

## POST SHORTS

### Recycling schedule



The recycling pickup for Wednesday, Feb. 16, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

### Construction closes parts of School Road

Weather permitting, portions of School Road in APG's Aberdeen Area will be closed for approximately two more weeks for construction of a new water line near the entrance to building 5114.

The road closure will coincide with the progress of the construction.

The first closure will be the part of School Road between Pistol and Convoy roads, that is, between building 5112 and Convoy Road.

When that segment of work is complete, School Road will then be closed between Convoy Road and the entrance to building 5114.

During construction along School Road, all traffic will be required to use Bel Air Street. Motorists and equipment operators are requested to avoid the area of construction and to obey traffic controls.

For more information, call Garrison Directorate of Installation Operations' Jerry Norris, 410-306-1159, or Gil Lookingland, 410-306-1165.

### Repairs begin at Route 715 gate

Weather permitting, the APG Garrison Directorate of Installation Operations will repair the left inbound lane (fast lane) at Maryland Boulevard (Route 715) Feb. 11 and 12. There is approximately 1,500 feet of road, from building 5654 traveling inbound, to be repaired.

Traffic will be directed to the right inbound lane. Outbound traffic will not be affected.

For more information, call George Phillips, 410-306-2311.

### 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 Feb. 15 to discuss claim problems and plan coverage. No appointment is necessary.

See SHORTS, page 6

# CAC focuses on common levels of support

Yvonne Johnson  
APG News

A new Department of the Army initiative that ensures the delivery of high quality services from Army Garrisons, or Base Operations, was the focus of the Community Action Council meeting held Jan. 27 at the Aberdeen Area Chapel.

Col. John T. Wright, APG Garrison and deputy installation commander, briefed community organization representatives on "the Department of the Army initiative to bring garrisons in line and provide equitable and efficient management of Army installations worldwide."

"This is the Installation Management Agency's method for ensuring delivery of high quality base operation support services within the funds available in the Army," Wright said.

He said the purpose of the briefing was to educate

leaders on what effect the transformation will have on base operations support and how it will evolve.

From 2002 to 2004, the focus was on development, Wright said.

"The plan has since shifted to analysis and now to development," he said. "Previously, installations were controlled by seven different commands. For the first time, all installations come under one command that will make determinations Army-wide."

Information about CLS is available on the Installation Management Agency Web site at <http://www.ima.army.mil/news.asp>. Users need an Army Knowledge Online account to access the information.

### Yard of the Month program

Garrison Command Sgt. Maj. Elvis Irby announced that a Yard of the Month program will return to APG this spring.

"The program will run from April to October," Irby said. "In the past, it was broken down by ranks."

Categories have been changed to reflect the six housing areas.

Irby will head the group that will conduct monthly inspections.

"There will be a monthly winner and at the end of the year a yard of the year will be picked from those winners," Irby said.

Monthly winners will have a sign posted in their yard, a sign to place in their windshield and a designated parking space at the Post Exchange and Commissary. All information will be finalized by the next CAC meeting, which is set for 9:30 to 11:30 a.m., Feb. 24, building 2485, Aberdeen Area Chapel.

### Kirk U.S. Army Health Clinic

Flu vaccines are now available to eligible

See CAC, page 10

## Army to renovate barracks, improve quality of Soldiers' lives

Eric Cramer  
Army News Service

Soldiers living in barracks will see big improvements beginning this spring as the Army's Installation Management Agency begins to execute a \$250 million program to identify and upgrade the Army's most deficient barracks.

The funding was made available as a short-term fix to improve 177 barracks that were identified as "red," or substandard under the Installation Status Report. The plan is to upgrade those facilities from red to amber within a year.

"This funding gives IMA one more way to improve quality of life for our Soldiers," said Philip E. Sakowitz, deputy director of the Installation Management Agency. "It's not the end of the story, of course, and our plan is to spend about \$260 million a year to sustain barracks facilities."

Sakowitz said IMA has been steadily building and renovating barracks under a long-term \$10 billion program. In the past two years, many barracks upgrades have been accomplished while units are deployed in support of the Global War on Terrorism.

"Now we can tackle the barracks that need the most attention first," Sakowitz said.

Sgt. Maj. of the Army Kenneth O. Preston said the Army's goal is to take care of Soldiers. "We're already taking good care of our Soldiers, this gives us a chance to do it better," Preston said. "The American Soldier deserves the highest standard of living whether they're married or single. The barracks isn't just room and board to our single Soldiers, it's their home."

George Lloyd, a strategic planner for Unaccompanied Personnel Housing, said the Army has identified 177 barracks buildings that require

changes. He uses the medical term "triage" in which the most serious cases are treated first.

"We'll be working on those facilities that need the most work beginning in April 2005, and hope to finish up by September 2006," Lloyd said.

He said the Army has allotted about \$250 million a year, above its normal building and maintenance budget, to the improvement program.

During the renovation process, some Soldiers will be moved out of barracks and off post. Those most likely to be affected during the renovations are "geographic bachelors" - Soldiers at locations remote from their families.

Lloyd said some junior enlisted Soldiers may also be authorized Basic Allowance for Housing while renovations of their barracks are under way.

"We've identified about 20,000 individual Soldiers' units we feel are critical, or 'red,'" Lloyd said. "Our goal is to make them more livable, get them to 'amber' and then renovate to meet the 1+1 standard that is our goal." He said the 1+1 standard will provide a home-like atmosphere for Soldiers in the barracks environment.

"The 1+1 standard provides a two-bedroom module for every two junior enlisted Soldiers, and each noncommissioned officer is assigned individually to a two-room module," Lloyd said. "We haven't achieved that standard Army-wide yet."

He said the Army has finished about \$6 billion of a scheduled \$10 billion in improvements to reach the 1+1 standard.

(Editor's note: To provide feedback on the information contained in this article, send e-mail to [OCPAFeedback@hqda.army.mil](mailto:OCPAFeedback@hqda.army.mil).)



Military and civilian personnel from six Department of Army installations receive Risk Reduction Readiness program training at Aberdeen Proving Ground Jan. 12.

## APG hosts training in midst of budget cuts

Story and photo by  
Meghan Bowen  
APG News

Aberdeen Proving Ground's Army Center for Substance Abuse Program hosted military and civilian personnel from six Department of the Army installations for two days of training on the Risk Reduction Readiness Program Jan. 12 and 13.

"This is a program that Col. John T. Wright [Garrison commander] is spearheading here at APG which will eventually become mandatory throughout the Army sometime in the future," said Jareta Coyle, Alcohol and Drug Control officer.

The RRRP's purpose is to collect statistical data from different sources on post. Charts are created for commanders to monitor and develop countermeasures.

"The chart is there to aid the installation commander with identifying problem areas on post," Coyle said. "This helps the commander

get the necessary resources faster to those who need them as well as to improve prevention measures."

The RRRP began in the mid-1990s, Coyle said, and it studies accidents, suicides, crime, the number of AWOL's and discharges, family violence, sexually transmitted diseases as well as alcohol and drug problems on the installation.

Coyle commented on the importance of the recent training sessions at APG.

"Because the training isn't being offered anywhere else at present, other posts took this opportunity to train their people as well," Coyle said.

