

## POST SHORTS

### Recycling schedule



The recycling pickup for Wednesday, August 10, is plastic, glass and metal. Put items in blue bags and place them on the curb.

### KUSAHC closes for Organization Day

Kirk U.S. Army Health Clinic will close at noon on Aug. 5 for Organization Day activities.

There will be no services available in the afternoon.

### Relinquishment of command ceremony

The U.S. Army 20th Support Command (Chemical, Biological, Radiological, Nuclear, and High Yield Explosive), or CBRNE, will conduct a relinquishment of command ceremony 10 a.m., Aug. 5, on McBride Parade Field at the Edgewood Area of Aberdeen Proving Ground.

Brig. Gen. Walt L. Davis has been named to lead the Joint Unmanned Aerial Vehicle Center of Excellence, Creech Air Force Base, Nev. The Center of Excellence will be organized to address UAV interoperability and use issues, and to examine the use of sensors and intelligence collection assets to meet joint operational requirements of U.S. forces in any combat environment.

An assumption of command ceremony for the commander, to be determined, will be scheduled for a later date.

### Pet supplies needed

Because of the large number of dogs in need of adoption at the APG Veterinary Treatment Facility, dog food is in short supply.

Donations of this item can be brought to the clinic located at 2479 Oakington Street.

The facility is open 7:30 a.m. to 3:30 p.m., Monday through Friday.

For more information, call 410-278-3911/4575.

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Edgewood youths show their talents



The 389th Army Band (AMC's Own), under the direction of Chief Warrant Officer 4 Robert Larsen, performs during the Memorial Day ceremony at the Edgewood Cemetery in May.

## AMC band receives Army Superior Unit Award

Story and photo by  
**Yvonne Johnson**  
APG News

The Secretary of the Army has awarded the 389th Army Band (AMC's Own), also known as the U.S. Army Materiel Command Band, the Army Superior Unit Award for "outstanding meritorious performance while in support of Operation Enduring Freedom and Operation Iraqi Freedom."

Maj. Gen. Roger A. Nadeau, commander of Aberdeen Proving Ground and the U.S. Army Research, Development and Engineering Command, presented the award during

a ceremony at the band's practice facility, building 2184, July 28.

The band received the award for deploying overseas to entertain troops in Iraq, Kuwait and Afghanistan over the Thanksgiving, Christmas and New Year holiday seasons in 2003 and 2004. It is scheduled to do the same this year.

Nadeau told the band members that they deserved the award not only for their service overseas, but also for what they do on a regular basis.

"You make people feel good," Nadeau said. "It sounds simple but it's one-hundred percent on the mark. You

put people at ease at a time when there are any number of reasons for them not to be."

Whether performing for civilians in the local community or on the battlefield, the AMC Band makes a very difficult task that requires countless hours of practice look simple, he added.

"It gives me a very special feeling just to watch you do what you do," he said. "We are all very proud of you."

Nadeau presented the award to enlisted bandleader Sgt. Maj. David M. Oberg, who submitted the unit's name for the award.

"This band is capable of doing a lot of missions," Oberg said, noting that he has traveled to "several countries and more than 20 states during his two and one-half years with the band.

"They are Soldiers, every one," Oberg said, "and I'm proud to have been their leader."

Band Director Chief Warrant Officer 4 Robert Larsen said the award was a huge honor for the band, which took on its new mission with ease.

"Now we're fully deployable with a worldwide mission," Larsen said.

See BAND, page 3

## MWR promotions on for Miller Lite concert in August

Yvonne Johnson  
APG News

With only two weeks to concert time, tickets are still available for the Miller Lite Army Concert Tour featuring Nashville recording artists Terri Clark, Julie Roberts, Chely Wright and Miranda Lambert to be held at Aberdeen Proving Ground's Shine Sports Field Aug. 20.

Now thru Aug. 7, discount coupons are available for eligible patrons of the Commissary, Post Exchange and Shoppette. With the purchase a case of any Pepsi or Miller product, patrons can take their store receipt with the coupon to the APG MWR Registration Office in building 3326 to purchase tickets at the reduced price of \$15 instead of \$20.

For active-duty military personnel, \$10 ticket prices are still available. All tickets are for general admission. These special promotions are redeemable at the APG MWR Registration Office.

Concert doors open at 6 p.m. and the show begins at 7 p.m. Ticket prices on the day of the show will be \$25. Fans are strongly encouraged to purchase tickets in

advance.

For tickets, call MWR Registration at 410-278-4011/4907, visit the Web site, www.apgmwr.com, or stop by the MWR Registration Office in the APG Recreation Center, building 3326, Hoyle Fitness Center, or call Ticketmaster at 800-551-7328.

### Gate access

Those patrons coming to the concert from off post should use the Maryland Boulevard (Route 715) Gate as the primary entrance.

MWR needs volunteers for concert  
Morale, Welfare and Recreation needs volunteers for the 2005 Miller Lite Army Concert scheduled for Saturday, Aug. 20.

Jobs include gate workers, ticket sellers, concession workers, sponsorship assistants and warehouse workers.

Volunteers must be 18 or older and available to work from 4 p.m. to midnight.

For more information, or to volunteer, call Ruth Overbay, 410-278-9536 or e-mail her at ruth.overbay@usag.apg.army.mil.

## DLES hosts 'Night Out Against Crime'

DLES

The APG Community Policing Unit invites everyone in the Aberdeen Proving Ground community to join in the National Night Out Against Crime Aug. 12.

This will be the first year that the APG community has been involved with this national program.

"The program is designed to heighten crime, drug, and violence prevention awareness, strengthen neighborhood spirit and the police-community partnerships as well as send a message to criminals letting them know that our neighborhoods are organized and fighting back," said Officer "Big Mike" Farlow.

The APG Police will sponsor a cookout 7 to 10 p.m., Aug. 12, at the McGruff House located at E-3847 Flag Court, along with the traditional "lights on" and front porch vigils.

We will have crime prevention videos, prizes for the newest resident, longest resident, McGruff appearance, child fingerprinting, police car rides and display as well as information about the program.

Representatives from the Army Substance Abuse Program will also be available to answer any questions or concerns and will have displays of commonly used drugs.

"This is a wonderful opportunity, or excuse, for neighbors

to get out of the house to meet, greet, discuss local safety issues and build neighborhood camaraderie," said Robert Krauer of the Director of Law Enforcement and Security. "We hope that the event will spark new relationships within the neighborhoods that can only help the APG community."

Everyone is encouraged to participate in the "lights on" portion of the program.

"The APG Police would like for the community to support the event by leaving your porch lights on during the hours of darkness," Farlow said. "Leaving a 100 watt bulb burning for an average of 10 hours a night decreases your chances of becoming a victim of a crime by 60 percent, and it only costs .07 cent per night, or \$26 a year."

For more information, call 410-273-6412.

## APG College Fair offers something for everyone in educational plans

Story and photo by  
**Yvonne Johnson**  
APG News

Some were high school juniors looking forward to their educational future. Others were service members focused on post-military careers, and still others were civilians, simply seeking options for self-improvement.

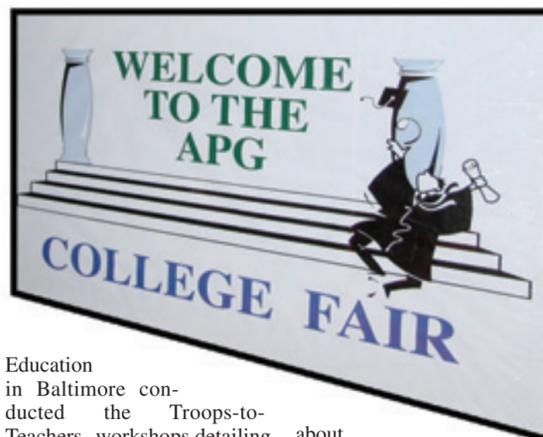
For whatever reasons that drew them, more than 200 education seekers attended the 17th Annual College Fair held at the Aberdeen Proving Ground Recreation Center July 27.

Hosted by the APG Education Center, the fair featured representatives from more than 25 institutions of higher learning, many offering online and self-paced courses for everything from associate to doctorate degrees. The fair included recruiters from the Army's Green-to-Gold program, two workshops for the Troops-To-Teachers program and one on financial aid.

Tressie Stout, education services specialist, said that the fair exceeded expectations.

"The Troops-to-Teachers program was a big hit," Stout said. "It drew a lot of interest from service members about to retire or separate from the military."

Robert Harris of the Maryland Department of



Education in Baltimore conducted the Troops-to-Teachers workshops, detailing eligibility, funding for teacher certification, teaching programs in Maryland, educational scholarships and stipends, employment opportunities, and the Spouse-to-Teachers program.

Lynn Lee, director of the financial aid office at Harford Community College discussed the Department of Education financial aid program including application procedures for scholarships and grants issued by Maryland colleges and universities and spouse and child eligibility.

Several attendees and representatives said that they benefited from the event.

Sgt. 1st Class Lisamarie Hunter, 61st Ordnance Brigade, said she jumped at the opportunity to learn more

about Troops-to-Teachers.

"I'm getting ready for retirement," Hunter said. "This is an option worth considering."

First time attendee, Karina Huynh, a military spouse, said the program could be just what she needs to put her bachelor's degree in journalism to work.

"I'd love to become a teacher," Huynh said. "This could really help."

An instructor with the 16th Ordnance Battalion, Staff Sgt. Alvin Martin said he'd also like to join the profession along with his wife who is a third-grade teacher.

"Once I became an instructor I found out I really liked teaching," Martin said. "The

See COLLEGE FAIR, page 12

## Watch Card

### Do: Observe and report:

- Unusual or suspicious activity or suspected surveillance.
- Unusual questions or requests for information relating to capabilities, limitations, or operational information.
- Unusual vehicles operating in or around the installation.
- Unusual phone calls, messages, or e-mails.
- Unusual contacts, on or off post.
- Unusual aerial activity near or around installation.
- Any possible compromise of sensitive information.

### Do not:

- Discuss any aspect of

military operations or planning.

- Discuss military capabilities or limitations.
- Discuss force protection measures, capabilities or posture.
- Disclose any information related to unit deployments.

