to some

Story and photos by
Yvonne Johnson
APG News

They come for different reasons, some for meditation, some for relaxation, and others to connect to the 'great spirit' to seek relief from their ailments.

For whatever reason that they come, the Native American sweat lodge located on the grounds of the Veterans Administration Medical Center at Perry Point continues to draw those seeking a level of inner peace.

Known as the Stone People's Lodge, the small, turtle-shaped lodge was erected in 1999 by Al Milliner, Perry Point's Equal Employment Opportunity Native American Special Emphasis program manager, and Tom Pinder, a clinical social worker with the Elkton Vet Center.

Although neither is a Native American, they said they've found solace in the cleansing ritual.

"We follow Native American ways," Milliner said during the 5th Annual Native American Veterans Pow Wow held at Perry Point in May. "They go back to the roots of our nation and are the purest form of worship."

The sweat lodge is a small, domed structure, usually made from pliant boughs driven into the ground and arched into a hemisphere shape. Lodges are usually covered with blankets, skins or canvas. A depression is dug into the ground in the center of the lodge to hold the rocks, which are heated outside the lodge and brought in on a pitchfork. Steam is produced in the lodge by sprinkling the rocks with water.

Although simple to build, every detail of the lodge is symbolic as are the rituals conducted before and after each use.



The Stone People's lodge at Perry Point is located just inside the wood line behind the hospital. Milliner, Pinder and others erected it with permission from hospital officials. Constructed of maple saplings gathered from the surrounding woods, the lodge is a solid structure, able to support the heavy blankets and canvas that cover it to seal in the steam.

The lodge follows the Chippewa ways, Pinder said, and it is open to anyone. It is also part of the inpatient graduation process for patients receiving treatment for Post Traumatic Stress Disorder, he said.

Bi-monthly gatherings are held the first Saturday and third Tuesday of each month.

"It's difficult to describe what the sweat lodge does for people," Pinder said. "We all have different reasons for being here. It does something different for everyone."

Several attendees to the Sept. 21 lodge said they have not missed a night since the lodge opened.

Carol Milliken, a resident of New Castle, Del., helped build the lodge along with her husband, Bill. She said she has attended every third Tuesday since 1999 and both serve as Water Keepers, a position of honor, charged with wetting the red-hot rocks placed in the center pit. In addition, the Water Keeper controls the activities within the lodge, leading participants in prayer, songs and personal reflections.

"For me, it's basically the same as going to church," Milliken said. "It's a spiritual situation that allows me to seek to connect with the energies of mother earth in my own way. It's a way to purge the body of frustrations."

Sweating rids the body of wastes, according to the "The Museum" Web site at www.tfn.net.

"In this modern sedentary age of pollution, artificial environments, synthetic clothing and lack of regular exercise, a sweat bath can open clogged skin pores and stimulate the healthy flow of a body's own natural sweat. Body sweat flushes toxic metals such as copper, zinc, and mercury from the body and can also remove excessive salts. Although clogged respiratory passages are opened by heat, which benefits the lungs, the sweat lodge is not recommended for people with pneumonia or major respiratory problems," according to the Web site.

Milliner said that although the lodge is open to anyone, newcomers are queried as to their physical well being before being allowed to participate. In addition, participants are asked to wear light clothing such as T-shirts, shorts or swim suits, and to bring a towel to sit on inside the lodge, a gallon of water, a blanket for warmth outside the lodge during the winter months and a give-away for the Water Pourser and the Fire Keeper.

The Stone People's Lodge at Perry Point follows the tradition of four rounds or sessions. The Water Pourser and the Fire Keeper control the rounds. The Fire Keeper does not enter the lodge but can participate from outside at the invitation of the Water Pourser.

After all participants have entered and are seated, the Fire Keeper, using a pitchfork, places the hot rocks that



Tom Pinder of the Elkton Vet Center performs the ritual of Fire Keeper, offering a stone for blessings during preparations for the bi-monthly Stone People's Sweat Lodge at Perry Point Sept. 21.

Project DE-STRESS helps treat traumatic stress

Austin Camacho
Special to American Forces Press Service

One unavoidable fact about military action is that service members will have to deal with traumatic stress.

The Defense Department is working to find the best way to help troops deal with the harmful effects of the stress people face in combat. One part of that effort is a treatment trial called Project DE-STRESS.

Project DE-STRESS - Delivery of Self Training and Education for Stressful Situations - is an attempt to improve early care for victims of traumatic stress, according to Army Lt. Col. Charles Engel, director of the Deployment Health Clinical Center at Walter Reed Army Medical Center, where the treatment trial is taking place.

"We were interested in something that ultimately could be implemented in a primary care environment, where people could be screened and diagnosed early and some care could be provided for them without having to visit the specialist," Engel said.

Doctors at the DHCC developed this approach to treating trauma-related stress in conjunction with the Boston University School of Medicine and the National Center for Post-traumatic Stress Disorder Research. The research study is a randomized clinical trial investigating two different computer-assisted approaches to treating PTSD. It is designed, officials said, to compare two different kinds of treatment: stress inoculation training and standard care.

Victoria Bruner, Project DE-STRESS coordinator, said both military doctors and Department of Veterans Affairs physicians use standard care most often to help veterans.

"Standard care, sometimes called supportive counseling, involves allowing the person to vent, to identify feelings and to validate their experiences," Bruner said. "Most people receive standard supportive care."