Twenty students from as far as Fort Hood, Texas, came to 'take advantage of the training,' since ACSAP's budget was cut by \$500,000 this year, according to Coyle.

"We were only able to get the instruction team to come because we were willing to

See ACSAP, page 5

## National prayer luncheon to honor the nation, elected officials and military

Chaplain (Capt.) Yun J. Kim  
USAG APG

The Aberdeen Proving Ground community will join the nation 11:45 a.m., Feb. 16, to celebrate the annual National Prayer Luncheon at Top of the Bay's ballroom.

Guest speaker will be Chaplain (Brig. Gen.) Jerome Haberek, deputy chief of chaplains.

The origin of National Prayer Breakfasts traces back to the 1940s, where during World War II small groups of House of Representative members and Senators gathered to pray together and study the Bible.

Shortly after President Eisenhower took office in 1953, he remarked to Senator Carlson, "The White House is the loneliest place in the world."

Senator Frank Carlson of Kansas suggested that the Senate and House Prayer Group meet

with the President to give him support.

From that developed the first National Prayer Breakfast in 1953.

Every president has participated in this event since then. It has become a national tradition.

America's greatness today can be attributed to its founding fathers, who worked to establish a nation under God where everyone could pray and worship freely as they believed.

The National Prayer Breakfast/Luncheon serves to provide a spiritual support for the country, elected leaders, and America's military.

For tickets see a chaplain or chaplain assistant, or come by the Post Chapel in Aberdeen Area building 2485. Suggested donation is \$5.

For more information, call the Post Chapel at 410-278-4333.

## 2005 Gospel Night celebrates beginning of the Niagara Movement

Story and photo by  
Yvonne Johnson  
APG News

The U.S. Army Ordnance Center and School's 32nd Annual Wilbert Davis Gospel Night will be held 4 p.m. Sunday, Feb. 20, at the Post Theater. Admission is free and open to the public.

Guest choirs include the Aberdeen Proving Ground Gospel Service choir; the Refuge Temple Combined Choir, 3M Connection, and Sisters Singing With Anointed Voices from Aberdeen; the Voices of Inspiration of Churchville; The Jesus House Baltimore Choir from Baltimore; the Mount Zion Male Chorus, Havre de Grace; and Sisters from Elkton.

This year's theme, The Niagara Movement, commemorates the 1905 movement begun in Buffalo, N.Y., that was the precursor to the formation of the National Association to the Advancement of Colored People five years later.

A group of 30 African Americans, led by W.E.B. Du Bois, met in Buffalo in 1905. The group chose Buffalo because it was the eighth largest city in America with excellent rail connections, and because it was associated with the struggle for freedom from slavery.

Western New York was remembered as a major cross-point on the Underground Railroad for runaway headed

to safety in Canada.

The movement was named Niagara because of the meetings proximity to the famous falls.

W.E.B. Du Bois was the first African American to obtain a doctorate from Harvard. He was a professor at Atlanta University and the leading black intellectual of his time.

At their meetings, which lasted July 11 to 14, the group formed a network for communication and research and agreed to set out to make America aware of the shameful plight of its black citizens.

Specifically, they condemned the rising tide of violence against blacks, legal

See GOSPEL, page 5



The Gospel group Sisters Singing With Anointed Voices performs during the 2004 Wilbert Davis Gospel Night at the Post Theater. This year's gospel celebration, also at the Post Theater, will be 4 p.m., Feb. 20.

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# Veterans' voices

## Adult day care provides free services to veterans

**Yvonne Johnson**  
APG News

For some it is a haven - a wonderful alternative to a sometimes stagnant existence. For others it provides needed stimuli that was lacking in their lives.

For whatever reason Harford County veterans attend the Family and Children Services of Maryland's Adult Day Care Center, all seem to enjoy the camaraderie and heartfelt care they receive there.

Located on the campus of Harford Community College, the adult day care center celebrated its 20th anniversary in April 2004.

"It provides a safe and caring environment for seniors who would otherwise be sitting home alone, and a relief for their adult children who no longer have to worry about mom or dad being home alone all day," said Karen Conkel, director of adult day services.

A plus is that the service, which includes door-to-door transportation, breakfast, lunch and a snack, and numerous activities conducted by health care professionals, is free for Harford County veterans, paid for by the Maryland Department of Veterans Affairs.

"Any honorably discharged veteran is eligible for life," Conkel said.

Veterans may attend twice a week, Monday to Saturday.

Many veterans who use the facility said they enjoy the activities, which include bingo, card games, field trips, and conversations with their contemporaries, so much that they often attend during the other days of the 6-day-a-week operation when a \$66.45-a-day fee is in effect.

"I've been coming here a couple of months now," said 65-year-old William Schaeffer, a former Navy Seabee from Street. He said he uses the bus service to attend usually 9 a.m. to 3 p.m. and that along with playing dominoes, and enjoying sing-a-longs, he enjoys mealtimes the most.

"I used to just stay home all day," Schaeffer said. "Now I have my lunch with friends. They feed you good too. That's why I'm getting fat."

Another Navy veteran, Maurice Fisher of Abingdon, has been coming to the center for four weeks. He said it was a welcome change to get out of the house he shares with his two sons, who are away all day at work.

"It's a relief not to have to sit in the house all day," Fisher said. "They do great things here. We do a lot of outdoor things when the weather's nice."

He said that going to the center five days a week makes his life "more interesting."

"This place keeps your mind going," Fisher said. "It makes me think and talk. I use

my knowledge and enjoy other people. Now when I go home I have something to talk about."

Along with Conkel, who has a degree in psychology, 15 years experience in health care and seven years in adult day care, the staff is made up of health care professionals who oversee the participants' activities. In addition, registered nurses are on duty at all times to administer medications and treatments, monitor blood pressure and side effects.

Social worker Barbara Pumphrey has been with the center for 14 years. She said that the center benefits participants whether they attend one day a week or everyday.

"Socialization is the main benefit," Pumphrey said. "It gives them something to do with others like themselves, rather than sitting at home watching TV."

"Their [family members] say they become more active, sleep better, and seem so much happier after they start coming here," she added.

"It's a wonderful program for veterans," added Mary Muir, a certified nursing assistant who's been with the program since its inception. "It's so special to see veterans sharing their experiences."

She said that every day during the open discussion period, "you should hear some of the stories they share."

"These times are their own and nobody else's," she said.



Photo by BLAKE VOSHELL

Volunteer Priscilla Dennis, right, helps Ned Smith of Edgewood, center, off with his coat as his friend Maurice Fisher of Abingdon looks on at the Family and Children's Services of Central Maryland Adult Day Care Center on the Harford Community College campus Jan. 27.

"Two days a week is not enough but we'll settle for that."

Edwina Whitfield, a program assistant has been working at the center five years. She helps with activities, special care needs and exercises.

"I get them from one activity to the next," Whitfield said. She said the best part of her job is interacting with the participant.

"I've gotten to know them all and made some friends," she said. "Most of all, I've learned from them."

Conkel said that along with the VA, the Harford County Program on Aging funds the program for veterans.