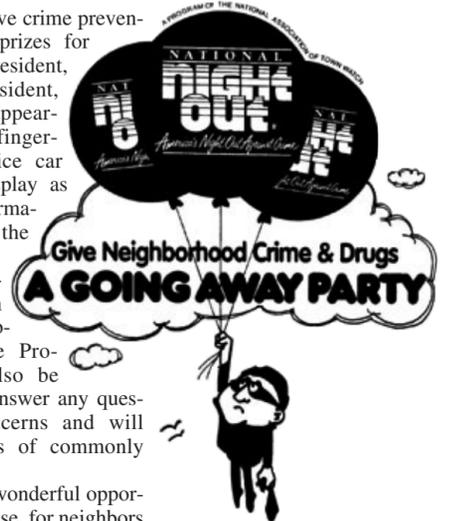
### Report any suspicious activity immediately to the APG Police:

Aberdeen, 410-306-2222, 4-2222  
Edgewood, 410-436-2222, 5-2222

Off post in Maryland, 1-800-492-TIPS (8477) or call 911.

Your call may save lives.

Note - Do not take this card with you when on travel outside of the United States.



# Injured Soldier grateful to APG community

Story by  
**Yvonne Johnson**  
APG News

Sean Steans is grateful for many things in his life; not the least of them is what he refers to as “the blessings from strangers” he’s received during his stay at Walter Reed Army Medical Center where he is recuperating from injuries he received while serving in Iraq.

A native of Bay Minette, Ala., Steans’ was just beginning his second tour in Iraq when on Feb. 18, the vehicle he was riding in struck an improvised exploding device set by insurgents. The vehicle caught fire and rolled several times, with Steans and two fellow Soldiers still inside.

The three were engulfed in flames. Although he was quickly put out by his comrades, Steans injuries were extensive. He had 1st, 2nd and 3rd degree burns on his upper torso, including his head.

He was immediately medicated to a field hospital in Iraq, then to Landstuhl, Germany.

Steans condition was so dire he was not expected to survive. His kidneys were failing, his lungs were charred and the only thing that kept him breathing was a tube inserted into his chest cavity.

The Army flew his family members to Germany to say their farewells, but somehow he kept improving and soon strengthened enough to be transported to the Burn Center at Fort Sam Houston, Texas, then to Walter Reed.

Steans is the cousin of Ivory (Ira) Mims, a resident of Belcamp who is the husband of Eva Mims, secretary to the commander of Aberdeen Proving Ground, Maj. Gen.

Roger A. Nadeau.

Since his arrival at Walter Reed in April, the Mims have made weekly and bi-weekly trips to visit and check on his progress. They saw him through weeks of physical therapy, kidney dialysis, the initial series of skin grafts on the back of his head, and have recently begun signing him out of the hospital to spend his weekends in their Belcamp home.

Eva Mims said that when word of Steans’ situation and their relationship to him reached local veterans organizations, “the blessings started pouring in.”

“It seems so many people were frustrated about not having a specific service member to support,” she said. “They just rallied around Sean wanting to do all they could for him. They’ve been incredibly supportive.”

“He didn’t have a thing with him,” Ira Mims added. “His only clothing was his PT uniform. But it didn’t bother him. He was just glad to have a home cooked meal and be around family.”

## Quilters unite for heroes

In June, a group known as “Quilts for Wounded Heroes” planning to deliver quilts to hospitalized service members at WRAMC and Bethesda Naval Hospital contacted Mims about delivering a quilt to Steans.

“We had already made arrangements with the chaplain there to accept the quilts but you can’t deliver directly to a service member unless you have their name,” said Carol Sue Hansen, the chapter president.

The group meets weekly at the Gunpowder chapel, she



Photo by STAFF SGT. CARMEN BURGESS

Sgt. Sean Steans is awarded the Combat Action Badge by Army Chief of Staff Gen. Peter Schoomaker at a Pentagon ceremony June 29. Sgt. April Pashley stands at attention moments after receiving her award.

said, to create specially designed quilts for injured service members.

On June 24, Eva Mims accompanied the group to deliver the quilts.

Steans was staying in a hotel for outpatients on the hospital campus by then.

Accompanied by her husband Dean Hansen and group members Dottie Kreutzer, Merrie Street, Brenda Aleman, and Will Kreutzer, Hansen presented a pile of quilts to Lt. Col. Craig Wiley, WRAMC

chaplain and chaplain assistant Staff Sgt. James Tucker, then personally delivered one to Steans.

Hansen invites anyone interested in joining the organization to contact her at [chansen@quiltsforbrokenheroes.com](mailto:chansen@quiltsforbrokenheroes.com) or call 443-528-3505.

## WACVA 70 adopts hero

Aberdeen’s Women’s Army Corps Veterans’ Association, Free State Chapter 70 was the first organization to take Steans under their wing. Led by chapter president Judy Fortier, the group contacted the Mims in May to inquire what Steans needs were, then made a list and sought donations from other organizations, including Veterans of Foreign Wars Post 10028, which set aside \$1,000 for the purchase of clothing, toilet articles, phone cards and other items.

“This was our chance to do something for a real hero,” Fortier said. “When I shared Sean’s story with the chapter there were no questions asked. We were determined to do whatever we could for him.”

Since June, the chapter has purchased clothing, video games, and other items for Steans, including luggage for his first trip home to Bay Minette since arriving back in the states.

The Mims brought Steans to meet the chapter 70 members for the first time at the Bayou Restaurant in Havre de Grace June 3.

“He wanted to thank them himself for what they were doing for him,” Ira Mims said.

The 13 members in attendance were so charmed by Steans’ quiet, unassuming demeanor that before he left, each one of them hugged him and made him promise to let them know if he ever needed anything else.

“He looks so young,” said 1st vice president Connie Murphy. “It hurts my heart to see young people like that suf-

fering so.”

“I’m just so thrilled,” said chapter member Lou Creighton as she waved goodbye to Steans and the Mims. “I never met a real hero before.”

## Sean’s story

Steans was assigned to the 377th Transportation Company in Mannheim, Germany when he deployed to Iraq in January. His first tour was at the start of the war in 2003 while serving with the 40th Transportation Company out of Vilsek.

He said he had mixed feelings about returning to the war zone.

“I was down about leaving my family again but I knew this effort was helping our forces in Iraq,” Steans said. “I’m a Soldier so I had to go.”

Just over a month after he bid his fiancée, Monica, who still resides in Germany, and their young daughter goodbye, Steans was injured in the attack.

He said he has no memory of his stay in Germany or in Texas and that the only thing he remembers is rolling around in the vehicle, then incredible pain, then nothing.

He said that when he first regained consciousness at Walter Reed, his first thought was to wonder why he was tied down.

“I opened my eyes and knew right away I was in a hospital but I couldn’t move my arms or legs and couldn’t understand why I was in restraints,” Steans said.

When a nurse approached near enough to his bed, he opened his mouth to ask why, when he said he heard a guttural voice he didn’t recognize.

“My throat was real raw,” Steans said. “I wasn’t even sure that that sound was coming from me.”

The nurse understood his question, however, and explained that he was in fact not under restraints. His body was so traumatized that he

simply had no strength in his limbs.

He said he sees his recovery, which his doctors have described as “remarkable,” as one of his many blessings from God.

“It’s been a tough recovery but I’ll be forever grateful to the Lord for allowing me to survive and see my family again,” Steans said.

He sends constant thanks to those in the Aberdeen Proving Ground area who have embraced him.

“It’s just a blessing, what they’ve done for me,” he said. “It makes me feel special, like I’ve really done something, but I was just doing my job. I thank them all for their thoughts and prayers.”

Steans said he still loves the Army, still thinks of his unit, which is still deployed, and hopes to return to Germany some day.

“I think of them every day and pray and hope for the best for them,” he said.

He faces more reconstructive surgery and skin grafts and estimates he will be at Walter Reed into the new year.

He said his gratitude increases every time he thinks about the two Soldiers injured along with him that day. One died from his injuries and other is still recovering in Germany.

Ira Mims said that his eyes were opened to the impact of the war and the toll it is taking on America’s young service members the first time he accompanied Steans to a day room area inside the hospital.

“It was a room full of Soldiers and Sean was the only one with all his limbs,” he said. “That really hit home.”

On June 29, during a ceremony at the Pentagon, Gen. Peter J. Schoomaker, Army Chief of Staff, awarded Steans and four other Soldiers the Army Combat Action Badge. It was the first presentation of the new badge Army wide.



Photo by YVONNE JOHNSON

Sgt. Sean K. Steans was awarded this Purple Heart medal and certificate March 9 for the injuries he sustained in Iraq on Feb. 18 after the vehicle he was riding in struck an improvised exploding device.

## APG News

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

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Photo by EVA MIMS, RDECOM

Carol Sue Hansen, president of the group “Quilts for Wounded Heroes,” left, looks on as Sgt. Sean Steans, a wounded Soldier assigned to the Medical Hold Company at Walter Reed Army Medical Center, accepts the quilt she and her group delivered to him June 24.

# Garrison commander's corner

Col. John T. Wright  
USAGAPG

Welcome to the inaugural Garrison Commander's Corner. This new column will serve as a forum to address items of community-wide interest at Aberdeen Proving Ground.

This first corner looks back over the last year and offers a glimpse into the future of APG.

In July 2004, I assumed leadership from Col. Mardi Mark who very ably led the garrison and installation through the difficult time of Sept. 11, 2001, and the initial period of the Global War on Terrorism.

As a result of her efforts, the Directorate of Law Enforcement and Security expanded its role and size and began converting military police to Department of Defense, or DoD, police.

During the last year the Police Academy received national-level accreditation, the first ever within DoD, and the directorate underwent a national review with accreditation expected in the near future. Once again a first for DoD. All of us who live, work, and play at the top of the bay are served by DoD's finest police force.

Also in the emergency services area, several of our firefighters were recognized by the Baltimore Area Federal Executive Board with the Heroes Award for their brave response to a major traffic accident on I-95.

Another area that experienced recognition and change is Morale, Welfare and Recreation. The Aberdeen Child Development Center was recently notified of its national re-accreditation. There is exciting news about the development of the Shore Park recreation area. Proposals include an indoor pool, new picnic pavilions and playgrounds, the establishment of a nature trail and possible recreational vehicle park. Last summer's sellout Army Concert series show with Montgomery-Gentry continued APG's successful string of concerts.

We are looking forward to the Aug. 20 show with Terri Clark, Chely Wright, Julie Roberts and Miranda Lambert.