She said that the alternative approach, stress inoculation training, also has been around

for a long time.

"This training is widely used in the military," Bruner said. "If you know a person is going to be exposed to something harmful, like extreme stress, you teach them the skills to deal with that exposure. It's just like getting an inoculation against a disease."

The study is comparing these two well-documented interventions to find out which is best for reducing the long-term consequences people may experience after their exposure to military trauma.

What makes this treatment trial innovative, Bruner said, is that it makes use of cutting-edge technology. By using Web-based training, the researchers introduce a degree of portability and ease of access that would otherwise be impossible.

"Computer-based interventions give the person the opportunity to work on their own, with guidance, in the privacy of their own home," Bruner said. "And our project is set up so that each patient is monitored every day by a trained therapist."

Engel added that computerizing the process helps service members avoid any perceived stigma associated with going to a psychologist or psychiatrist for help.

"It provides the service member with a chance to make their own gains in their own way before having to seek specialty care," Engel said. "Many people are reluctant to seek specialty care. In the military setting, there's a lot of concern that if they visit specialists with these sorts of problems, it will affect their careers."

The study is open to beneficiaries of the DoD health care system who are experiencing mild to moderate symptoms as a result of military-related trauma. Patients who are bothered by memories or dreams of trauma or experiencing anxiety, depression or trouble sleeping also may be accepted into the program.

Bruner said everyone in the program starts with a confidential introductory meeting with a trainer.

See DE-STRESS, page 14

Marine veteran combats stress with martial arts

Yvonne Johnson
APG News

In Philadelphia's inner city, a quiet teacher has been helping his students confront and defeat stressful disorders that have plagued many of them for years through the use of a little-known but highly successful martial arts program.

Nimr R. Hassan, known to his students as Hanshi, or Menkyo Hanshi, leads the Philadelphia association which teaches martial arts as a balance of physical, intellectual and spiritual training to achieve a higher state of calm and self control, known as Koga Ha Kosho Shorei Ryu Kempo, or Kempo for short.

Hassan, is a former Marine machine supply sergeant who served "right up on the line at Dong Ha," with the Forward Logistic Command Bravo during his four-year stint from 1966 to 1970. He said he quit college and waived his status as a sole-surviving son to serve.

"My whole family was in the military," Hassan said. "Serving was always important to us."

Like so many others in combat arms, Hassan was exposed to a high level of violence and carnage in Vietnam. He said he spent his 21st birthday, "in a foxhole ducking artillery."

After Vietnam, Hassan returned to school and attended Jamestown College in Jamestown, N.D., majoring in sociology and psychology, and is studying for a master's in human services from Lincoln University.

A student of the martial arts since 1957, Hassan said he suffered from "chronic symptoms" of post traumatic stress disorder for years before he sought help four years ago.

"Nobody likes to go to the head shop," Hassan said. "It's always been considered a sign of weakness."

But the lifestyle PTSD forces on you can make life unbearable, according to Hassan.

"PTSD forces you to live a substitute life," Hassan said.

"The paranoia and violence within a structured military lifestyle carries over; it places you in another world and eventually that becomes normal for you because it's the only world you're comfortable in.

"Vietnam veterans in particular, more than 30,000 in all, because they were not offered a bridge to make the transition, have suffered mentally, economically, and socially, ever since," he added.

He went on to say that, "many combat veterans come back with a winning-is-the-only-acceptable-outcome syn-

drome."

"A very real part of them is not looking to assimilate, accommodate, or adapt to anything," he said.

"The hardest thing to teach them is how to take a step back, which is a total psychological shift to veterans that means the same thing as retreating."

The Kempo system Hassan teaches is the highest form of the Mitose family system, which dates back to the 1300s, and is passed on from father to son and grand master to grand master.

Hassan received his training from James M. Mitose, the 21st great grand master of the Kosho Ryu Kempo system. He is the only non-family member to have been taught the family's Temple Dance/Escaping Art Patterns systems, which focuses on physical, intellectual and spiritual training.

Hassan said the physical realm focuses on conditioning, stamina, coordination and balance, agility, proper breathing and vision.

Intellectually, students learn self-empowerment, concentration, focus and stress-reducing techniques and spiritually, students develop better self-esteem, and greater self-respect and self-knowledge with a potential for greater inner peace.

"Breathing is the first step and the key," Hassan said, adding that, it helps a person "in the moment."

"That moment of confrontation or stimulation can determine what becomes of your life from that point on. Many lives have been ruined from that moment on. Every time a person doesn't react to the symptoms, success has been reached."

Several of Hassan's students agreed that his teachings have not only changed but vastly improved their lives.

"I thought it was unmanly to go for help," said 59-year old Charles Norman Sanders, a Vietnam veteran who served with the 101st Airborne Division from 1966 to 1967.

Sanders said he began seeing Veterans Administration counselors and psychologists after he was diagnosed with PTSD in 1996. He said his self-destructive tendencies included drug abuse and aggressive behavior.

He said that Hassan and Kempo training, "thoroughly weaned me off the drugs and put me back in control of myself."

"It makes you think about what you do first," Sanders said. "To consider the options of doing good or doing bad could be the difference between you walking away or



being carried away.

"Those kinds of decisions empower us to make changes in our lives," added David E. Wilson, a 38-year old student who grew up looking up to Hassan as a mentor.

"Wilson, a counselor with the City of Philadelphia Department of Human Services, said that through his training with Hassan, he recognizes PTSD symptoms in inner city youths who attend the community outreach center where he works.