"The main thing is it helps keep people out of nursing homes," Conkel said. "Now the wife who's been home all day caring for her husband can

go shopping worry-free or the son or daughter no longer has to call home from work several times a day checking on mom or dad."

The center is open 7:30 a.m. to 5 p.m., Monday to Friday, and 8:30 a.m. to 2:30 p.m., Saturday. For more information, contact Conkel at 410-838-3222, e-mail her at kconkel@fcsmd.org or visit Web site [www.fcsmd.org](http://www.fcsmd.org).

## Diabetes, eye diseases, obesity more common in blacks

**Michael E. Dukas**  
Walter Reed Army Medical Center

Living in one of the most medically-advanced nations in the world, it seems Americans would have the highest quality of life and be almost disease-free. However, many choose lifestyles that greatly increase their risk factors and dilute the effectiveness of even the best medical care. Experts agree that obesity is one of the most significant contributors to poor health and often leads to a dismal prognosis.

Each year more researchers are discovering that blacks, for reasons of genetics as well as lifestyle choices, are at a noticeably higher risk for certain health problems. In addition to heart disease, blacks appear to be more prone to diabetes, various eye diseases and obesity.

In the United States, diabetes affects more than 19 million people. Col. Robert Vigersky, director of the Walter Reed Diabetes Institute, said this includes as many as 6 to 7 million people who are unaware they have it because they have no apparent symptoms or family history of the disease. According to the American Diabetes Association, more than 200,000 deaths are caused by or related to diabetes each year.

When compared to whites and Hispanics, blacks are at a significantly higher risk. Data from the Centers for Disease Control and Prevention indicate that approximately 27 percent of black women between the ages of 65 and 74 will get diabetes as opposed to approximately 12 percent of white females in the same age group.

Black men between 65 and 74 have a 21 percent chance of getting the disease, while only 15 percent of white males will get

it. The occurrence of diabetes in Hispanic men is the same as in black men, while Hispanic women have a slightly lower incidence (19 percent) than black women.

Findings published in February's *American Journal of Public Health* agree with these statistics and suggest blacks also have higher death rates and suffer more complications.

"Because having diabetes increases vulnerability to the flu and pneumonia, current guidelines recommend flu and pneumonia shots for diabetics."

Obesity is a leading contributor to diabetes. U.S. Department of Health and Human Services reports indicate "African-American and Hispanic women are more likely to be obese than white women and African-American and Hispanic men."

Researchers and physicians across the country are finding more people are being diagnosed with diabetes. Obesity seems to be following the same pattern. But with an early diagnosis and move toward a healthier lifestyle, Vigersky said, diabetes is not a death sentence. Millions of people who have changed to healthier lifestyles are living relatively normal lives.

In addition to an increased risk of infections and other health complications, the effects of diabetes in the eyes can cause significant vision problems.

Diabetes is the leading cause of blindness in people ages 20 to 74. It can cause damage in the tiny blood vessels within the retina in the back of the eye. Blindness becomes inevitable for patients with diabetes who are not treated by a physician and who do not make the necessary lifestyle changes. Dr. Aaron Tarbett of the Walter Reed Optometry Clinic said blindness from diabetes is preventable with proper care.

There are other diseases prevalent in the black population that may cause blindness. Glaucoma is one of them.

"As patients age, there can be a lot of visual changes as well as an increased incidence of certain diseases like diabetes and glaucoma, which make annual eye exams necessary," Tarbett said.

Glaucoma is a degeneration of the optic nerve, often associated with elevated pressure within the eye.

Other conditions more frequent in blacks that can affect the eyes are sickle-cell anemia (a blood disorder), hypertension (high blood pressure) and sarcoidosis (an inflammatory disease affecting the liver, lungs, skin and lymph nodes), Tarbett said.

For most people, regardless of ethnicity, improvements in lifestyle can significantly reduce many health risks.

Decreasing fat consumption, eating more fruits, vegetables and whole grains, reducing salt intake, being more active and quitting smoking are a step in the right direction according to Capt. Robie McMillan, chief of Walter Reed's Outpatient Medical Nutrition Branch.

Wellness services at military medical treatment facilities offer classes promoting healthier lifestyles, and dietitians are available for individual counseling sessions. Personal trainers may be available to demonstrate proper use of equipment in the fitness centers and to design personal exercise programs.

For information on diabetes, military health-care beneficiaries can call their endocrinology clinics or ask their primary-care providers.

(Editor's note: Adapted from the Walter Reed Army Medical Center *Stripe*, second in series of 3.)

## APG News

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## Lost Pet



Photo by MEGHAN BOWEN

### Homeward bound 'Hoagie'...

A one year old, lovable, male Basset Hound was found on post wearing a blue collar. He has tan brown, white and black markings. He is temporarily being called 'Hoagie' until his owners come to claim him.

If Hoagie belongs to you or someone you know, or to possibly adopt him, visit the Aberdeen Proving Ground Veterinary Treatment Facility 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.

# Quilt-maker stitches patches of love

Story and photos by  
**Meghan Bowen**  
APG News

Elly Buonaugurio is a recycler of clothing by day as a cashier at the Aberdeen

Proving Ground Thrift Shop and a Victorian crazy quilt maker by night.

Buonaugurio has been quilting on and off for the past 30 years and became interest-

ed in crazy quilt making three years ago after reading about the process at the library.

Crazy quilts became popular during Victorian times [in the late 1800s] and are made with mismatched patches that are purposefully lined up at 'crazy' angles, according to Buonaugurio.

In her quilting, Buonaugurio uses tapestry and velvet materials, left over from other craft projects.

"When you sew, you don't use every bit of fabric; so this is what you do with it," Buonaugurio said, as she held up one of her quilts.

Buonaugurio also uses pieces of her family's old dress and suit material to create functional scrapbook-like quilts, which she gives as gifts to her four children, three daughters-in-law and six grandchildren.

"She made a lot of my clothes as a kid," said Buonaugurio's daughter, Lisa, who remembered how much her mom sewed and handmade things for her when she was a child.

"I thought it was so neat when she made a quilt out of our old blue jeans when I was a kid," Lisa said.

"The jean quilt was made of square patches and embroidered with things the children

loved like Bert and Ernie from Sesame Street," said Buonaugurio, who made it in 1976 to commemorate the U.S. Bicentennial. "I thought, what was more American than blue jeans?"

For the blue jean quilt, Buonaugurio won second prize from a military magazine, a \$25 savings bond and a pattern book.

Buonaugurio also enjoys making quilts using the flying geese and log cabin patterns.

"I like the wild patterns with loud colors," she said. "The log cabin pattern locks blocks of fabric together around a red center that represents the home fire."

Lisa, who does needle point, worked with her mom on one quilt.

"I did the needle point work of different types of cats and mom did all of the quilting in-between," Lisa said.

Lisa noted how her mom's quilts are "one of the most thoughtful gifts" because they are homemade.

"Mom sits there all night and works on her quilts," Lisa said. "She puts her heart and soul into her quilts and then gives them away."

On the last quilt that Buonaugurio gave her, Lisa recognized that pieces of her old school clothes were used as patches for the blanket.