As you drive around the installation you may notice the demolition of several old buildings. This trend will continue as we divest ourselves of obsolete World War II-era and older structures to reduce our costs and make way for future land reuse.

Last August we announced the selection of a partner, Opus East, who will begin the development of the 200-acre Government and Technology Enterprise campus along Maryland Boulevard. This Enhanced Use Lease development is the largest to date within DoD and is expected to be the home to government and private sector entities.

The four main gates serving the installation are undergoing significant rehabilitation and redesign to enhance the

appearance and improve access control.

Under the direction of Garrison Command Sgt. Maj. Elvis Irby, the Yard of the Month program was revamped and brought out of dormancy. Everyone's yards are showing great improvement and pride.

The bald eagles that call APG home experienced a significant boost this past year thanks to the efforts of the Directorate of Safety, Health and Environment and the Installation Bald Eagle Task Force. Recently several young eagles were returned to their nests and are doing well.

Our responsibility for the entire ecosystem of the installation requires continued vigilance during all mission and recreational activities.

Among the biggest news stories of the year is the 2005 DoD Base Realignment and Closure recommendations received May 13. Pending the approval of the recommendations, significant change is in store for APG over the next several years--we will welcome the new additions to the APG family and bid a fond farewell to the Soldiers and civilians of the 61st Ordnance Brigade and the U.S. Army Environmental Center.

The list of accomplishments and challenges is endless and dynamic. This narrative recounts just a few of the many happenings at the top of the bay.

It is a privilege to serve as your "mayor," and I look forward to the coming year.



## AAFES honors retirees with 'Still Serving' weekend

AAFES

The Army & Air Force Exchange Service is formally honoring military retirees during its annual "Still Serving" weekend, Sept. 16 through 18, at PXs and BXs throughout the Continental United States and in select stores in Europe and in the Pacific.

AAFES "Still Serving" consists of a direct mail campaign to approximately 1.4 million military retirees, including information about their Exchange benefits, a variety of coupons and discounts and a sweepstakes entry card.

Throughout the "Still Serving" weekend, AAFES stores are creating excitement through special events such as

drawings, free refreshments, free product samples, vendor demonstrations and door prizes.

Representing nearly half of AAFES' military households, the Exchange strives to maintain a strong relationship with retirees throughout the entire year.

"Military retirees make up 42 percent of sponsors eligible to shop AAFES facilities," said Mike Westphal, senior vice president, Marketing. "While we pause to formally recognize them in September of each year, AAFES and its associates understand that retirees deserve our gratitude 365 days a year."

Every time retirees choose to shop at the Exchange, they provide needed support for

Morale, Welfare and Recreation programs, facilities and non-appropriated fund construction projects such as bowling and youth centers, golf courses and outdoor recreation.

"Retiree support plays a big part in AAFES' annual dividend. Without their support it would not have been possible for AAFES to return more than \$242 million to armed forces MWR programs last year," Westphal said.

Retirees can learn about activities planned for their Exchange by calling their local store manager. Contact information can be found online at [aafes.com](http://aafes.com), by clicking on the "store locator" link.

"AAFES' 'Still Serving' weekend will be full of great

information and events," Westphal said. "I hope military retirees will make a point to stop by their local exchange for a not-to-be-missed weekend."

## Band

From front page

He credited Oberg with researching the award to determine the band's eligibility, then preparing and submitting the recommendation.

"Not too many bands get

this award," Larsen said. "I think it's made everyone feel pretty good about themselves."

Sgt. 1st Class Marvin Hunter, assistant bandleader, said the award recognizes the importance of Soldiers supporting Soldiers.

"We felt we were definitely

contributing to the war effort," Hunter said. "Morale-wise it means a lot because these were our first deployments on worldwide missions. Our leaders thought we did a good job and so did the Department of the Army."

## POST SHORTS

### Routes 22 and 755 gates closed

Aberdeen Proving Ground's Harford Gate (Maryland Route 22) continues to be closed for renovations. It will remain closed for several weeks.

The Aberdeen Gate (APG Road/Aberdeen Boulevard) is open for inbound traffic only from 4 to 9 a.m. It opens for both inbound and outbound traffic from 9 a.m. to 10 p.m., Monday through Friday, excluding federal holidays. Access at this gate is restricted to government ID holders only.

Trucks and visitors must use the Maryland Gate (Maryland Route 715).

The Wise Road Gate (Route 755) is closed until construction is completed. To support traffic flow, the Magnolia Gate has been opened.

The Magnolia Gate hours and entry control is identical to the Wise Road protocol—government ID only, no trucks or deliveries. The Magnolia Gate hours are 4 a.m. to 8 p.m.,

Monday through Friday and closed on Saturday, Sunday and federal holidays.

Visitors should continue to use the Route 24 Gate, which is operational 24 hours per day, 7 days per week. Visitors will not be permitted to enter through the Magnolia Gate unless accompanied by a government ID holder.

Delays may be expected at various times.

### Blue Cross/Blue Shield service visit

The Civilian Personnel Advisory Center has made arrangements for a claim representative from Blue Cross/Blue Shield to visit Aberdeen Proving Ground on Aug. 9, to discuss claim problems and plan coverage. No appointment is necessary.

The representative will be available in the Aberdeen Area only from 9 to 11:30 a.m. in building 305, room 236; and building E-4811, seminar area of Edgewood Conference Center, 12:30 to 1:30 p.m.

For more information, contact Teri Wright, 410-278-4331, Civilian Personnel

Advisory Center.

### Force Health Protection Conference scheduled for Aug. 9

The U.S. Army Center for Health Promotion and Preventive Medicine will host the 8th Annual Force Health Protection Conference Aug. 9 through 12 in Louisville, Ky. There is no cost to attend the conference and no registration fee, but there will be TDY expenses.

Sessions include the PAO-Marketing track and the general FHP tracks. The conference Web site is <http://chppm-www.apgea.army.mil/fhp/>.

For more information, call Jane Gervasoni, 410-436-5091 or e-mail [jane.gervasoni@us.army.mil](mailto:jane.gervasoni@us.army.mil).

### Organizational meeting of SOLE

An organizational meeting of the Aberdeen Chapter of the International Society of Logistics will be held 11:30 a.m. to 1 p.m., Aug. 10, in the Top of the Bay Gunpowder Room. Lunch can be purchased.

The guest speaker will be Dr. Lloyd H. Muller, Certified Professional Logistician and SOLE's president.

The SOLE is a non-profit international professional society composed of individuals organized to enhance the art and science of logistics technology, education and management. More details

about the SOLE organization, membership, and other benefits will be discussed at this kick-off meeting. For more information, call Chief Warrant 3 Paul Thurston, 410-278-5554, or Terri Jenkins, 410-436-3604.

### Lyme disease presentation

The Aberdeen Proving Ground Disability Committee is sponsoring a lyme disease presentation 2 p.m., Aug. 11 at the Edgewood Conference Center, building E-4811.

Sandra Evans with the Entomology Division of the U.S. Army Center for Health Promotion and Preventive Medicine will be the guest speaker.

For more information, call Judy Matthews, 410-278-3050. For directions, call Nick Kyriazis, 410-436-1052.

### FEW offers Working Woman's Scholarship

The Maryland Tri-County Chapter of Federally Employed Women will sponsor the 2005 Dottie Dorman Working Woman's Scholarship.

The winner will receive a \$300 scholarship to pay for or offset college expenses incurred in pursuit of her continuing education. The winner will be announced Aug. 24 at the APG Women's Equality Day observance and awards ceremony at the Ball Auditorium

To qualify for the scholarship, the recipient must:

- Be a female employee in any federal job in Baltimore, Cecil or Harford County.
- Currently be pursuing college-level education studies.
- Prepare a short essay (not to exceed one typewritten page) summarizing your educational plans and explaining how this scholarship will be used.

Applications must be submitted to the Maryland Tri-County FEW Scholarship, c/o Suzanne Schultz, 952 Chesapeake Drive, Havre de Grace, MD 21078 no later than Aug. 12.

For more information, call Schultz, 410-278-9514, or Melissa Smith, 410-642-2411, x5129.

### 547th Engineer Battalion (Combat) reunion scheduled

The 547th Engineer Battalion (Combat) will hold its 19th Annual Reunion, Aug. 11 through 14, at the Radisson Hotel, Norfolk, Va. All former members of the 547th Engineer Battalion and its attached units, the 552nd and the 1328th, are invited to attend.

For more information, call Patrick O'Brien, 757-480-3190, send mail to 1504 W. Ocean View Avenue, Norfolk, VA 23503-1017 or e-mail [patobr@olg.com](mailto:patobr@olg.com).

### Women's Equality Day Essay & Display Contest

All military, civilian, and family members within the Aberdeen Proving Ground community are welcome to participate in the Women's Equality Day essay and display contest. The theme is: "Celebrating Women's Right to Vote." Essay and display entry deadline is Aug. 16. Displays may include models, posters and/or collages. Essays must be double-spaced, 12 fonts and two to four pages in length.

Plaques will be awarded to first and second place winners in each category during the award ceremony, which will take place at the Wadsworth lobby area located in building 3071 at 2 p.m., Aug. 25.

For more information, call Master Sgt. Arbel Connor, 410-278-2529, Sgt. 1st Class Tasha Ahmed or Staff Sgt. Antonio Chavez 410-278-5598.

### Olympic Pool closes concert week

Olympic Pool will be closed Aug. 15 through 21 due to concert preparation.

### Special commemorative Marine Corps coin available for purchase

Congress has approved a special commemorative coin to be minted, the 2005 Marine Corps 230th Anniversary silver dollar.

The surcharges from the sale of each coin will benefit the creation of the National Museum of the Marine Corps at Quantico, Va., which is being developed as partnership of the Marine Corps Heritage

Foundation and the United States. The image of the flag raising at Iwo Jima, represented at the Marine Corps War Memorial, is ingrained in the public mind as perhaps the enduring image of World War II as well as the coin.

Produced by the United States Mint in limited quantity, the coin is only available for a limited time. Coins in both proof and uncirculated condition are also available. The coins went on sale July 20.

For more information or to purchase a coin, visit [http://www.usmint.gov/mint\\_programs/commemoratives/index.cfm?action=Marine](http://www.usmint.gov/mint_programs/commemoratives/index.cfm?action=Marine), call the Customer Care Center at 800-USA-MINT (1-800-872-6468), 8 a.m. to midnight, seven days a week, or contact in writing the U.S. Mint Customer Care Center, 801 9th Street, NW, Washington, DC 20220.