"His wisdom helped me to grow and learn," Wilson said. "I learned that almost any kind of traumatic event can trigger PTSD. I've seen it in children, adults and seniors. Anyone can have it. Children living in violent neighborhoods suffer the most," he said.

Radiyah Paris-Walker, a U.S. Air Force veteran who served from 1979 to 1985, said that since she came to Hassan in 2001, she's mastered her aggressiveness.

"I was a single female with a very violent temper. I could go from zero to bitch in three seconds flat," Paris-Walker said. "There was no gray area with me. I was just violent."

"Some friends recommended that I seek out Hanshi," she said.

Through counseling, she realized that her aggression, usually aimed at men, was due to a neighbor she knew while growing up who was abused by her husband for years.

"I swore no man would ever do those things to me," she said, adding that the conviction manifested itself in a number of violent encounters "with anyone who postured at me, no matter who it was."

See MARTIAL ARTS, page 14

Heated healing

From previous page

have been cooking outside the lodge, into the empty pit in the center of the lodge. The Water Pourser then directs the Fire Keeper to close the door, which the Fire Keeper does by lowering the flap. It is completely dark inside the lodge except for the red glow from the cooked rocks. The heat from the rocks builds slowly, then more rapidly as the Water Pourser applies the water that almost instantly turns to steam.

During the rounds, participants, sing, pray, and share personal experiences as guided by the Water Keeper. At the end of each session, the flap is opened and water jugs are passed around for participants to either drink from or pour over themselves. Those wishing to leave may do so at this time but must reenter before the flap is lowered.

At the conclusion, participants enjoy a group meal together.

"We recommend folks bring, fruits, nuts, cheeses, fruit juices, or anything natural to share with the others, but no one who comes empty handed is turned away," Pinder said.

"Participants should wear a bandana to keep the sweat out of their eyes," Milliken added, "as the sweat is full of toxins. When you leave the lodge you are nearly toxin free. This is why so many say they feel better. They feel better because of the cleansing. It's a wonderful, wonderful feeling."



Photos by YVONNE JOHNSON
Illustration by BLAKE VOSHELL



Morale, Welfare & Recreation

Activities

Operating hours

The MWR Registration, Tickets and Leisure Travel Center's operating hours are 9 a.m. to 5 p.m., Monday thru Friday, and 11 a.m. to 7 p.m., the first and third Friday of every month.

If this happens to fall on a training holiday, then the Thursday prior the office will be open 11 a.m. to 7 p.m.

For more information, call 410-278-4011/4907.

MWR looks out for singles through BOSS

The "Better Opportunities for Single Soldiers," BOSS, Program meets on the last Wednesday of every month at 2 p.m., building 305, conference room.

The program is Department of the Army directed, installation managed and service member operated to support the overall quality of life,

recreation and leisure and community service for single and unaccompanied service members and single parents.

For more information, call Joyce Founds, Morale Welfare and Recreation advisor, at 410-278-2621.

"Paint your own"

Edgewood Area Arts and Crafts now has "Paint Your Own Ceramic Studio."

The ceramic studio is open to all APG civilians, active duty military, contractors and reservists and their dependents.

No previous artist skills are required. There is a wide assortment of gift and holiday items to choose from.

Hours of operation are 1 to 9 p.m., Thursday and 9 a.m. to 5 p.m., Friday and Saturday.

Arts and Crafts is located in building E-4440, next to the Military Police Station.

For more information, call 410-436-2153.

Limited supply of Entertainment Books

A limited supply of Entertainment Books are available at MWR Registration for \$30. The book offers discounts and coupons on dining, movies, hotels, car rentals and much more.

For more information, call MWR Registration at 410-278-4907 or e-mail mwr_registration@usag.apg.army.mil.

Sightseeing, holiday shopping in New York City

There will be a trip to New York City for a tour and holiday shopping on Dec. 11. Experience the hustle and bustle of the holiday season and enjoy a two-hour guided tour of New York's more popular attractions. Following the tour, take time out to do some holiday shopping.

The trip costs \$70 per person and includes round trip

bus transportation, guided tour and dinner at Harold's New York Deli. Trip is available without a tour for a smaller fee.

For more information or registration, visit MWR Registration, Tickets and Leisure Travel, building 3326, or call 410-278-4907.

White House ornaments have arrived

MWR Registration has the latest White House Christmas ornaments for \$15, but supplies are limited. For more information, call MWR Registration at 410-278-4907 or e-mail mwr_registration@usag.apg.army.mil.

Bowling specials

Rent a lane special on Nov. 28 for \$9 per lane per hour. Active duty military will receive an additional \$1 off. (Must have group of four or more).

Get a save-a-card special good in December only at the APG Bowling Center. Buy a 20-game card for only \$30, valid Monday thru Friday.

Call the APG Bowling Center for more information, 410-278-4041.

3 on 3 Volleyball competition

This round robin format competition will be held 6 to 8 p.m., Nov. 30, at Russell Gym. Winners will be selected based on win-loss percentage.

Awards will be presented to the top three teams. All games will be to 15 points.

The number of games in a match will be determined by the number of teams participating in the event.

Cost is \$30 per team. Register by Nov. 26.

8-Ball billiards singles, dart tournament

Events will be held at EA

Recreation Center on Dec. 3.

The 8-ball billiards singles tournament is a cash prize tournament based on the number of entries.