"It makes you feel good," Lisa said, "a lot of that stuff [like childhood clothing] you can't save, but it's nice that she puts it into something you can keep and use everyday."

A few of Buonaugurio's quilts were on display at the Havre de Grace Library in 2004 as a part of a program which featured things that patrons learned about and then created by using their books.

"We enjoyed having her exhibit here," said Anne Checkai, Havre De Grace Library associate.



Elly Buonaugurio displays one of her Victorian crazy quilts made with pieces of velvet and clothing.



Buonaugurio made cotton crazy quilts with pieces of her daughter's old school dresses.

## 2004 cutoff dates for PR submissions announced

DOC

The Army Contracting Agency Aberdeen Proving Ground Directorate of Contracting has established its fiscal year 2005 cutoff dates for submission of purchase requests.

Early customer support in identifying and submitting PRs by or before the dates shown below greatly enhances the ability of the APG DOC to meet customer needs. Early planning and coordination remain the keys to a successful year-end. Customers are advised to submit year-end requirements as early as is reasonable to minimize the possibility of funds going unobligated at year end.

The following schedule has been established for the submission of PRs for FY 2005 and maintenance for FY 2006:

- Noncommercial Items over \$100,000 - July 1\*
- Noncommercial Items between \$2,500 and \$100,000 - Aug. 1
- Commercial items between \$100,000 and \$5 million - July 1
- Commercial Items under \$100,000 - Aug. 15
- Services Over \$100,000 - July 1
- Delivery Orders and Task Orders Under Existing Contracts - Aug. 1
- GSA Schedule Pro-curements - Aug. 1
- Short-of-Award over \$2,500 - June 15\*\*
- Maintenance for FY 2005 - July 1

(FY 06 Contract Modifications and Options for Existing Maintenance Contracts)

\* There may be instances where this date may not be adequate for complex actions. It is therefore required that these actions be coordinated with the branch chief prior to this date.

\*\* Customers submitting "short-of-award" PRs, especially for services requirements, must seriously consider whether funding will materialize. A substantial amount of effort is expended to prepare these pending actions and they must be prioritized after purchase requests that are funded and PRs that are subject to the availability of funds.

The above lead times can be affected by various factors, a few of which include: competition requirements, to include fair opportunity for services task orders over \$100,000 when using Federal Supply Schedules; obtaining sole, limited source or urgency approvals - the justification and approval process; the review process accomplished by the APG Small Business Advisor to ensure all socioeconomic programs will be appropriately addressed; front-end PR entry, and PD2 (PD2 is the DoD contracting automat-

ed system used at Aberdeen.

### New requirements affecting leadtimes this fiscal year

When placing sole source orders over \$2,500 under Federal Supply Schedules, a Justification and Approval must be prepared and approved by a Contracting Officer.

When purchasing supplies or services over the simplified acquisition threshold (currently \$100,000) using non-DoD contract vehicles (which includes placing orders with GSA), proposed actions must be reviewed and approved considering:

- If the action is in the Best Interest of the Government - satisfying customer requirements, schedule, cost effectiveness (taking into account, discounts and fees), and, contract administration including oversight.

- Other factors which must be addressed - determining that tasks or supplies ordered are within the scope of the contract; ensuring funding is used in accordance with appropriation limitations; providing unique terms, conditions and requirements for incorporation into an order or contract to comply with all applicable DoD-unique statutes, regulations, directives and other requirements (e.g., all clothing, shoes and other items specified under the Berry Amendment, procured with DoD funding, is of domestic origin); and collecting data on the use of assisted acquisitions for analysis.

Submission of requests after the scheduled dates will be considered on a case-by-case basis and will require approval by the Chief of the Contracting Division. The APG DOC will do as much as possible to assist customers in satisfying their requirements after the cut-off dates. However, the Directorate has a limited capability to process late requirements. Budgetary constraints may mean that customer-funded overtime may be the only method to provide the Directorate with additional flexibility to accept requirements after the established dates.

The ACA APG DOC Web site is located at: <http://www.apg.army.mil/aca/>. The fiscal year cutoff dates for submission of PRs are located at this site under "Announcements, News, and Notes."

Please note that PRs awarded subject to the availability of funds MUST be funded as soon as funds become available. The work must start and the contractors must be paid - this is not accomplished until the funds are certified.

their post to help continue the training," Coyle said.

This is the first time the training has been computer based, according to Coyle who wanted to "thank the Civilian Human Resources Agency for donating their time and room space in the computer labs for our training."

"By hosting the training we were not only able to benefit APG, but other posts as well," Coyle said.

### Contacts

Joyce Roberts, Contracting Division  
joyce.roberts@us.army.mil, 410-278-0869

Facilities Branch: Repair, alteration, construction, sale and removal of excess real property, services for base operations functions (including, but not limited to, utilities privatization, custodial, refuse, underground utilities locating, etc.), equipment-in-place and facilities.

Martha Mitchem - martha.mitchem@us.army.mil, 410-278-2362

Services Branch: General and specialized services for mission support; range testing of vehicles, equipment, ammunition; lease, rental, and maintenance of equipment; full food services; environmental services; equipment-in-place and other base operations services.

Shirley Kelly - shirley.a.kelly@us.army.mil, 410-278-0854

Technology Branch: ADP equipment; word processing equipment; software; general, specialized, and test equipment; instrumentation; supplies and ADP maintenance and services.

Ginny Corona - ginny.corona@us.army.mil, 410-278-0883

### Preparing PRs in PRWEB

(formerly known as Acquiline)

- DO NOT use any dashes or spaces in the purchase request number.
- When preparing attachments for any electronic document to be used by contracting, preparer MUST use the following format: Normal, Times New Roman, 10.
  - DO NOT use page breaks, section breaks, column breaks or special characters such as trademark signs, tm, (r), <, etc, in any document that will be used in a purchase order or contract.
  - The contracting writing system used by contracting cannot format correctly if a font other than Normal, Times New Roman, 10 is used or if any special characters are used in the document.

## ACSAP

From front page

provide lodging for them," Coyle said.

The students participated in two 12-hour class days and took the information they learned back to their posts to train others.

"They were given software and handouts to take back to

# Community Notes

## THURSDAY

### FEBRUARY 10 MEETING OF CHESAPEAKE BEACON, WACVA CHAPTER 114

Women's Army Corps Veterans' Association, Chesapeake Beacon Chapter 114 will meet 6 to 8 p.m. at Perry Point VA Hospital, Outpatient Clinic. A membership drive is ongoing.

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

## FRIDAY FEBRUARY 11 BASKET BINGO

Basket Bingo to benefit Boy Scout Troop 28 will be held at American Legion Post 194, 336 E. Main St., Rising Sun, Md.

Bingo starts at 7 p.m., and costs \$10 for 20 games.

For more information, call 410-658-3915, or [basketbingo@zoominternet.net](mailto:basketbingo@zoominternet.net).

## SATURDAY FEBRUARY 12 RED HAT TEA PARTY

The women of St. James A.M.E. Church, 615 Green Street, Havre de Grace, are hosting a "Red Hat" tea party, 2 to 4 p.m.

All women are encouraged to wear red hats.

The cost of the tea party is \$5. The program will benefit the church's Annual Woman's Day program scheduled for March 13.