### Family child care providers needed

Family Child Care training will be conducted Sept. 12 through 16 at the Community Youth Services building on Aberdeen Proving Ground.

Applicants who are interested in providing home-based childcare are encouraged to apply.

Being a professionally trained provider in a home environment offers many benefits such as potential for over \$500 per week; self employment; free training in a marketable profession; opportunity to market on the Army's FCC.Com Web site; transferable credit to Army installations world wide; free use of lending library; free monthly newsletter; free workshops (nutrition, health, child development, safety, CPR, taxes); participation in the National CDA credential program; the USDA food program and the National Family Child Care Home Accreditation program. Providers are also eligible to receive college credit for Army child development training.

For more information and to pick up an application, visit the FCC office located on Rodman Road, building 2752 or call 410-278-9832/7477/7140.

### BJ's membership sale

BJ's Wholesale Club is offering a 15-month membership, to include two cards, for \$25, for all civilian, military and contract employees.

This offer is good for new customers and for membership renewals.

Renewal membership holders should bring their current card with them.

A representative will be available 9 a.m. to 2 p.m., Aug. 31, at the Recreation Center, in building 3326 and at the Edgewood Recreation Center, noon to 5 p.m., Sept. 7.

Customers must meet with the representative at APG, not in a BJ's store.

Bring a copy of a paycheck and identification card. All major credit cards, checks and cash will be accepted for payment.

For more information, call the Civilian Welfare Fund Office, 410-278-4603/4771.

# Community Notes

**FRIDAY  
AUGUST 5  
MARGARITA NIGHT**

The Chesapeake Heritage Conservancy, Inc. will offer Margarita Night, 7 p.m., on the Skipjack Martha Lewis. Tickets cost \$30 per person. The historical oyster dredger will cruise around the Susquehanna Flats area as margaritas are served and Jimmy Buffet tunes play. Light refreshments and non-alcoholic beverages also are available. Credit cards will be accepted.

For reservations, call 410-939-4078.

**SATURDAY AND SUNDAY  
AUGUST 6 AND 7  
SKIPJACK MARTHA  
LEWIS PUBLIC CRUISES**

The Chesapeake Heritage Conservancy, Inc. will offer public cruises, at 1 p.m., 3 p.m. and 5 p.m. on Saturdays and at 1 p.m. and 3 p.m. on Sundays on the Skipjack Martha Lewis. Tickets cost \$15 for adults, \$10 for seniors and \$7 for children 10 years of age and younger. Passengers can board the ship at Tydings Park, Havre de Grace for a 75 minute cruise around the Susquehanna Flats area.

For more information or to purchase tickets, call 410-939-4078. Credit cards will be accepted.

**MONDAY  
AUGUST 8  
SKIPJACK MARTHA  
LEWIS ESTUARY STUDIES**

The Chesapeake Heritage Conservancy, Inc. will offer an Estuary Studies Program for children onboard the Skipjack Martha Lewis. Passengers can board the ship at Tydings Park, Havre de Grace.

The day camp will be an educational, hands-on experience teaching boaters the history of the skipjack, oyster harvesting, and the importance of preserving the Chesapeake Bay and its waterways. Tickets cost \$30 per child.

For more information or to purchase tickets, call 410-939-4078. Credit cards will be accepted.

**WEDNESDAY  
AUGUST 10  
SKIPJACK MARTHA  
LEWIS WINE CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer a Wine Cruise, 7 p.m., on the Skipjack Martha Lewis. Tickets cost \$30 per person (21 years of age or older). Passengers can board the ship at Tydings Park, Havre de Grace for a 90 minute cruise around the Susquehanna Flats area while enjoying fine wines from Fiore Winery. Soda, beer, cheese and a fruit platter also will be served.

For more information or to purchase tickets, call 410-

939-4078. Credit cards will be accepted.

**SATURDAY  
AUGUST 13  
WACVA CHAPTER 114  
MEETING**

The Chesapeake Beacon, Chapter 114, of the Women's Army Corps Veterans' Association will hold its monthly meeting at the Perry Point VA Medical Center Outpatient Clinic, 10 to 11:30 a.m.

All women serving in the armed forces are welcome to attend and decide whether they would like to join the Women's Army Corps as regular members of the chapter (all women serving in the Army, Army Reserve, Army National Guard, Army Nurse Corps, Women's Army Corps and Women's Army Auxiliary Corps), members-at-large (women who do not want to belong to a chapter at this time), or associate members (women in the Air Force,

Marines, Navy and Coast Guard).

For more information, call or e-mail Wanda Story, 410-272-5040 or OkieGirlMD@aol.com or visit Web site, [www.wacva.com](http://www.wacva.com).

**SUNDAY  
AUGUST 14  
VFW BREAKFAST SUPPORT TROOPS, COMMUNITY**

VFW Post 5337, 3705 Pulaski Highway, Abingdon, will host a breakfast 8:30 to 11:30 a.m. Cost is \$6 and includes omelets, eggs, meats, home fries, pancakes, French toast and creamed chipped beef.

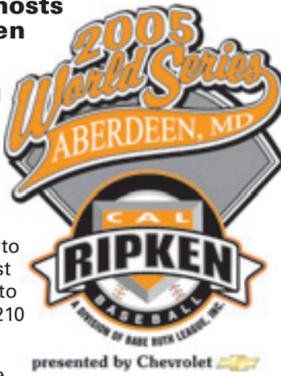
All profits benefit veterans, U.S. troops in Afghanistan and Iraq, local schools and senior citizens of the community.

The breakfast is held the second Sunday of every month.

For more information, call 410-676-4456.

## Host families needed

**Ripken Stadium hosts  
2005 Cal Ripken  
World Series**



Host families are needed to host two 12-year olds during the 2005 Cal Ripken World Series at Ripken Stadium in Aberdeen Aug. 9 to 21.

Game dates are Aug. 12 to 21. One hundred host families are needed to house approximately 210 players.

Volunteer parents will be required to provide beds for two players, and carpool them to every game or practice, or arrange transportation with another host family.

Host families will receive two tournament passes and assistance with groceries, gas, laundry detergent and sports drinks.

For more information, or to volunteer, contact Leslie Dubuc of the Ripken Foundation at 410-823-0808, extension 154, or fax 410-823-0850; e-mail [leslie@ripkenfoundation.org](mailto:leslie@ripkenfoundation.org); or visit the Web site, <http://worldseries.ripken-baseball.com>.

## MOVIES

**ADMISSION: ADULTS \$3.50, CHILDREN \$1.75  
Building 3245 Aberdeen Boulevard**

To verify listing, call 410-272-9008, or visit [www.aafes.com](http://www.aafes.com) and click on "Movie Listing."

**WAR OF THE WORLDS**

Friday, Aug. 5, 7 p.m.

Starring: Tom Cruise, Dakota Fanning, Miranda Otto

H.G. Wells' tale of a Martian attack on Earth was first published in 1898 and then made famous by Orson Welles and his Mercury Theatre troupe, who performed a version of it live on the radio in 1938. Tom Cruise stars in this Steven Spielberg-directed adaptation of the story, which follows a deadbeat dad (Cruise) whose attempts at reconciling with his wife and children (Fanning, Chatwin) are interrupted by an alien invasion. (Rated PG-13)

**FOUR BROTHERS (FREE SHOWING)**

Saturday, Aug. 6, 7 p.m.

Starring: Mark Wahlberg, Tyrese Gibson, Andre Benjamin, Garrett Hedlund

Four brothers set out to get revenge for the death of their mother.

**BEWITCHED**

Saturday, Aug. 6, 9 p.m.

Starring: Nicole Kidman, Will Farrell, Shirley MacLaine, Michael Caine

Against the wishes of her father (Caine), Isabel Bigelow (Kidman), a witch, decides to move to the L.A. Valley and live a normal life. She meets Jack Wyatt (Farrell), a down-on-his-luck film actor who's trying to revive his career by playing the lead role, Darrin, in a big-screen remake of the old Bewitched TV show. Jack then decides that Isabel would be the perfect choice to play his TV wife. (Rated PG-13)

## Public meeting scheduled for Westwood Study Area proposal

USAGAPG

The U.S. Army at Aberdeen Proving Ground is seeking public comment on proposed environmental actions at APG's Westwood Study area.

APG is proposing to excavate waste and soil at five former waste disposal sites, institute controls at 26 sites and take no further action at one site.

Citizens can request a fact sheet on the proposed action by calling APG's Environmental Information Line, 410-272-8842 or 800-APG-9998.

APG is holding a public meeting for interested citizens to ask questions or make comments Aug. 4 at the Edgewood Senior Center, 1000 Gateway Road.

An informal poster/information

session will start at 6:30 p.m. followed by a formal presentation at 7:15 p.m.

Written comments must be post-marked by Sept. 6 and should be sent to Ken Stachiw, Directorate of Safety, Health, and Environment, ATTN: IMNE-APG-SHE-R, Building E5771 Magnolia Road, Aberdeen Proving Ground, MD 21010; or, Frank Vavra, U.S. Environmental Protection Agency, 1650 Arch Street (3HS11), Philadelphia, PA 19103.

The Westwood Study Area consists of approximately 850 acres and is located in the northwestern portion of APG's Edgewood Area.

Activities conducted in this area included training and testing, materials storage, munitions assembly and waste disposal.

"We began a comprehensive field investigation program in the mid-1990s," said Cindy Powels, APG's project manager. "As part of our investigation, we reviewed historical documents and aerial photographs, completed geophysical and soil gas surveys, installed wells to sample and monitor the groundwater and analyzed hundreds of samples of the groundwater, surface water, sediment and soil. We are now presenting our findings and recommendations for additional public input prior to finalizing a cleanup plan."

For five waste disposal sites, APG is proposing to excavate the waste and dispose of hazardous materials at an off-site permitted facility; non-hazardous soil may be disposed of at an EPA/State approved location on

the proving ground.

At 26 sites, APG is proposing to take limited action by putting controls in place to prohibit military family housing or any non-military residential land use. At these sites, APG would conduct reviews every five years for 30 years.

At the Off-Shore Gunpowder River Area, APG's investigations identified no problem requiring any further actions under APG's environmental cleanup program.