It will be double elimination.

The Dart Tournament will have the winners selected based on the best score of four throws (three darts per throw).

Cash prizes will be awarded based on the number of entries.

Cost for each event is \$10. Register by Dec. 1.

MWR Registration special

Carnival Cruise gift certificates are on sale for a limited time only starting at \$450 for two guests. All sales end Dec. 31.

These would make a great Christmas gift for anyone.

For more information, contact MWR Registration, Tickets and Leisure Travel Center, 410-278-4011/4907.

SCHOOL LIAISON/YOUTH EDUCATION

Fall, winter driver education classes

Silas Summers, Rules Driving School, Inc. will instruct a state certified fall and winter Driver's Education Class 5:30 to 8:45 p.m., Dec. 6 through 17, at Child and Youth Services, building 2752, room 210. Class will not be held on a holiday).

Cost per student is \$295 plus \$18 registration/membership fee. A minimum of three students class size, 20 students maximum is required. Teens/family members 15 years of age or older of military and civilian (or retired) personnel and contractors who work at Aberdeen Proving Ground, or sponsored teens are eligible to attend. Adults may also register on a case-by-case basis.

To make an appointment to register and pay the fee, call Christina Keithley at 410-278-7571, or Pat Palazzi, 410-278-7479, Outreach Services-Central

Registration Office, room 110, building 2752, Monday through Friday, 8 a.m. to 5 p.m.

A parent/student orientation session will be conducted during the first class of the session. Parents or guardians should ensure students are on time and picked-up in a timely manner.

For more information, call Rules Driving School, Inc., at 410-939-7008 or 937-2184, or Ivan Mehosky at 410-278-2857.



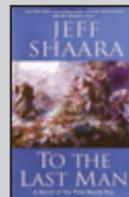
LIBRARY BOOK CORNER

Operating hours of the Aberdeen Area Library, building 3320, are 1 to 5 p.m., Saturday and Sunday and 11:30 a.m. to 6:30 p.m., Monday, Wednesday and Thursday. The Edgewood Area Library is open 11:30 a.m. to 6:30 p.m., Tuesday. For more information, call 410-278-3417.

The following is a list of some new books available at the APG MWR libraries:

To the Last Man by Jeff Shaara

This is an epic account of the American experience in World War I, narrated from the perspective of actual historical figures, moving from the complexity of high-level politics and diplomacy to the romance of the air fight and the horrors of trench warfare.

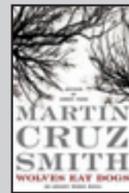


London Bridges by James Patterson

The Warlord by Richard Dickinson

Wolves Eat Dogs by Martin Cruz Smith

I Am Charlotte Simmons by Tom Wolfe



The library's Web site, www.apgmwr.com/recreation/libraries.html, provides access to the library's online catalog and also has a complete annotated listing of the library's new material, as well as a list of available films on DVD.

Social Hour at Top of the Bay

Table tennis, darts and other activities are available at the Friday socials, 4 to 8 p.m., at Top of the Bay. Look for future competitions with prizes to include tickets to local events and bus trips. Free snacks, music and more are available.

For more information, call MWR Registration, 410-278-4011/4907.

MWR offers patriotic discounts on Web page

Local businesses, including restaurants and hotels will offer special discounts in a salute to the military and DoD civilians. Print out the coupon from the MWR Patriotic Discount Web page and present it to any of the businesses listed. The coupon is good through March 31, 2005.

For more information or to print a coupon, visit <http://www.apgmwr.com/patrioticdiscounts.html>.

2004 Thanksgiving holiday schedule...

Activity	Thursday Nov. 25	Friday Nov. 26	Saturday Nov. 27	Sunday Nov. 28
Arts & Crafts AA Arts & Crafts EA	CLOSED CLOSED	CLOSED CLOSED	CLOSED CLOSED	CLOSED CLOSED
APG Athletic Center	10 a.m. – 6 p.m.	10 a.m. – 6 p.m.	10 a.m. – 6 p.m.	10 a.m. – 6 p.m.
Automotive Crafts	CLOSED	9 a.m. – 5 p.m.	9 a.m. – 5 p.m.	9 a.m. – 5 p.m.
Bowling Center	CLOSED	5 – 10 p.m.	1 – 10 p.m.	1 – 6 p.m.
Equipment Resource Center*	CLOSED	CLOSED	CLOSED	CLOSED
Health and Fitness Center AA	CLOSED	CLOSED	CLOSED	CLOSED
Hoyle Gymnasium / Fitness Center EA	10 a.m. – 6 p.m.	10 a.m. – 6 p.m.	10 a.m. – 6 p.m.	10 a.m. – 6 p.m.
MWR Registration	CLOSED	CLOSED	CLOSED	CLOSED
Library AA Library EA	CLOSED CLOSED	CLOSED CLOSED	1 – 5 p.m. CLOSED	1 – 5 p.m. CLOSED
Recreation Center AA Snack Bar	noon – 12 a.m. 3 – 11:30 p.m.	noon – 12 a.m. 12:30 – 11:30 p.m.	noon – 12 a.m. 12:30 – 11:30 p.m.	noon – 6 p.m. 12:30 – 5:30 p.m.
Stark Recreation Center EA Snack Bar	noon – 11 p.m. 6 – 11 p.m.	noon – 11 p.m. 12:30 – 11 p.m.	noon – 11 p.m. 12:30 – 11 p.m.	noon – 5 p.m. 12:30 – 5 p.m.
Ruggles Golf Course Exton Golf Course	CLOSED CLOSED	7:30 a.m. – 5 p.m. 7:30 a.m. – 5 p.m.	7:30 a.m. – 5 p.m. 7:30 a.m. – 5 p.m.	7:30 a.m. – 5 p.m. 7:30 a.m. – 5 p.m.
Top of the Bay	CLOSED	CLOSED	CLOSED	CLOSED

*The Equipment Resource Center is having a Thanksgiving Special. Rent any piece of equipment on Nov. 24 and return it on Nov. 29 for a one-day rental fee.