For more information, call 410-939-2267.

## BASKET BINGO

Basket Bingo will be held at the Pilottown Rod and Gun

Club, located on Belle Manor Road, Conowingo.

Doors open at 6 p.m., bingo begins at 7 p.m.

Tickets cost \$10 and include all paper cards. Food, beverages, baked goods, door prizes and raffles will be available. No smoking is permitted in the club.

For more information or to purchase tickets, call Anne Gibson at 410-378-3338, Brenda Conjour at 410-273-7332, or Pat Job at 410-658-5628.

## VALENTINE DANCE

VFW Post 10028 ((behind Aberdeen's Walmart) will host a Valentine Dance "It's a Love Thang," 9 p.m. to 2

a.m.

## ALL-COUNTY SCHOOL BANDS CONCERT

The annual Harford County Public Schools' All-County Middle and High School Band Concert will be held 7 p.m. at C. Milton Wright High School auditorium.

Guest conductor for the Middle School Band will be Dr. Christian Zembower, assistant professor of music and assistant director of bands at Ball State University in Muncie, Indiana. Guest conductor for the High School Band will be Dr. Quincy Hilliard, Composer in Residence and the Heymann

Endowed Professor of Music at the University of Louisiana (Lafayette).

Admission to the concert is free and is open to the public.

For more information, call Donald R. Morrison at 410-588-5203.



## Channel 21 features Pentagon channel programming

The Pentagon Channel will feature the following programs on Channel 21. These programs are subject to change each week and will be updated accordingly.

### Monday

Army Health Watch, 2 a.m. and 3 p.m.  
Air Force TV News, 8 a.m. and 8 p.m.  
Studio Five, 9 a.m., 3:30 and 9 p.m.  
Army Newswatch, 11 a.m. and 3 p.m.

### Tuesday

Around the Services, 5:30 and 8 a.m., noon, 5:30 and 8 p.m.  
Air Force TV News, 10:30 a.m.  
Studio Five, 11 a.m. and 4 p.m.  
Army Newswatch, 12:30 and 7 p.m.

### Wednesday

Around the Services, 5:30 and 8 a.m., noon, 5:30 and 8 p.m.  
Studio Five, 9 a.m., 3 and 9 p.m.  
Army Newswatch, 9:30 a.m., 4 p.m.  
Your Corps, 5 p.m.

### Thursday

Around the Services, 5:30 and 8 a.m., noon, 5:30 p.m.  
Studio Five, 7 a.m., 2 and 7 p.m.  
Air Force TV News, 9 a.m. and 9 p.m.  
Navy/Marine Corps News, 11 a.m. and 3 p.m.

### Friday

Around the Services, 5:30 and 8 a.m., noon, 5:30 and 8 p.m.  
Studio Five, 7 and 11 a.m. and 7 p.m.

Army Newswatch, 3 p.m.  
Army Football, 4 p.m.

### Saturday

Army Football, 4 a.m.  
Around the Services, 5:30 p.m.  
Army Newswatch, 7:30 a.m. and 5:30 p.m.  
Air Force TV News, 3 p.m.  
Your Corps, 1:30 p.m.  
Studio Five, 8 p.m.

### Sunday

Army Newswatch, 5:30 a.m. and 4:30 p.m.  
Navy/Marine Corps News, 10:30 a.m. and 3 p.m.  
Your Corps, 11 a.m.  
Air Force TV News, noon  
Army Healthwatch, 2 p.m.

Air Force TV News - Bi-weekly TV magazine on the men and women of the Air Force.

Army Health Watch - Health issues concerning military personnel.

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

Studio Five - A conversation with the military: Weekly interviews of Defense Department about today's top issues  
Your Corps - Monthly view of the men and women of the Marine Corps

## Heroes Salute

Anheuser-Busch Cos. Inc. is sponsoring a "Heroes Salute" to honor the U.S. armed services by offering free single-day admission to SeaWorld in Orlando, San Diego, or San Antonio; Busch Gardens Tampa Bay or Williamsburg; or Sesame Place to active duty military, active reservists, U.S. Coast Guard, National Guardsmen and as many as three direct dependents through Dec. 31.

Service members can register online at [www.herosalute.com/](http://www.herosalute.com/), or in the entrance plaza of participating parks with a Department of Defense photo.

Dependents may take advantage of the offer without their service member, though an adult must accompany minor dependents.

For more information, visit [www.herosalute.com/](http://www.herosalute.com/).

## MOVIES

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

### WHITE NOISE

Friday, Feb. 11, 7 p.m.

Saturday, Feb. 12, 9 p.m.

Starring: Michael Keaton, Deborah Kara Unger

Architect Jonathan Rivers (Keaton) is distraught after the mysterious death of his wife, Anna (Chandra West), but he's soon contacted by a man (Ian McNeice) who claims to be receiving messages from her through something he calls electronic voice phenomena. Jonathan is at first skeptical, but then becomes convinced EVP is real and tries to contact Anna himself. (Rated PG-13)

### FAT ALBERT (FREE ADMISSION)

Saturday, Feb. 12, 7 p.m.

Starring: Kenan Thompson, Kyla Pratt, Jeremy Suarez

While growing up in a Philadelphia neighborhood, Rudy, Mushmouth, Dumb Donald, Bill, Old Weird Harold, and Russell learn valuable life lessons from their friend Fat Albert. In this movie version of Bill Cosby's old cartoon show, the characters jump out of a TV one day and into modern-day America, where they discover pop-top cans, shopping malls, rap and girls, girls, girls. (Rated PG)

## POST SHORTS

The representative will only be available 9 to 11:30 a.m. in the Aberdeen Area, building 305, room 236.

For more information, call Teri Wright, 410-278-4331, Civilian Personnel Advisory Center.

## Black History Month essay and display contest

All military, civilians, and family members within the Aberdeen and Edgewood Area communities are welcome to participate in the U.S. Army Ordnance Center and School's Black History Month essay and display contest. The theme is: "The Niagara Movement".

Entry deadline is Feb. 10. Plaques will be awarded to first and second place winners in each category during the Wilbert Davis Gospel Night Black History Month celebration at the Post Theater, 4 p.m., Feb. 20.

Displays may include models, posters and/or collages. Essays must be double-spaced, 12-point font and two to four pages in length. For more information, call Master Sgt. Arbel Connor, 410-278-2529, Sgt. 1st Class Peggy McCormick, 410-278-5598, or Sgt. 1st Class Tasha Ahmed, 410-436-1076.

## WACVA Maryland Free State Chapter 70 to meet

The Women's Army Corps Veterans Association, Free State Chapter 70 will meet at the Aberdeen Senior Center 11 a.m., March 5.

Issues to be discussed include supporting upcoming events for the year at the Perry Point V.A. Medical Center. Women veterans and active duty service members are welcome to attend Chapter 70 meetings to learn more about the organization that serves the veterans of Harford and Cecil counties and the service mem-

bers of Aberdeen Proving Ground.

The chapter meets every first Saturday at the same location.

For more information, contact chapter president Judy Fortier at 410-272-4115.