According to Powels, the cost of the proposed work is \$1.9 million.

"We are continuing our investigations at four other sites in the study area and these sites will be addressed in a future proposed plan," Powels said. "We'll also address groundwater at the study area in a future

Proposed Plan."

The Army may modify its preferred alternatives, or select new alternatives, based on public comments.

Community members can review copies of the proposed plan, the Remedial Investigation Report and the Feasibility Study for the Westwood Study Area at the Edgewood and Aberdeen branches of the Harford County Public Library and Miller Library at Washington College in Kent County.

Community members can also review the proposed plan and submit comments through APG's Web Site, [www.apg.army.mil](http://www.apg.army.mil).

# The APG Forum

## Book review: Military Errors of World War II by Kenneth Macksey

John Brand  
ARL

Harry Truman is supposed to have said that the only thing new under the sun is the history you don't know. That is especially important for Soldiers.

"Military Errors of World War II" by Kenneth Macksey is a terrific compilation of history that may be a cautionary tale for an Army at war. It has been around a while but will repay a visit by the serious professional Soldier.

The book provides examples of military errors and downright blunders from World War II and the period just leading up to it.

These include well-known cases, such as discussions and

analyses of the grotesque mismanagement of the campaign in the Western Desert and the bloody duet in stupidity by Stalin and Hitler.

There are also very neat analyses of the strategic bombing campaign and the U-boat campaigns.

The analysis of the Japanese conduct of the war in the Pacific is especially relevant to an Army that is locked into a slow motion war with an enemy who seems to live on a different plane of reality.

The book is loaded with insights. For example, "In basic terms, the credo of superiority ingrained in the Japanese elite, which had encouraged them to make war by astute surprise with

a technically superior force, also conspired to shut their minds (even sometimes their eyes) to the concept or evidence that their enemy might be capable of overtaking them." (p. 214)

As we look toward the emergence of a military peer, this little reminder is worth noting. The consequences were the extinguishing of a culture. There are many other examples.

The reader may not agree with everything in this book, but it is a strong medicine for "Victory Disease" (see "Victory Disease," Military Review, July-August 2003, pp. 9ff.).

I strongly recommend this one for the military professional.

This book is available at the U.S. Ordnance Center and Schools Library.

## Community involvement poster wins award

DSHE

The Directorate of Safety, Health and Environment's Environmental Restoration Division community involvement program was recognized at the U.S. Environmental Protection Agency's National Community Involvement Conference held in Buffalo, N.Y., July 12 through 15.

The conference organizers selected Aberdeen Proving Ground's poster as the winning poster for the Best Overall Award. This award

was given to the poster which displayed a coherent and effective message and was well organized, engaging, original, well planned and thoroughly researched. Posters were also judged on the basis of design and graphic composition.

The environmental restoration program's poster on "Developing Productive Community Partnerships" was one of 30 posters selected for display at the conference. The poster discussed the research

conducted to define the community's information needs and concerns, and the resulting program implemented to address those needs and concerns.

The entry displayed how the environmental restoration program established a firm foundation on which it built a bridge to effective partnerships with the communities that surround APG.

"The poster reflects the contributions of the many stakeholders involved in our

environmental restoration program," said Ken Stachiw, chief of DSHE's Conservation and Restoration Division. "We're very proud of this recognition of the hard work we have put into developing productive partnerships with the commu-

nities surrounding the proving ground."

Karen Jobses of the DSHE and Katrina Harris, a contractor to the directorate, developed and produced the poster. They attended the conference and accepted the award on

behalf of DSHE.

The posters were displayed at the July meeting of the program's Restoration Advisory Board, whose members are many of the stakeholders involved in the environmental cleanup program.

## CMA wins Public Relations Society of America Awards

Sandy Clawson-Freese  
CMA

Public affairs initiatives for the U.S. Army Chemical Materials Agency have been recognized with three awards from the Maryland chapter of the Public Relations Society of America.

The chapter's Best in Maryland Awards are presented annually to public relations practitioners who, in the judgment of their peers, have successfully addressed a communications challenge with exemplary professional skill, creativity and resourcefulness. CMA public affairs work won honors for its support of efforts to safely store and eliminate the nation's aging chemical weapons

stockpile.

In the community relations category, CMA won for its entry, "Umatilla Chemical Agent Disposal Facility (UMCDF) Start of Operations Campaign." The UMCDF start-up outreach campaign was created to provide stakeholders with timely, accurate and useful information leading to community support of agent operations at the UMCDF.

CMA was also honored in the research and evaluation category for "Newport Employee Survey," which encompassed a variety of evaluation methods.

In the advertorial category, an "Award of Excellence" was presented for the

"UMCDF Start of Operations Newspaper Insert."

"I am extraordinarily proud of our public affairs team. Being honored with these peer-judged awards illustrates the dedication and enthusiasm they have for our program," said CMA Director, Michael Parker. "These achievements demonstrate the very best in public relations practices and I am proud to be associated with such outstanding communications professionals."

The CMA is responsible for safely storing and eliminating the United States' aging chemical weapons and agent stockpiles and for the safe elimination of recovered chemical materiel.

## Mosquito fogging, spraying on APG

Fogging and spraying for mosquitoes in the housing and barracks areas will be held in Aberdeen at 6 p.m. on Tuesdays, and in Edgewood at 6 p.m. on Thursdays.

Fogging will not be done in rain or high winds, and swimming pool areas will not be fogged.

The training exercise areas will be fogged on alternate Mondays if the weather permits. In the FTX area, it is recommended that trainees use repellent to keep mosquitoes and other bugs away.

For more information, or to report a planned outdoor event on a fogging day, call 410-278-3303.

# Health

## Sleep loss affects Soldier readiness

**Capt. Justin Curry**  
CHPPM

Like food, water and air, sleep is a necessity. When Soldiers don't get enough sleep, performance suffers and everyone is put at risk.

Sleeplessness causes Soldiers to mis-judge the impact that sleep deprivation has on their abilities.

Sleep deprivation may lead to:

- falling asleep at the wheel causing a vehicle roll-over,
- administering the wrong medicine or the wrong dose,
- failing to recognize or reacting too slowly to a threat, or
- transposing digits while entering coordinates into a fire-control system.

A sleep-deprived Soldier may make bad tactical decisions. The bottom line is that sleep deprivation can get Soldiers killed.

### Sleep deprivation, performance

The longer Soldiers go without sleep, the poorer their performance on any number of tasks.

In general, a person can sustain normal performance without noticeable impairment for about 16 hours after waking up. After 16 hours without sleep, there is a noticeable decrease in performance. After being awake for 24 hours, the reaction time is worse than being legally intoxicated.

After 28 hours without sleep, performance becomes significantly impaired with the likelihood of critical errors rising to an unacceptable level.

### Sleep management

To sustain performance over the long haul, Soldiers need at least 6 and preferably 7 to 8 hours of sleep in 24 hours. Soldier performance will degrade over time with less than 6 hours of sleep. Getting 4 to 6 hours of sleep every 24 hours will keep Soldiers in the amber zone (where the risk for mission critical errors is unacceptable levels) for periods of up to several weeks.

Getting less than 4 hours of sleep will keep Soldiers in the red zone (where the risk for mission critical errors is unacceptably high).

Sleep doesn't have to be continuous. It is preferred that Soldiers have uninterrupted sleep time, several shorter

sleep periods that add up to 6 to 8 hours is adequate.

### If sleep loss can't be avoided...

Use caffeine. Drink the equivalent of two cups of coffee (200 mg of caffeine) every 2 to 4 hours.

Caffeine use as described above will help maintain performance even in the face of moderate sleep loss.

Remember...sleep is a necessity.

Performance begins to suffer as soon as sleep loss begins.

If struggling to stay awake, the ability to function is already impaired.

*(Editor's note: Curry is a psychologist at the U.S. Army Center for Health Promotion and Preventive Medicine.)*

## Tips for sleep management

### Soldiers

- Don't sleep in areas where there is regular activity.
- When sleeping, minimize exposure to noise and light - wear ear plugs or blackout shades.
- Avoid over-the-counter "sleep aids," which cause grogginess not actual sleep.
- Sleep whenever possible - even a little sleep is better than none. Several "catnaps" can add up quickly.

### Leaders

- Develop a unit sleep management program that gives Soldiers at least 6 and preferably 7 to 8 hours to sleep out of every 24.
- Soldiers trying to sleep during the day require longer (or more frequent) opportunities to sleep to compensate for the body's normal reaction to sleep cycle disruption.
- Never put Soldiers in a position where they must choose between sleep and something else they would enjoy.
- Arrange sleep schedules that give Soldiers opportunities to sleep at a consistent time.

## Understanding sleep deprivation

**Spc. Todd Goodman**  
Landstuhl Regional Medical Center

Sleep disorders, such as apnea (to stop breathing), desaturation, excessive snoring, narcolepsy and daytime sleepiness plague many. So many that the LRMC Sleep Clinic stays fully booked. The good news is that one overnight sleep study can provide relief or at least rule out sleep as the root of the problem.

"We have people coming by and shaking our hands," said Clifton Edwards, supervisor of the Landstuhl Regional Medical Center Sleep Lab. "They become different people. You see it on them. They say, 'I have a life now. I have energy to take the kids to soccer practice. My marriage is better.' It really is miraculous."

Once referred to the clinic, patients will participate in a nighttime study. While sleeping, a high-tech apparatus will determine which stage of sleep a patient reaches. The study also monitors how hard the chest and abdomen work during breathing, as well as the airflow from the mouth and nose.

Some patients don't work hard at all when breathing. Some go as long as three minutes

between breaths. It could be due to tonsils, adenoids or just too much throat tissue, said Edwards. Overweight people are more apt to suffer from sporadic breathing.

"When a person stops breathing during sleep, his or her oxygen levels drop way down (also known as desaturation)," he said. "A normal sleeper will have an oxygen percentage of 85 to 100. Some people have levels that reach as low as 50 percent."

That creates a two-fold problem. Needed oxygen is not getting to the brain and carbon dioxide is not being expelled from the body. It also can keep a person from reaching the deep stage of sleep.

There are five stages of sleep. Stages one through four are where the body rejuvenates itself, healing wounds and injuries. Stage five REM (rapid eye movement) is the only sleep stage where the brain gets to rejuvenate itself. It stops worrying about whether the gas bill ever got paid and really relaxes.