EA fitness classes

Hoyle Fitness Center, building E-4210
Power Step: 11:30 a.m.; Monday, Wednesday
This class uses "the step" for 60 minutes of intense cardio workout. Abdominal strengthening exercises and a relaxing cool down are also included.
Power Bar: 11:30 a.m.; Tuesday, Thursday
A total body strengthening class that uses the power bar (a weighted bar), the step, hand weights and tubing for resistance.

Abs Blaster, Mat Pilates and Hatha Yoga classes are cancelled.

AA fitness classes

AA Fitness Center, building 320
Step & Sculpt: 11:30 a.m.; Monday
Class consists of cardiovascular conditioning using "the step." Hand weights are also used to sculpt. The class ends with abdominal and flexibility exercises.
Power Cut: 4:30 p.m.; Monday and Wednesday; 11:30 a.m.; Thursdays

A 60-minute class that uses barbells or dumbbells for conditioning and strengthening, the class uses high repetitions to exhaust the muscle groups.
Step/Conditioning: 5 p.m.; Monday, Wednesday
This class uses "the step" in combinations with various sports conditioning moves to provide cardiovascular improvement as well as muscle conditioning.
Mat Pilates: 6 p.m.; Wednesday
Gut Cut: 4:30 p.m.; Tuesdays, Thursdays

This is a 30-minute workout designed to sculpt and strengthen the abdominal and lower back muscles.
Aerobic Kickboxing: 5 p.m.; Tuesdays, Thursdays
The class consists of a cardio workout that combines traditional high/low aerobics with punches and kicks.
APG Athletic Center, building 3300
Yoga Fit: 11:30 a.m.; Monday, Wednesday
Class is based on aerobic format, warm-up, workout phase and cool down.

Community celebrates Native Americans

Story and photos by
Yvonne Johnson
APG News

The Aberdeen Proving Ground community celebrated the Native American History Month observance with a program at the Aberdeen Area Recreation Center Nov. 9.

Youths from the AA Youth Center, grades 1 to 5, joined employees and Soldiers in welcoming the guest speaker, Ron Warren, an award-winning flutist and composer.

Carol Baker, the program's emcee, welcomed all and noted the theme for the year, "Four Directions, One Voice."

Sandra Wachter offered a prayer for blessings for service members around the world.

"Great Creator, focus your light on our path so that we may find our way as the world changes around us," Wachter said.

"Native Americans are an important part of our nation and our Army," said APG Garrison and deputy installation commander Col. John T. Wright during opening remarks. "Throughout the years they have served our military with great distinction."

He thanked the Native American Employment Program committee for arranging the celebration and encouraged all to get involved with ethnic observances.

"It's all about the United States of America," Wright said. "We are all united in a common goal."

Warren provided musical selections of original songs performed on different kinds of hand-made flutes.

"I'm delighted to be here and to see so many young people in the audience," he said.

Explaining that the flute is "the bird that distributes air," he demonstrated with an Eagle Song, noting, "the eagle is considered a most territorial and powerful thinker."

He explained the similarities of the Lakota, Cherokee and Aztec/Mayan traditions, all of which consider the flute a powerful instrument of spirituality and worship, then closed with the

Cherokee national anthem, "Amazing Grace."

Warren thanked the committee for inviting him to perform.

"It's been an honor to come here. Thank you for being so attentive," Warren said.

He added that he hoped listeners would leave with a greater appreciation of the Native American instrument.

"I just hope they enjoyed the sheer beauty of the sound of the flute and gained a little sense of the fact that we are a living culture," Warren said.

Native American vendors offered jewelry and clothing for sale during the program. They included Grandmother's Creations Jewelry and Accessories; Sandra Wachter, a retired APG employee, who offered hand-made jewelry; and a book display by Trudy Stevenson of the Swift Hawk Trading Company, an Aberdeen mail order business.

After the program, guests took part in a food sampling prepared by Hiawatha E. Adams, and a Tipi [tepee] presentation by Mike Altenburger. Many said that they enjoyed the program.

"I really enjoyed it because I have a good friend who is Lakota," said U.S. Air Force Detachment Master Sgt. Loretta Martin. "The book display was priceless because it offers a better understanding of the culture," Martin said.

"Several people remarked that they enjoyed the program and that the food was excellent," added Sgt. 1st Class Duffie Robinson, U.S. Army Developmental Test Command equal opportunity advisor. He added that equal opportunity representatives assist committees to, "provide educational events for the community."

Baker said planning for the program began in January. She thanked the committee and everyone else involved.

"A program like this is never the work of one person or group, but a culmination of the ideals, inspirations, gifts, and talents of dozens of caring, thoughtful, and concerned individuals," Baker said.



Ron Warren, an award-winning Native American composer and flutist, performs his "Eagle Song" during the 10th Annual Native American Heritage Month Honoring Celebration at the Aberdeen Area Recreation Center Nov. 9.