## Flu vaccine for military eligible beneficiaries

Kirk U.S. Army Health Clinic is encouraging all military eligible beneficiaries to get protected by getting a flu shot.

Eligible health care beneficiaries include those who are active duty or retirees and their eligible family members.

The Kirk Immunization Clinic at Aberdeen is open Monday through Friday, 7:30 a.m. to noon, closed each day for lunch noon to 1 p.m. and reopens Monday, Tuesday, Wednesday and Friday 1 to 4 p.m.

On Thursday afternoon, the hours are 2 p.m. to 4 p.m.

For more information or updates, call the Flu Vaccine Hotline at 410-305-FLUV (4-3588).

## Experience the Civil Air Patrol at APG

The Civil Air Patrol is an auxiliary division of the U.S. Air Force open for enrollment to both male and female children between the ages of 12 and 18.

The CAP offers three missions as a cadet, aerospace education and emergency services student.

Meetings are held 7 p.m. every Monday in building 5443.

For more information, contact Phillip Szczepanski, Lt. 410-803-9737 or via e-mail: [info@harfordcap.org](mailto:info@harfordcap.org).

## Scheduling TRICARE informational briefings, forums

Units or groups that would like to schedule TRICARE

briefings should contact Nannetta Hicks, TRICARE community representative, via e-mail at [nanetta.l.hicks@us.army.mil](mailto:nanetta.l.hicks@us.army.mil), or at the Kirk U.S. Army Health Clinic, Room A08.

## APG Community Information Forum scheduled

The Aberdeen Proving Ground Community Information Forum will be held 1 to 3 p.m., Feb. 24, at the Aberdeen Area Recreation Center, building 3326.

All military, civilian personnel, retirees and their family members are invited and get acquainted with the military and civilian community at APG.

Representatives of support agencies/organizations will be present to discuss their activities.

For more information, call Marilyn Howard, Army Community Service, 410-278-9669.

## Scheduling TRICARE briefings

Units or groups that would like to schedule TRICARE briefings, should contact Nannetta Hicks, TRICARE Community Representative, via e-mail at [nanetta.l.hicks@us.army.mil](mailto:nanetta.l.hicks@us.army.mil), or visit Kirk U.S. Army Health Clinic, Room A08.

## PWOC holds Sweetheart's Valentine Banquet

The Protestant Women of the Chapel will sponsor a Sweetheart's Valentine Banquet Feb. 12, 6 p.m., at the Sheraton's Four Seasons. There is no charge, but donations will be accepted at the door. Food, slow dancing and photos of couples will be available.

Unaccompanied guests are welcome.

For more information, call Amy Shipley at 410-272-2804

or Annette Emrick at 410-272-4460 to register or if you have any questions.

## Scholarships for military children

The deadline for children of military personnel to apply for \$1,500 scholarships from the Scholarships for Military Children program is fast approaching. Applications must be submitted no later than Feb. 16.

The scholarship program is open to unmarried children 21 years of age (23 if enrolled in school) of active duty personnel.

For more information, visit <http://www.militaryscholar.org/>.

## FWP holds training conference

The Aberdeen Proving Ground Federal Women's Program will observe Women's History Month by hosting their 15th Annual Training Conference at the Edgewood Conference Center and the Edgewood Gunpowder Club, 8 a.m. to 4 p.m., March 2. The 2005 theme is "Women Changing America."

The training is open to all military and civilian employees, but a supervisor's permission is required prior to registering.

Register at <http://apg-intra.apg.army.mil/apg/fwp/fwp.htm>. Problems with registering should be reported to Charlotte Albro, 410-436-4611 or Sheryl Coleman, 410-278-5964.

## Desert Storm reunion

The VII Corps Desert Storm Veterans Association will hold its 14th Annual Memorial Ceremony and Reunion Dinner Feb. 26 at Fort Myer, Va.

Opening the event will be a service at the Fort Myer Memorial Chapel at 5 p.m., followed by a Jayhawk Time social hour, 6:30 and dinner,

7:30 p.m. at the Fort Myer Officers' Club.

The cost is \$50. Dress is civilian informal.

Make checks payable to "VII Corps Desert Storm Veterans Association," and mail to VII Corps DSV (Attn:

Dinner), 2425 Wilson Boulevard, Arlington, Va., 22201, before Feb. 16.

For more information, contact Hoa McNabb at 800-506-2672 or 703-522-7901, or e-mail: [VIICorpsDSVA@aol.com](mailto:VIICorpsDSVA@aol.com).

## 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](mailto:rondamckinney@usag.apg.army.mil), to complete a termination form.

## Employees eligible for donations in the Voluntary Leave Transfer Program

Audrey Alba	(parasinusitis, fibromyalgia condition)
Marian Bellis (fracture of left tibia)	Richard Hoffman
Dianna Blevins	Janice Johnson (diabetic neuropathy)
Sarah Blevins	Beverly King (caring for husband)
Jeanie Bowman	Danny Kopp (lung-cancer)
Iris Campbell (chemotherapy)	Joyce Mauldin
Steven Clarke	William B. McLean (kidney failure)
Barbara Crossley	Joe McMonagle
Dawn Crouse	Edward Myers
Cathryn Cruz (cancer)	Tess Myers (total hip replacement)
Ruth Cunningham	Boyd Richards
Victoria Cwiertnie (lyme disease)	Cheryl L. Roark
Carl Davis	Leigh Sanders
Shelia Davison (benign paroxysmal positional vertigo)	Barbara Seker
Geraldine Eaton	Sheilah Simberg
David Fletcher	Joyce Steinger
Renee Gaffney	Alison Tichenor
Charles Gambrill	Linda Tignor
Miriam Garcia	Tracey Thomas
Cynthia Hairston (Surgery)	Charles Young (kidney and pancreas transplant)
Beatrice Heilpern	Gary Tudor - (heart valve replacement)
Cynthia Henry (bronchitis with complications)	
Melanie A. Hoffman	



# 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).

### Bowling specials

The Valentine's Scotch Doubles Tournament starts 3 p.m., Feb. 13 at the APG Bowling Center. Cost is \$8 per person. There will be cash prizes.

Feb. 20 is a Rent-A-Lane special. Cost is \$9 per hour per lane, and active duty personnel receive an additional \$1 off. Must have a group of four or more.

### Equipment Resource Center holiday special

Rent any piece of equipment on Feb. 19 (pick-up anytime) and return it on Feb. 22 (drop-off by noon) for a one-day rental fee.

Visit [www.apgmwr.com](http://www.apgmwr.com) for all the latest prices and information.

### Powder Puff Maintenance Class

This class teaches hands on training on changing and discarding of oil and oil filters, changing and rotating tires, checking all fluids levels and refilling, use of the auto shop lifts and equipment available, and observing safety while working on a vehicle. Class will be held 5 to 7 p.m., Feb. 17, at the Auto Crafts Shop. Cost is \$5. Register by Feb. 17.

### Scottish Highland Dance classes

Learn how to Scottish Highland Dance with instructor Beth Knight starting Feb. 12 at the AA Youth Center. Classes will be held every Saturday, 3:30 to 4:30 p.m. and will run for 14 weeks.