Many respiratory sleep disorders can be remedied by using a nasal mask, which

**See SLEEP, page 12**

## Adding weights to a workout

**Lisa J. Young**  
CHPPM

Everyday activities such as carrying groceries or picking up a child require muscle strength and endurance. Although aerobic activities are effective for developing cardiorespiratory fitness, most aerobic activities have little influence on muscular strength. The American College of Sports Medicine recently recommended that adult fitness programs include moderate to high-intensity resistance training.

In addition to developing muscular strength, resistance training increases lean muscle mass, improves the strength of connective tissue and increases bone mass. Other health benefits include reductions in body fat, modest reductions in blood pressure, improved lipid profiles and possible injury prevention.

The key factor to successful resistance training at any level of fitness or age is appropriate program design.

Supervision by a qualified professional is essential to prevent injury and to maximize health and performance benefits.

Exercise instruction should include proper technique, breathing and use of equipment, along with goal setting and progress evaluation.

The primary goal of the program should be to develop total body strength, endurance and mobility in a relatively time-efficient manner. Strength can be maintained in only one session per week and gains can be made with as little as two sessions per week. Each session need not be long. In fact, programs lasting longer than one hour per session are associated with increased injury.

The ACSM recommends that resistance training be done two to three days per week. The program should include one to three sets of 8 to 12 repetitions. Exercises should focus on the major muscle groups of the upper and lower body, including:

- The trunk (or core) for stabilization and maintaining good posture.
- Hips and legs for lifting and climbing.
- Shoulders for overhead pressing movements.
- Chest for pushing activities.
- Arms for lifting and carrying.

The main types of resistance training are free weights and machines. Both types have advantages that should be considered in determining the resistance training program.

### Free weights

**Safety:** Risks involved with using free weights include being hit by, tripping over, or being trapped under a weight.

**Whole body training:** Free-weight exercises are often performed in the standing position with the weight supported by the entire body. This helps promote bone mineralization. Moreover, the movement of a free weight requires muscles to work in stabilization as well as support.

**Simulation of real-life activities:** The lifting and acceleration of objects represent major parts of sports and other physically demanding activities encountered on a daily basis. The lifting of free weights involves the more natural coordination of several muscle groups.

### Machines

**Safety:** The main safety risk when using machines is getting a finger caught in a chain, cable, or stack of weights.

**Design flexibility:** Machines can be designed to provide resistance to body movements that are difficult to resist with free weights (such as hip adduction and abduction, hip flexion).

**Ease of use:** People who fear and lack the coordination to lift free weights safely feel confident when using machines. It is quicker and easier to select a weight by inserting a pin in a stack than by mounting plates on a bar.

Whether training using free weights or machines, resistance training should be included as a very important part of any exercise program. Adding weights to a workout helps improve strength, endurance, and overall health and provides variety to any training program.



Graphic by MARK FISCHER, CHPPM



# Morale, Welfare & Recreation

## Activities

### Operating hours

The MWR Registration, Tickets and Leisure Travel Center is open from 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 that is a training holiday, the office will be open 11 a.m. to 7 p.m. on the Thursday prior.

For more information, call 410-278-4011/4907 or e-mail [mwr\\_registration@usag.apg.army.mil](mailto:mwr_registration@usag.apg.army.mil).

### Registration

Register for any MWR event by visiting the specific facility for the event, mailing in a registration form found in

an MWR Program Brochure, visiting MWR Registration, building 3326, or visiting online at [www.apgmwr.com](http://www.apgmwr.com).

### MWR to award prize to 1 millionth receipt holder

Purchase any item from MWR and you could be the one millionth receipt recipient and win a prize package. MWR employees and their relatives are not eligible. More details will appear in the next couple of weeks.

### Friday Social at Top of the Bay

Free munchies, music and games are featured at the

Friday Social, 4 to 8 p.m. in the Down Under.

Additional beverages and food are available for purchase.

Rock climbing, darts, cards and table tennis are now being featured. Participants could win prizes and trips.

### Jujitsu

These instructional classes in the "ancient art of hand-to-hand combat" are designed to enable the student to become proficient in the art of self-defense.

The course includes learning take-downs, grappling, gripping and ground floor fighting to subdue an opponent.

The instructor for this course will be World Champion, Grandmaster Irving Soto, a 10th degree black and red belt, who has experience as an actor, stuntman, musician and was honored in the International Hall of Fame.

### Start Smart Soccer for youths

Youths can register for Start Smart Soccer at the Aberdeen and Edgewood Youth Centers 5:30 to 6:30 p.m., Aug. 8 through Sept. 26.

The Start Smart Programs, created by the National Alliance for Youth Sports, help youths get ready for sports and succeed in life.

It is a step-by-step approach that builds confidence and

self-esteem, and makes sports fun.

Youths and parents can have a positive sports experience together.

Cost of the program is \$35 per person.

Register by appointment only at CYS Central Registration, building 2752, 410-278-7571 or the Edgewood Youth Center, building E-1902 on Wednesdays.

### Introduction to cooking

This class teaches basic cooking procedures used in preparing home-cooked meals, special dinners, desserts, and other menu items. Cost is \$25.

The class meets on Wednesday, 6 to 8 p.m. at the

Aberdeen Recreation Center. Register by Aug. 8.

### Introductory sports playgroup

A new introductory sports playgroup program for Family Child Care youths will be held 11:30 a.m. to 1 p.m. each Thursday at the Edgewood Youth Center, weather permitting.

The program will not be held on holidays.

This program will launch children's interest in sports in a non-competitive fashion

For more information, call Chris Fielder at 410-436-2862.

### Fishing tournament

A cash prize fishing tournament will be held 8 a.m. to 4 p.m., Aug. 14, at the Edgewood Boat Launch Ramp.

Contestants must provide their own equipment and bait.

Tournament rules and state fishing laws will be enforced.

A fishing license is not required.

Cost is \$10 for civilians and \$5 for active duty personnel.

Winners will be determined by the biggest fish (by weight).

Register by Aug. 11.

### Feng Shui for the garden

Learn about safe sustainable horticultural practices that build healthy gardens, landscapes and communities 7 to 8:30 p.m. Aug. 17 at the Aberdeen Recreation Center, building 3326.

The class is presented by the Harford County Master Gardeners sponsored by the Maryland Cooperative Extension Service. Students must be 18 or older to participate.

Cost is \$10. Register by Aug. 15.

## SCHOOL LIAISON/YOUTH EDUCATION

### Preparing for school

Harford County Public Schools 'On The Web' is the easy, fastest way to get information about the school attendance including how to enroll, graduation requirements, school information, school calendar, hours of operation, student guidelines, safety and security, bus routes and stops, health services, pupil services, inclement weather policy, support resources, and contact numbers.

Visit [www.hcps.org](http://www.hcps.org) and take advantage of this excellent and helpful resource today.

School information packets are also available at the School Liaison Office and CYS Central Registration in building 2752, or call 410-278-2857.

### School openings

Aug. 29 - opening of schools for students grades K-12.

Aug. 31 - opening of school for prekindergarten students.

### Hours of operation:

School	Starting time	Dismissal
High Schools	7:45 a.m.	2:15 p.m.
Middle schools	8:15 a.m.	2:45 p.m.
Elem. schools	9 a.m.	3:30 p.m.
a.m. kindergarten	9 a.m.	11:30 a.m.
p.m. kindergarten	1 p.m.	3:30 p.m.
All-day kindergarten	9 a.m.	3:30 p.m.

For 'Boundary Exceptions' information, call the Director of Pupil Services, 410-588-5334, or stop by the School Liaison Office and pick up a brochure.

Contact Information: Send question or comments concerning Harford County Public Schools to Donald R. Morrison, director of Public Information, [don.morrison@hcps.org](mailto:don.morrison@hcps.org), call 410-588-5203, or call the HCPS Customer Relations Action Line, 410-638-0022.

Send questions or comments about the HCPS Web site to [webmaster@hcps.org](mailto:webmaster@hcps.org).

### School meetings

Roye-Williams Elementary School 'Open House/Back To School Night' is 6:30 p.m., Aug. 25.

### Edgewood Elementary School:

'New Parents Meeting,' 6:30 p.m., Aug. 23  
'Open House,' 4 to 6 p.m., Aug. 25  
'Back To School Night,' 6:30 p.m., Sept. 13

## APG lunch options

### Recreation Center Snack Bar

Building 3326  
Serves lunch Monday thru Thursday, 11 a.m. to 1:30 p.m.  
For more information or to place an order, call 410-278-2621.

### Ruggles Golf Course

Sutherland Golf Clubhouse  
Building 5600  
Lunch is served Monday thru Friday, 10 a.m. to 3 p.m.; Saturday thru Sunday, 7 a.m. to dusk.  
For more information, call 410-278-7263.

### Top of the Bay

Building 30  
Lunch is served Monday through Friday, 11:30 a.m. to 1 p.m.  
For more information or to place an order, call 410-278-3062.

### APG Bowling Center Snack Bar

Building 2342  
Shrimp, French fries, drink, \$5.15  
OR  
Barbecue pork sandwich, chips, soda, \$6.75

The snack bar has a variety of items to choose from including hot meals, burgers, subs, sandwiches, baskets and pizza.

For more information or to place an order, call 410-278-4041.  
Orders must be placed before 10:30 a.m.



## Join the boat club

The Spesutie Island Boating Activity is accepting applications for the 2005 season.

Membership is open to active duty military, full time Army National Guard, retired military, APG DoD/Nonappropriated Fund civilian employees, retired APG DA civilians and long-term contractors with government ID card.

Membership requirements include performance of 10 hours of work and standing assigned security watches.

Members must provide proof of identifica-

tion, boat registration and liability insurance.

Costs are:  
• \$20 per foot for a moored boat with parking lot space for trailers  
• \$11.50 per foot for moored boat only  
• \$8.50 per foot for a boat on a trailer in a parking lot space  
• \$8 per foot for ramp access only

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

For more information, call 410-278-4124.

## 2005 Tee Time Golf Pass now on sale

The 2005 Tee Time Golf Pass, on sale at Ruggles Golf Course for \$45, offers discounts at 362 courses in the Mid-Atlantic region.

Tee Time members pay only the cart fee at these courses. More than 210 courses offer either one free play with one paid or discounted player's fee.