Eight year-old Hannah Newby, left, and her sister Erin, 6, explore the animal skins hanging inside the Native American Tipi (tepee) after the Nov. 9 program at the Aberdeen Area Recreation Center.



A Native American Tipi (tepee), constructed by Mike Altenburger for the Native American Heritage Month Celebration, sits in front of the Aberdeen Area Recreation Center.

De-stress

From page, 9

"Each person gets an in-depth, two-hour assessment and a two-hour training session on stress management, traumatic stress and the instructions on the Web site," Bruner said. "Afterward, they work on the Web site, but are closely monitored."

The secure and confidential Web site offers each patient eight weeks of independent-study exercises. Patients are divided into two groups, using one of the two treatment approaches. People in both groups monitor their symptoms every day based on eight measurement scales on which they rate their stress level and general mood. Mental-health professionals, including Bruner herself, monitor these self-evaluations.

"Not only do they have a

daily awareness, but I look at it every day, and if their stress scores are high I call them to discuss what's happening," she said. "This way, they can have someone to vent to or to apply the skills that they are learning."

Bruner is a registered nurse and licensed clinical social worker, and a board-certified expert in traumatic stress with a couple of decades worth of experience in her field. On Sept. 11, 2001, she was helping survivors of the attack on the Pentagon, and weeks later became involved with a project assisting survivors of the attack. That project eventually led to Project DE-STRESS.

Americans in general have a better understanding of stress injuries today than they did before the events of 9/11, she said.

"All of us in this country suffered exposure, and it deep-

ened our awareness of the terrible hardships that our military has been coping with since the beginning of this country," she added.

Engel, the principal investigator for the project, said he thinks stress trauma could be worse for those currently deployed to Iraq than it was for those who went in 1991.

"There are indications that the level of distress related to trauma will be higher this time than it was after the Gulf War, because this is a longer war involving more extended and intense combat," he said. "There is also the uncertainty associated with the peacekeeping role that comes into play."

That's a strong motivation for experts to find the best way to help those who suffer from stress trauma. But Bruner said patients in both groups will receive help. In the standard care group, people have access

to educational material. They are provided with nondirective stress management tips and trauma education, and they can e-mail or call their trainer any time for reflective listening, supportive counsel and validation. Historically, this standard care approach has helped a lot of people, Bruner said, but it lacks what she calls the "active ingredients" of stress inoculation training.

"These people are taught skills in deep diaphragmatic breathing, progressive muscle relaxation and how to change their self-talk to address the errors in their thinking," Bruner said. "They can apply these skills to situations that cause them trouble."

For example, driving in convoys has turned out to be one of the most hazardous activities during Operation Iraqi Freedom. Weeks or months after such an experi-

ence, a soldier's brain might not shut down the defensive reactions that helped to protect the person in that situation. Therefore, the soldier might become extremely agitated or feel a sense of panic driving on a highway in the United States. At that point, people having that experience might apply deep breathing, and remind themselves that the danger is over and that driving on American highways is relatively safe, Bruner explained. While this example is oversimplified, she said, it illustrates how stress inoculation training can help combat veterans to control their behavior.

"Behaviors become habits, habits become lifestyles and lifestyles determine the quality of life we have," Bruner said.

Bruner said the training could increase an individual's stress hardiness, and likened it to other military training.

"(It's) sort of like doing push-ups, except this can build up your stress defensive muscles," she said.

Project DE-STRESS is scheduled to continue until August 2005. Aside from the introductory session, patients will receive private evaluations at the end of the program, three months after it ends, and again six months afterward.

"We have an obligation to people who choose to raise their hand and swear to defend their country so that all of us can live in peace," she said. "To me, the least we can do is provide them with the opportunity to learn how to assist themselves with the kinds of techniques that will help them have a high quality of life after those experiences."

(Editors note: Austin Camacho is assigned to the DoD Deployment Health Support Directorate.)

Martial arts

From page, 9

She said that Kempo training gave her the tools to deal with situations that used to trigger her aggression.

"Breathing works tremendously," she said. "It clears up the foggy. Now, I'm able to step aside and accept people on their terms as long as they are not too opposite of where I am."

Another Air Force veteran, former Philadelphia police officer and Housing Authority

officer and bail investigator, Fred Williams, said he has been practicing the Kempo since 1980.

A friend of Hassan's for more than 30 years, Williams said he took up the practice as a way to better himself.

"I'd been fighting most my life," Williams said. "Growing up in North Philly, you better know how to fight. My dad taught me early on you don't take beatings, you give them out."

"But everything I've learned since just blew it all away," he added, noting that

he was shocked to find that he could not physically defend himself after more than 20 years on the force.

He said the training paid off when once while working security for a concert at Chaney University, after a fight in the crowd developed into a riot, Williams noticed a gunman taking aim on a fellow officer.

"I ran at him and hit him low just like I was taught in training," Williams said, adding that without the physical regimen of coordination that, "had become a part of my

life, a fellow officer would have been shot. Staying low made the difference. Training made all the difference."

"We hope to change your perceptions, demystify the violence in you and communicate with the part of you that makes you you," Hassan said.

"Most schools attach training to winning or losing. Winning is subjective. The honor system in place that everyone must sign reads that this may only be used in self-defense. Never offensively."

But students are more than able to handle and defend

themselves when necessary, he said, adding, "The winner is the one that goes to jail."