Cost is \$55 with an \$18 registration fee for children 6 and up. Registration is thru Feb. 10 by appointment only at CYS Central Registration, building 2572. Call 410-278-7479 or 7571 from 8 a.m. to 5 p.m., Monday through Friday. For more information, contact Ivan Mehosky at 410-278-2857.

### Spring Fling parade

APG will host a community-wide Spring Fling April 16, 8:30 a.m. to 3 p.m., featuring a parade followed by a variety of games, social leisure and sports activities and refreshments, and entertainment for

the entire family. The event is open to all members of the APG community and their guests.

The parade will begin in the vicinity of the post library, travel around Fanshaw Field, pass the reviewing stand at the APG Athletic Center and end at the entrance to Shine Sports Field. Several youth sports teams, scout troops, military units, police and fire departments and the 389th Army Band (AMC's Own) will participate in the parade. Prizes will be awarded in the vicinity of the Athletic Center at approximately 11 a.m.

Following the parade, various give-aways and activities will be provided such as balloons, face-painting, caricature drawings, magic show, meet McGruff, demonstrations by police SWAT Team, Army Substance Abuse Prevention activities and information, Army Community Service, Child Youth Services, Community Recreation activities. In addition, Outdoor Recreation will host an expo featuring items of equipment that are available for rental at the equipment issue center.

### Gardening Seminar

Learn how to set-up and maintain a garden at home or business. The Master Gardener Club of Harford County will introduce the steps and procedures necessary to produce the style and quality of the garden desired. This class will be held 10 to 11 a.m., Feb. 26, at the AA Recreation Center. Cost is \$10. Register by Feb. 23.

### Harlem experience

Celebrate Black History Month with a tour of Harlem, NY. This trip is scheduled for 7:30 a.m. to 10 p.m. Feb. 26, Eat lunch in Sylvia's Restaurant, the Queen of Soul Food, then travel back in time with a tour of the Apollo Theater and the Cotton Club. There will be plenty of time to shop.

Cost is \$80. Register by Feb. 11

### Green Dragon Flea Market

MWR will offer a trip to the Green Dragon Flea Market on March 11, located in the heart of the Pennsylvania Dutch Country.

Cost of the trip is \$30 per person. The bus will depart at

7:15 a.m. and return 5 p.m.

Register by Feb. 25 at MWR Registration, building 3326, 410-278-4907/4011.

### 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 will present an overview and syllabus of requirements for obtaining belts including the recommended training regimen for progression. Students will be responsible for obtaining any equipment needed for the program.

Classes will be held 6 to 7 p.m., March 1 through 22, in Russell Gym. The cost is \$35. Register by Feb. 25

### Ballroom dancing

Ballroom Dancing will be taught March 7 through 28, 7 to 8:30 p.m., in the AA Recreation Center, building 3326. The cost is \$60 per person, or \$100 per couple.

The classes are designed to enable the student to become proficient in ballroom dancing. Beginner and intermediate students will learn and master basic steps and sequences required for performing the dance routines involved in the program.

Register by March 4 at MWR Registration, building

3326, 410-278-4907/4011.

### Fencing

Beginner classes will be taught 7 to 8 p.m., March 8 through 29, at the AA Recreation Center. Beginner fencing teaches the basic maneuvers employed on offense and defense, how to initiate or avoid an attack by an opponent and how to improve skills and timing.

Intermediate fencing runs 7 to 8 p.m., April 5 through 26, at the AA Recreation Center. Intermediate fencing will fine tune movement and execution for match conditions. Practice and develop strategies and techniques, which will help make the fencer a successful tournament contender.

Register by April 1. Cost is \$35. All equipment will be provided.

### Engraving machine at Arts and Crafts

The Arts and Crafts facility has a new engraving machine.

The New Hermes Gravograph, with its state-of-the-art font and ornamental capabilities gives customers a wider selection of graphics for special occasion plaques.

Used mainly for plaques and trophies, one new capability includes the option to space letters randomly instead of using straight lines.

A large plaque selection includes a selection of accessories and eight to 10 different metal colors.

The standard fees for engraving include 10 cents per

letter and 15 cents per square inch of metal. Plaques range from \$4 to \$40 and accessories, such as organizational crests, are additional.

Anyone who has taken the Framing Class can use the area for \$5 a day.

For more information, call 410-278-4207.

### Paint your own

Edgewood Area Arts and Crafts now has a "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 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 in building E-4440, next to the Military Police Station.

For more information, call 410-436-2153.

### Basic plumbing

This course will teach participants how to make plumbing repairs in their home or business including how to repair pipes and stop leaks, what steps to take in emergency situations, and when to look for warning or danger signs and why. The proper way to care for and maintain existing fixtures and other plumbing apparatus will also be covered.

Classes will be held 6 to 7 p.m., Feb. 16 and 23, in Auto Crafts.

Cost is \$25.

## 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:

#### Entombed by Linda Fairstein

Workers demolishing a 19<sup>th</sup>-century brownstone where Edgar Allan Poe once lived discover a human skeleton entombed -- standing -- behind a brick wall. When sex crimes prosecutor Alexandra Cooper hears about the case, it strikes her as a classic Poe scene...except that forensic evidence shows that this young woman died within the last 25 years.

#### Conviction by Richard Patterson

#### Skeleton Man by Tony Hillerman

#### The Last Kingdom by Bernard Cornwell

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.

## CAC

### From front page

recipients through the Immunization Clinic. The clinic hours are:

Monday through Friday, 7:30 a.m. to noon

Monday/Tuesday/Wednesday/Friday, 1 p.m. to 4 p.m.

Thursday, 2 p.m. to 4 p.m.

### TRICARE

Netta Hicks, TRICARE community representative, HealthNet Federal Services, said that referrals will be taken at three KUSAHC clinics: Optometry, Physical Therapy and Podiatry.

The Health Net Office is located in room A06 and A08, and is open 7:30 a.m. to 4:30 p.m.

For more information, call 1-877-TRICARE or e-mail [nanetta.l.hicks@healthnet.com](mailto:nanetta.l.hicks@healthnet.com).

She encouraged customers to make sure their contact information is correct.

"Erroneous information slows the process down," Hicks said.

TRICARE informational forums are held periodically to answer questions and explain procedures. Dates will be announced in the APG News.

### Directorate of Installation Operations

The first snow of the season fell on a weekend, which allowed ample time for roadways and parking lots to be cleared before Monday morn-

ing.

Housing area occupants are reminded that vehicles must be removed from the streets so that snow removal equipment can operate.

Also, residents and organizations are reminded that when the temperature is expected to fall below freezing, to:

- Let hot and cold water trickle to keep pipes from freezing,

- Keep cabinet doors open to keep pipes warm, and take

In addition, those in quarters with attached garages should keep their garage doors closed as this helps heat to stay in the house.

### Chapel information

A schedule of Lenten and Easter services will be posted in the APG News.

The National Prayer Luncheon will be held 11:30 a.m. to 1 p.m., Feb. 16 at Top of the Bay. The guest speaker is Brig. Gen. Jerome Haberek, deputy chief of chaplains. For more information, call a chaplain, chaplain's assistant or the post chapels, 410-278-4333.