Tee Time members save from \$10 to \$40 each time they tee it up. Almost 150 courses offer free green fees in

2005. More than 50 courses on the pass are within an hour's drive of Aberdeen Proving Ground. Tee Time Golf Pass retails for \$50.

For golfers who like to travel, the addition of courses in Williamsburg and Atlantic City is welcome news. Mays Landing, Harbor Pines, McCullough's Emerald Isle and Twisted Dunes in Atlantic County join The Links at Brigantine and Cape May

National in offering superior discounts on the Jersey Shore.

Two nationally acclaimed venues in Williamsburg, The Tradition at Royal New Kent and The Tradition at Stonehouse, were added to an already strong line-up of layouts in Tidewater, Va.

More than a dozen quality layouts in the Ocean City, Md., area are included. Pinehurst and Myrtle Beach are two other destinations featuring courses in 2005.

## Arts & Crafts classes

To register for an Arts & Craft class, call or visit MWR during hours of operation at building 3326; 410-278-4907/4011.

### Edgewood Arts & Crafts, building E-4440, 410-436-2153

#### Woodshop orientation

The woodshop orientation is a safety course, required in order to use the woodshop. Cost is \$5.

Class will be held 9:30 to 10:30 a.m., Aug. 6 and Sept. 3.

#### Framing

This beginning class teaches the fundamentals of framing and matting. Students must bring an 8 inch by 10 inch picture to frame. Cost is \$25 plus supplies.

Class will be held 5 to 9 p.m., Aug. 25 and Sept. 29.

#### Stained glass

This beginning class will teach students how to make a simple sun catcher using the

copper foil method. Four sign-ups are needed for class to be held. Cost is \$25 including supplies.

Class is scheduled for 9 a.m. to 2 p.m., Aug. 20 and Sept. 17.

#### Ceramics

This basic ceramics class teaches the fundamentals of mold pouring, glazing and painting. Cost is \$15 including supplies.

Class will be held 5 to 9 p.m., Aug. 13 and Sept. 10.

### Aberdeen Arts & Crafts, building 2407, 410-278-4207

**Framing**  
This beginning class teaches the fundamentals of framing and matting. Students must bring an 8 inch by 10 inch picture to frame. Cost is \$25 plus supplies.

Class will be held 9 a.m. to 1 p.m., Aug. 6 and Sept. 3.

## LIBRARY BOOK CORNER

Operating hours of the Aberdeen Library, building 3320, are 1 to 5 p.m., Saturday and Sunday and 11:30 a.m. to 6:30 p.m., Monday through Thursday and closed on Friday. For more information, call 410-278-3417.

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

**Biggest Brother: the life of Major Dick Winters, the man who led the Band of Brothers**, by Larry Alexander

**the complete guide to overcoming prostate cancer, prostatitis, and BPH**, by Peter Scardino

**The 3-Hour Diet: how low-carb diets make you fat and timing makes you thin**, by Jorge Cruise

**Flag: an American biography**, by Marc Leepson

**When Baghdad Rules the Muslim World: the rise and fall of Islam's greatest dynasty**, by Hugh Kennedy

The library's Web site, [www.apgmwr.com/recreation/libraries.html](http://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.

**Dr. Peter Scardino's Prostate Book:**

## College Fair

From front page

best part about this is we would both have our summers off.”

Donald Still, military education liaison with the University of Phoenix, said the school's degree programs were the hot topic of the day.

“In our accelerated programs, courses are one night a week for five weeks,” Still

said. “That draws the most interest because most can get their degrees in two and a half to three years.”

Michael Costello of Southern Illinois University said several active duty service members attend classes at Dover Air Force Base in Delaware.

“In 25 years we've graduated more than 800 students,” Costello said.

He added that the school makes it a point to attend the

APG fair.

“We always have tremendous support from the education center,” he said. “They've always been good to us.

Renata Carnero, an admissions counselor with the University of Baltimore, said career-focused programs drew the most interest among retirees.

“We're a perfect fit for the nontraditional student with a lot of graduate programs online,” Carnero said.

M a r t y Kindsvatter, site director for the Harford Community College office in the Janet Barr Building, said she answered many inquiries about the school's nursing program and financial aid. “I'm looking at a program close to home and theirs interests me the most,” said 17-year old K y r i e



Photo by YVONNE JOHNSON

Michael Costello of Southern Illinois University, left, explains one of the school's degree program to Staff Sgt. Johnnie Harvey, 16th Ordnance Battalion, right, during the Aberdeen Proving Ground College Fair at the Post Recreation Center July 21.

## Sleep

From page 7

provides constant positive airway pressure. Oxygen is

pushed into the patient's airway, and through tension, keeps the airway open. This allows the patient to have unobstructed breathing.

If the nasal mask is ineffective, the other option is surgery

to remove excess tissue, which causes the blockage.

“People go years with sleep apnea,” Edwards said. “Most people don't really think about sleep, but it's at least as important as a good diet. People talk

McKinney as she and her mom Gwen McKinney, a chemist with the U.S. Army Aberdeen Test Center, chatted with Kindsvatter.

“We're mostly looking at scholarships and nursing programs,” Gwen McKinney said, adding that she was considering going back to school as well.

“People should not assume they are not eligible, for financial aid,” Kindsvatter said, noting that the APG office is a full service “one-stop shop where you can do everything that's done on the campus.”

“Family members can utilize our services, and we even have a play area for children,” she said.

“Even if you're not eligible there are many other kinds of grants that we can help you apply for,” she said.

Two newcomers to the event offered an even wider variety in online learning.

“We focus on military families, offering online self-paced learning in majors like business administration, management and computer science in associate's to master's programs,” said David Badner, account manager for the University of Management and Technology, a project management institute based in Arlington, Va.

Retired Command Sgt.

about calories, but not sleep. If they did, they might find their lives a lot more comfortable.”

For those interested in a good night's sleep, here a few suggestions from the LRMC Sleep Clinic staff.

Shoot for eight hours of sleep each night. Yes, some people function fine on less, but eight remains the optimum number.

Get to bed at the same time each night.

Stick to the same routine before going to bed – warm milk, reading a book, taking a shower or whatever is found relaxing.

Varying the sleep routine will cause sleep patterns to vary, which is not conducive to a sound sleep.

(Editor's note: This is a Landstuhl Regional Medical Center release.)

Maj. Francisco Lopez of North Central University, Prescott, Ariz., said that 25 percent of the school's learning base is military and 82 percent of them are in graduate programs.

“Today's Soldiers know how important it is to get an education before you get out,” Lopez said.

He said that most inquiries were for the business administration programs.

“I was very impressed,” he said. “Most seemed to know what they want and seemed very focused.”

Institutions invited to the 17th Annual College Fair included: TESST College of Technology, Cecil Community College, Central Texas College, Community College of Baltimore (Catonsville,

Essex, Dundalk), Harford Community College, Central Michigan University, College of Notre Dame of Maryland, Morgan State University, DeVry University Technology, Excelsior College, Florida Institute of Technology, Goucher College graduate programs, Liberty University, Southern Illinois University, Strayer University, Thomas Edison State College, Towson University, University of Baltimore, Duquesne University, University of Maryland University College, University of Phoenix, HEAT Center, Troops-to-Teachers, Servicemembers Opportunity College Army Degrees (SOCAD) and the Army's Green-to-Gold Program from Morgan State University and Loyola College.

## 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

- |  |  |
|--|--|
| Audrey Alba  | Patricia Lynch                                 |
| Marian Bellis (fracture of left tibia)                     | Wayne Kaiser                                   |
| Dianna Blevins   | Beverly King (caring for husband)              |
| Sarah Blevins  | Danny Kopp (lung cancer)                       |
| James (Mike) Campbell                                      | William B. McLean (kidney failure)             |
| Steven Clarke  | Tess Ramos (total hip replacement)             |
| Robert Cook  | Boyd Richards                                  |
| Barbara Crossley   | Cheryl L. Roark                                |
| Victoria Cwiertnie (lyme disease)                          | James Royston                                  |
| Carl Davis   | Leigh Sanders                                  |
| Shelia Davison (benign paroxysmal positional vertigo)      | Barbara Seker                                  |
| Geraldine Eaton  | Steven Sheely                                  |
| Renee Gaffney  | Joyce Steinger                                 |
| Eleanor Gordon   | Alison Tichenor                                |
| Susan Gorhan   | Linda Tignor                                   |
| Traci Graham   | Charles Young (kidney and pancreas transplant) |
| Beatrice Heilpern  | Gary Tudor (heart valve replacement)           |
| Melanie A. Hoffman (parasinusitis, fibromyalgia condition) | Jerry Williams                                 |
| Richard Hoffman  | Gerard Yursis                                  |
| Julie Hynson   |  |

## Donations needed for CDC Adopt-a-Unit care packages

The Aberdeen Child Development Center's Parent Child Care Association is sponsoring an Adopt-A-Unit Care Package Drive throughout the year. For more information, call Jan Harvin, 410-306-1121 or e-mail janet.harvin@apg.army.mil.

The PCCA adopted the 385th Signal Company at Camp Doha, Kuwait. Harvin's husband is assigned to this unit.

Many of the young Soldiers are in need of supplies, phone cards, and moral support through cards, letters, pictures, etc.

The following items are suggested for donation:

**Clothing:** shoe laces for gym shoes and boots, brown T-shirts, boot socks, underwear, hand warmers

**Food:** Chips Ahoy cookies, individual packages (big bags often fill with dust if not eaten right away), other kinds of cookies, pasta and sauce, spices, smoked oysters and sardines, squeeze butter, Pringles chips, individually-wrapped licorice, microwave

popcorn, ramen noodles, macaroni and cheese, olives, pickles, peppers (lots of bubble wrap around these items), cereal bars, microwave pasta that doesn't need refrigeration, hot cocoa mix, soup mix, M&M's

**Essentials:** koozies to keep water bottles and cans cool, AA and D batteries, air freshener, stick-ups, Fabreeze, canned air to blow dust out of electronics, stress relief squeeze balls, sewing kit, Lysol wipes/wet ones, inflatable seat cushions, razors, ink pens

**Entertainment:** newspapers, magazines, DVD's, word puzzle books, paperback books, poker chips, board games

**Health items:** icy/hot patches, air activated heat wraps for sore muscles, foot spa, foot powder, vitamins

**Miscellaneous:** micro-waveable plates and bowls, paper plates, holiday decorations, holiday cards and address books with entries for names and addresses.