Kempo can be used in various formats and applied in various situations, he noted. Marriage counseling, and family or workplace violence are just some of the situations that apply.

"It changes how you look at yourself. Shy people, for example, gain the ability within themselves to control situations. They now have power over the most complicated machine on the planet, the human body.

"I'm always rewarded by the change I see in people," Hassan said.

"I like to ask students what kind of conversation they would have with the person they were when they first came to this course. Most tell me that they would have nothing to say because that person was out of control."

(Editor's note: Fred Williams passed away from natural causes in October. He remains included in this article at the request of family and friends.)



Photo by YVONNE JOHNSON
 Players from the Headquarters and Headquarters Company, 16th Ordnance Battalion intramural flag football team pose with their trophies after winning the post championship over Company E 16th on Shine Sports Field Nov. 15.

HHC 16th wins post flag football championship, beats Company E 16th, 26-6

Story and photo by
Yvonne Johnson
 APG News

Headquarters and Headquarters Company, 16th Ordnance Battalion completed an undefeated season, sealing the intramural flag football post championship with a 26-6 win over Company E 16th Nov. 15.

A close game in the first half gave way to a second-half blowout as the HHC 16th defense stepped things up, stifling nearly every Company E 16th drive.

Quarterback Quinton Hamm, wide

receiver Richard Suel, and left guard Michael Anthony led the HHC 16th offense with Suel scoring two touchdowns and being named the team's most valuable player by coach John McGill.

"The season went great," McGill said, noting that the team went undefeated through the regular and post season.

"We had great players on offense and defense but the secret is playing with lots of heart," McGill said.

Company E 16th coach Ronald Seldon, said the team did well, coming out of the

losers bracket to grab a championship berth.

"We lost a lot of players during the season due to turnovers," Seldon said. "This team really didn't have a chance to produce until tournament time. I'm real proud of them for being better than expected."

A new arrival to the installation, Suel described the season as "fast and furious."

"We played as a team all year," Suel said. "I can't take all the credit. We came together to make it happen. My hats off to them."



HHC, 16th Ordnance takes post championship

The Commander's Cup is awarded each December to the unit that scores the most points in intramural sports during the year. Units accumulate points by participating in Basketball, the Bench Press Competition, the 3-on-3 Basketball Tournament, Racquetball, Volleyball, Softball, Golf, the Deadlift Competition, Soccer and Football. Points are awarded for unit participation and division and post championship wins. The following is the current Commander's Cup point totals.

Commander's Cup point standings

USMC	270
Company B 16th	245
Company C 16th	234
MRICD	151
Company B 143rd	96
203rd MI	86
HHC 16th	84
Company C 143rd	84
NCOA	78
Company E 16th	72
ATC	71
Company A 16th	63
HHC 61st	57
HHC 143rd	51
USAF	32
KUSAHC	28
520th TAML	23
CHPPM	23
HST	20
Company A 143rd	15
RDECOM	4
WOA	2

(Editor's note: The APG Sports Office provides statistics. For more information, call Donna Coyne, 410-278-3929.)



Sabrina Thomas, a staff sergeant with Headquarters and Headquarters Company, 16th Ordnance Battalion, tries to inbound a ball past a Company C 16th defender during the basketball challenge between the women and the battalion's Soldiers at the Aberdeen Area Athletic Center Oct. 30.

NCO brings Baltimore Burn to APG

Story and photo by
Yvonne Johnson
 APG News

A noncommissioned officer with the 16th Ordnance Battalion provided an evening of fun and unit pride for her fellow Soldiers when she brought the Baltimore Burn, a women's football team to Aberdeen Proving Ground Oct. 30.

The women challenged the battalion's Soldiers to a friendly game of basketball, as thanks, in part, for the unit's support of the team.

Staff Sgt. Sabrina Thomas, Headquarters and Headquarters Company, known as "Texx" to her teammates, said she thought the game would bolster unit morale.

"They come down and support me in my games so this is sort of payback for that," Thomas said.

Company C 16th 1st Sgt.

Dwayne Wooten added that Soldiers attend the team's home games during the season that last from April to June at every opportunity.

"The first time we took a group of Soldiers they couldn't stop talking about it," Wooten said. "They'd never seen female football players before. Hopefully, we can continue next season."

Staff Sgt. Anthony Harris, a Company C 16th drill sergeant and the coach of the Soldiers' team, said he switched players in teams of five to give everyone a chance to play.

"They didn't let me down," Harris said. "They've been looking forward to this all week. They really enjoyed themselves."

Although the game was 'friendly,' unit pride was still on the line, he added.

"I told them they'd better not lose," he smiled.

The Soldiers never trailed. Up 26-15 at the half, they went on to win, 55-30 with a dominating defense, fast-break offense and key steals. Whenever they scored, the battalion Soldiers in attendance cheered heartily.

An instructor for Advanced Individual Training students, Thomas has been playing women's football for two years. A former All Army basketball player, and 10-year Army veteran from Flint, Mich., she said she tried out with the team while she was attending the U.S. Army Ordnance Center and School's Noncommissioned Officer Academy's Basic NCO Course in 2002. Thomas said she only plays weekends.

"The schedule is perfect because it doesn't interfere with my job of training Soldiers," Thomas said.

AMSAA

From front page

Eagles' during World War II.