## Chapel services

### Aberdeen Chapel, building 2485

**Catholic**  
**Sunday**  
8 a.m., Reconciliation (appointments anytime)

8:45 a.m., Sunday Eucharist  
10 a.m., Faith Formation (September through May)

**Monday and Tuesday**  
11:45 a.m., Weekday Eucharist (except holidays)

**Wednesday**  
7 p.m., choir practice

**Second Sunday**  
12:30 p.m., Catholic Youth of the Chapel (restarts in September)

**Protestant**  
**Sunday**  
9 a.m., Sunday School (September through May)

10:15 a.m., worship service

**Thursday**  
7 p.m., choir practice (September through May)

**Second Saturday**  
8 a.m., meetings for the Protestant Men of the Chapel

**Meetings for Protestant Woman of the Chapel**

7 p.m., Monday; 9:30 a.m., Thursday; and 6 p.m., Sunday

**Gospel**  
**Sunday**  
11 a.m., Sunday School

Noon, worship service

**Tuesday**  
6 p.m., choir practice

**Wednesday**  
7 p.m., Bible Study

**Third Friday**  
7 p.m., Protestant Women of the Chapel –

Women of Grace

**Second and fourth Friday**  
7:30 p.m., prayer meeting

**First Friday**

11:30 a.m., Men's fellowship

**Latter Day Saints**  
**Sunday**  
2 p.m., Sunday service

**Jewish**  
**Thursday**  
Noon, luncheon with Rabbi

**Islam**  
**Friday**  
1:30 p.m., service, building 5447

**Edgewood Chapel, building E-4620**

**Catholic**  
**Sunday**  
10 a.m., Reconciliation (appointments anytime)

10:45 a.m., Sunday Eucharist  
9:15 a.m., Faith Formation (September through May)

**Wednesday to Thursday**  
11:45, Weekday Eucharist (except holidays)

**Tuesday**  
7 p.m., choir practice

**Thursday**  
7 p.m., Rites of Christian Initiation for Adults, adult discussion (September through May)

**Fourth Sunday**  
12:30 p.m., Catholic Youth of the Chapel (restarts in September)

**Protestant**  
**Sunday**  
9:15 a.m., worship

**Latter Day Saints**  
**Sunday**  
1 p.m., service

For other faith groups, special programs, rites, sacraments or ordinances, call the Post Chapel at 410-278-4333.

To speak with a chaplain, first call the unit chaplain. If caller does not know their unit chaplain, call the chapel. After duty hours, in an emergency, contact the Staff Duty Officer, 410-278-4500.



### Channel 21 features Pentagon channel programming

These programs are subject to change each week and will be updated accordingly.

**Monday**  
Focus on the Force, 5:30 a.m.  
American Veteran, 9:30 a.m. and 9:30 p.m.

Army Newswatch, 11 a.m.  
FJ Iraq/AF Prime Time, 1 p.m.  
State Department Briefing, 3 p.m.  
Around the Services, 5:30 p.m.

**Tuesday**  
Around the Services, 8 a.m. and 8 p.m.  
Your Corps, 10:30 a.m.  
Focus on the Force, 1 p.m.  
State Department Briefing, 3 p.m.  
FJ Iraq/AF Prime Time, 4 p.m.  
Army Newswatch, 7 p.m.  
Navy/Marine Corps News, 9 p.m.

**Wednesday**  
Around the Services, 8 a.m.  
Army Newswatch, 9:30 a.m. and 9:30 p.m.

American Veteran, 1 p.m.  
Focus on the Force, 2 p.m.  
State Department Briefing, 3 p.m.  
FJ Iraq/AF Prime Time, 4 p.m.  
Your Corps, 5 p.m.  
Around the Services, 8 p.m.

**Thursday**  
Around the Services, 8 a.m. and 8 p.m.  
Army Newswatch, 9 a.m. and 9 p.m.  
Navy/Marine Corps News, 11 a.m.  
Focus on the Force, 1 p.m.  
State Department Briefing, 3 p.m.  
American Veteran, 5 p.m.

**Friday**  
Around the Services, 5:30 a.m. and 8 p.m.  
FJ Iraq/AF Prime Time, 9 a.m.  
Recon, 12:30 p.m.  
State Department Briefing, 3 p.m.  
FJ Iraq/AF Prime Time, 4 p.m.

**Saturday**  
Around the Services, 5:30 a.m.  
FJ Iraq/AF Prime Time, 7:30 a.m. and 9:30 p.m.  
Engineer Update, 1:30 p.m.  
Opportunity Showcase, 3 p.m.  
Army Newswatch, 5:30 p.m.  
Battleground, 7 p.m.

Recon, 8 p.m.  
**Sunday**  
Army Newswatch, 5:30 a.m. and 4:30 p.m.  
FJ Iraq/AF Prime Time, 10:30 a.m.  
Your Corps, 11 a.m.  
American Veteran, 1 p.m.  
Navy/Marine Corp News, 3 p.m.  
Around the Service, 7:30 p.m.  
Battleground, 9:30 p.m.

Army Newswatch – Bi-weekly report on the men and women of the Army  
Around the Services – From the Pentagon Channel NewsCenter, daily half-hour program featuring military news from top defense officials and the military services from around the world

RECON – A monthly information television program providing an in-depth look at a variety of topics, highlighting the accomplishments of U.S. Military men and women.

Your Corps – Monthly view of the men and women of the Marine Corps

Freedom Journal Iraq – A daily news program produced by American Forces Network Iraq. The program focuses on military missions, operations and U.S. military forces in Iraq

Navy Marine Corp News – A weekly look at the men and women of today's sea service.

Opportunity Showcase – A monthly program dealing with a variety of subjects that benefit small business owners, transitioning military members and other subjects of opportunity-produced by the United States Air Force

The American Veteran – A half-hour video news magazine designed to inform veterans, their families and their communities about the services and benefits they have earned through their service to America and to recognize and honor that service

Battleground – Every weekend, this series features historic films from WWII, Korean War, and the Vietnam War. A Pentagon Channel Original Series

Focus on the Force – A weekly program highlighting missions, operations and people of the U.S. military.

# Edgewood youths show their talents

Story and photos by **Yvonne Johnson**  
APG News

Before an audience of their peers, the youths of the Edgewood Youth Center provided an afternoon of entertaining performances of song and dance during the Summer Program Talent Show 2005 held at the Stark Recreation Center July 22.

Renee Main, Edgewood Youth Services assistant manager, welcomed the audience, thanked the show's performers and said that all involved worked hard on the project.

"This is our first summer concert program," Main said. "Thank you all for joining us today."

Several performers agreed that they enjoyed putting on the summer project.

"I felt comfortable up there," said 9-year old Isabela Dela Cruz, who performed two recorder duets, one with Alyallah Parham and the other with 'Miss Katie' Cole.

"I felt butterflies at first but they went away, and then I just enjoyed myself," she said.

Jackie Le, an 11-year old 6th grader, performed on the piano and violin, and participated in a skit. She said she has been playing piano for two years and violin for three and that, "I really enjoy doing things like this."

"I had a lot of fun performing," said Le.

Her mother, Kim Tuyen Le, who was in the audience, added that she had fun watching her daughter.

"She was great," she said. "I liked the whole show."

Another multi-talented performer was 13-year old Destiny Edwards who sang "Journey to the Past," by Aaliyah, and choreographed the show's final performance, which included 13 dancers.

Edwards said that the dancers rehearsed for two weeks before the show.

"It was hard. Some of them had trouble with the steps but they did great," she said.

She added that she has been singing in church, "As long as I can remember," and that she also writes songs and likes to paint.

"Whatever I do, I want to stay in entertainment," Edwards said.

Main added her thanks to the team of youths who backed up the performances with sound, lighting, video and camera support.

They included stage helpers Kaleb Kropp and

Sebastian Parquette and audio helpers and announcers Joe Hoff and Matthew Miller.

The performances for the Edgewood Youth Center Summer Program Talent Show 2005 included:

"Rhythm in Your Hands," a synchronized rap performed by Jackie Le, Sarah North, Faith Edmonson, Shawn Kluchinsky, 'Miss Linda' Buddemeier and 'Miss Katie' Cole

"Solfeggietto in C Minor," a piano solo, written by Carl Philip Emanuel Bach, performed by Jackie Le

"Hot Cross Buns," a recorder duet performed by Alyallah Parham and Isabela Dela Cruz

"Journey to the Past," recorded by Aaliyah and performed by Destiny Edwards

"The Group," a skit performed by Stephanie Laird, Alyia Abramson, Heather Davis, Debra Ince and 'Miss Kristi' King

"Heart and Soul," a piano duet composed by Frank Loesser and Hoagy Carmichael and performed by Aaliyah Wade and Miss Linda Buddemeier

"3 is a Crowd," recorded by Usher, a coordinated dance performed by MeMe

Adger, Aaliya Abramson.

"Trumpet Voluntary," a violin solo written by Jeremiah Clarke and performed by Jackie Le

"Lo How a Rose E'er Blooming," a recorder duet arranged by Michael Praetorius and performed by Isabela Dela Cruz and 'Miss Katie' Cole

"Destiny's Children," a coordinated dance to the song "1-2 Step" by Ciara, choreographed by Destiny Edwards and performed by Brianna Laird, Morgan Schenker, Reign Edwards, Precious Edmonson, Niece Roberson, Bryanna Wyatt, Aaliyah Wade, Faith Edmonson, Samiah Miller, Catelynn Murphy, Sarah North, Tatyana Moon and Shelbi Popewell



From left, Alyallah Parham and Isabela Dela Cruz form a musical duet for the song "Hot Cross Buns."



Me Me Adger and Aaliya Abramson perform a coordinated dance to Usher's "3 Is a Crowd."



Destiny Edwards sings the song "Journey to the Past" by Aaliyah.

Illustration by BLAKE VOSHELL



From left, Katie Cole, Jackie Le, Sarah North, Linda Buddemeier, Shawn Kluchinsky, and Faith Edmonson perform "Rhythm in Your Hands," a synchronized song using tables and cups to open the Edgewood Youth Center Summer Program Talent Show 2005 at Stark Recreation Center July 22.

The dance group "Destiny's Children" closes the show with a dance to the song "1-2 Step" by Ciara.