Retired Lt. Col. Arthur 'Dub' Garrett, a Korean War veteran and AMSAA analyst, brought in a Vietnam War era M-16 rifle and an M-1 Garand infantry rifle used in both World War II and Korea, training hand grenades and a mess kit to show guests.

Jeff Landis, AMSAA branch chief, brought in a collection of historic National Geographic and Life magazine issues from the World War II era that featured everything from U.S. savings bonds to images of the war.

One Life issue, dated July 6, 1945, displayed a letter to the American people and was featured on the cover.

It stated, "Your sons, husbands, and brothers, who are standing today upon the battlefronts are fighting for more than victory in war. They are fighting for a new world of freedom and peace."

2004 International and Military Mail Christmas Mailing Dates

To ensure delivery of holiday cards and packages by December 25 to military APO/FPO addresses overseas and to international addresses, the U.S. Postal Service suggests that mail be entered by the recommended mailing dates listed below. Beat the last minute rush by bringing mail to the Post Office by these suggested dates.

<i>Military mail addressed to</i>	Express Mail Military Service (EMMS)1/	First-Class Mail Letters/Cards	Priority Mail (r)	Parcel Airlift Mail (PAL)2/	Space Available Mail (SAM)3/
APO/FPO AE Zips 090-092	Dec. 20	Dec. 11	Dec. 11	Dec. 4	Nov. 27
APO/FPO AE Zips 093	N/A	Dec. 6	Dec. 6	Dec. 4	Nov. 27
APO/FPO AE Zips 094-098	Dec. 20	Dec. 11	Dec. 11	Dec. 4	Nov. 27
APO/FPO AA Zips 340	Dec. 20	Dec. 11	Dec. 11	Dec. 4	Nov. 27
APO/FPO AP Zips 962-966	Dec. 20	Dec. 11	Dec. 11	Dec. 4	Nov. 27

* EMMS - Express Mail Military Service is available to selected military post offices. Check with the local post office to determine if EMMS is available to the listed APO/FPO of address.

* PAL - A special service that provides air transportation for parcels on a space-available basis. PAL is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid, in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

* SAM - Parcels paid at Parcel Post postage rates are first transported domestically by surface and then overseas destinations by air on a space-available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined.

<i>International mail addressed to</i>	Global Express Guaranteed(r) (GXG)4/	Global Express Mail (GEM)5/	Global Priority Mail (r) (GPM)6/	Global Airmail(r) Letters and Cards	Global Airmail Parcel Post
Africa	Dec. 20	Dec. 11	Dec. 16	Dec. 6	Dec. 6
Asia/Pacific Rim	Dec. 20	Dec. 17	Dec. 16	Dec. 13	Dec. 13
Australia/New Zealand	Dec. 20	Dec. 17	Dec. 16	Dec. 13	Dec. 13
Canada	Dec. 21	Dec. 18	Dec. 16	Dec. 13	Dec. 13
Caribbean	Dec. 20	Dec. 17	Dec. 16	Dec. 13	Dec. 13
Central and South America	Dec. 20	Dec. 11	Dec. 16	Dec. 6	Dec. 6
Mexico	Dec. 20	Dec. 17	Dec. 16	Dec. 13	Dec. 13
Europe	Dec. 20	Dec. 11	Dec. 16	Dec. 13	Dec. 10
Middle East	Dec. 20	Dec. 17	Dec. 16	Dec. 13	Dec. 13

* GXG - Global Express Guaranteed is available to more than 200 countries via a partnership with Federal Express. See a retail associate at participating locations for a complete list of countries and money-back guarantee details, or visit <http://www.usps.com/global/globalexpressguaranteed.htm>.

Some restrictions apply.

* GEM - Global Express Mail is available to most countries with delivery in three to five business days. See a retail associate at participating locations for a complete list of countries or visit www.usps.com/global/globalexpressmail.htm. Some restrictions apply.

* GPM - Global Priority Mail is an accelerated airmail service for items up to four pounds to 51 countries. The service is available in two attractive sized envelopes. Customers can also use their own packaging by adding the Global Priority Mail sticker. See a retail associate at participating locations for a complete list of countries or visit <http://www.usps.com/global/prioritymail.htm>. Some restrictions apply.



Courtesy U.S. Postal Service

DoD-VA agree on out-processing

DoD

The Departments of Defense and Veterans Affairs signed an agreement the week of Nov. 22 to implement cooperative separation processes and physical examinations for the service members at discharge sites. This initiative builds upon the 26 individual benefits delivery at discharge sites that have existing agreements, many of which date from the mid-1990s. Both departments are committed to a seamless transition process for service members.

In a memorandum of agreement, David S.C. Chu, under secretary for Defense, Personnel and Readiness, and Gordon H. Mansfield, VA deputy secretary, agreed on several key issues for separation and disability evaluations. The examination process includes providing adequate medical resources (examining physicians, laboratory facilities, examination rooms, and support staff) and additional testing and/or screening.

The departments also agree to begin exploring the technical feasibility, schedule, and cost requirements for the implementation of an electronic physical exam, through a single, consistent electronic physical examination record, which will meet military service and VA requirements. To fulfill such requirements in the past, service members underwent two physical examinations within months of each other when service members filed for VA disability compensation. Neither of the examinations fully satisfied the needs of both VA and DoD. These redundant examinations inconvenienced service members, delayed claims processing and access to VA healthcare, and created an added cost to the federal government.

This MOA helps to streamline the process without compromising the gathering of information critical to both departments.