### Army Community Service

An Anger Stress Management Workshop will be offered in mid-February. For more information, call Tamara Johnson, 410-278-7478 or Diana Hayes, 410-278-4372.

Volunteer of the Year packets will be out this month. The ceremony is in April.

An AFAP Symposium will

be held March 29 to 31 at Top of the Bay.

The Army Emergency Relief Campaign runs from March 1 to May 31.

### Retiree update

The Maryland Legislature veterans caucus bill seeking to exempt state taxes from retiree pay has now been submitted.

### Tax Center opens

The Tax Center in building 310, second floor, opened for business Jan. 24.

"The center saves thousands in fees for active duty, retirees, and their family member," said Lt. Col. Stephen M. Parke, staff judge advocate.

The center offers electronic submissions that come back in 4 to 8 working days, Parke said.

"We can file electronically for Maryland but not for other states," Parke said.

"Those of us in uniform, especially those who spent time in combat zones, really need to take advantage of the Tax Center," Wright added.

For more information, call 410-278-1208/2020/2139.

### Family Housing

The housing office has received additional funding earmarked for replacement windows in Patriot Village.

"We did the heat pumps last year so now we won't be wasting the energy we're saving," said Pat Hector, DIO housing director.

## SCHOOL LIAISON/YOUTH EDUCATION

### Parent nights at local schools

Harford County Public Schools Parent Information Nights are being held as follows. For starting times, call a number listed below.

#### Magnolia Middle School

Multi-purpose Room

Feb. 22

Betty Mull, 410-638-3658

#### Southampton Middle School

Cafeteria

March 2

Barbara Sauer, 410-638-4150

### Driver's Education classes scheduled

Youth Services will present winter and spring State-certified Driver's Education classes at Child and Youth Services, building 2752, room 210. Classes are 30 hours of instruction each and will begin on Wednesday and end on Tuesday of the second week.

There will be no classes on holidays. Parents and students must attend the first hour of class together (Feb. 2, Feb. 16, etc.) to review rules and procedures.

### The following classes are scheduled:

Feb. 16 through March 1, 5:30 to 8:45 p.m.

March 2 through March 15, 5:30 to 8:45 p.m.

March 16 through March 29, 5:30 to 8:45 p.m.

March 30 through April 12, 5:30 to 8:45 p.m.

April 13 through April 26, 5:30 to 8:45 p.m.

April 27 through May 10, 5:30 to 8:45 p.m.

May 11 through May 24, 5:30 to 8:45 p.m.

The cost is \$295 plus \$18 registration/membership fee for teens or family members 15 years of age or older, of military, retired, DoD (and DA) personnel and contractors who work at APG per student. Adults may also register on a case-by-case basis.

Registration will be held 8 a.m. to 5 p.m., Monday through Friday, at the Outreach Services-Central Registration Office, room 110, building 2752. A minimum class size of three students is required, 21 students maximum.

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

For more information about the Teen Driver Education program, call Greg Williams, Rules Driving School, Inc., at 410-939-7008 or 937-2184, or Ivan Mehosky at 410-278-2857.

### Learn to play chess

Youth Services offers free chess classes for APG students 3rd grade and up at the Aberdeen Youth Center, building 2522, and Edgewood Youth Center, building E-1902.

Aberdeen Area classes will be held at the Aberdeen Youth Center 3:45 to 4:30 p.m., Mondays, for students 6th grade and up at and for 3rd through 5th graders. Edgewood Area classes will be held at the Edgewood Youth Center 4:30 to 5:15 p.m., Wednesdays for students 3rd grade and up.

Instructional booklets and chess sets are available to all participating students. Round robin tournaments will also be conducted. Sign-up with Charles Heinsohn at the times stated above, or call him at 410-278-3868

### Scottish Highland Dance classes begin soon

Youth Services will offer Scottish Highland dance classes for students ages five and up. Children of military and civilian employees at APG and sponsored students are eligible to register.

Scottish Highland dance classes cost \$55 per student per class (one hour instruction once per week for 14 weeks).

An \$18 registration/membership fee is required for all students six years of age and up. Adults may sign up and pay fee to take the class with their son/daughter.

A minimum number of eight students are needed to hold a class.

Classes will be held 3:30 to 4:30 p.m., every Saturday beginning Feb. 12, at the Aberdeen Youth Center, building 2522, Ballet Room. Beth Knight will be the instructor.

Registration will be held through Feb. 10.

A parent orientation session will be held on Feb. 5 at the first class meeting.

For an appointment to register, call Christina Keithley at 410-278-7571 or Pat Palazzi, 410-278-7479 at the CYS Outreach Services-Central Registration Office, Room 110, building 2752, Monday through Friday, 8 a.m. to 5 p.m.

For more information, call Ivan Mehosky, 410-278-2857.

### NASA Space Camp applications being accepted

Applications are being accepted for the 2005 Bernard Curtis Brown II Memorial Space Camp scholarship. Children of an active duty military parent enrolled in grades six through 9 are eligible to apply. The scholarship is funded by the Military Child Education Coalition.

Full tuition includes meals, lodging, program materials and transportation from the student's home base to nearest Space Camp.

The deadline for completed applications is April 1.

For more information or to apply for the scholarship, call Ivan Mehosky at 410-278-2857, or visit Web site [www.space-camp.com](http://www.space-camp.com).

# Sports

## Company E 16th out-toughs Company a 16th 48-46 in nail-biter

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

A close game turned into a tight match as a seasoned Company E 16th Ordnance Battalion team held off a younger and quicker Company A 16th to post a 48-46 win during their intramural basketball National Division game at the Aberdeen Area Athletic Center Feb. 3.

Led by student coach Ricardo Peterson, Company A 16th gave their opponents all they could handle with fast breaks, aggressive shooting and gutsy steals, but the team had no answer for Company E's Ronald Seldon, who scored a game high 24 points. Peterson was next with 23 points, followed by his teammate Cedric Dennis with nine and Company E's Derrick Preston and Dean Francis with eight points each.

Neither team led by more than five points the entire game with the largest lead coming late in the first half when Company E led 16-11 with just over six minutes left to play.

"We're taking over in the second half," Peterson said. "We plan to dominate with fast breaks."

Company E assistant coach Marvin Michael said that personnel rotations have made it difficult for the team to, "maintain continuity."

"We started the season with one team and we're ending with another," Michael said. "The second half or the season might not be as good as the first but we're out here having fun."

The team planned to stay in the zone coverage and force wild shots during the second half he added.

"We want to make them shoot outside their game," he said.

Down 24-22 at the half, Company A 16th came out strong, pulling away to a 29-26 lead before Company E 16th regained control. With key steals, smart passing and all out hustle, Seldon, Preston and Francis kept the team in the game, fighting off each Company A 16th rally until Peterson, Dennis and Kenneth Devane combined for a 10-4 run to tie the game 40-40. Peterson's jumper for two more between Company E 16th defenders put the team back in the lead 42-40 with under five minutes left in the game.

A Company A foul sent Company B's Seldon to the line to tie it up 42-42 followed by two more from Preston. Seconds later a Company A turnover gave Company E the ball and the momentum.

With the score tied 46-46 and down to the last 50 seconds, Company A passed the ball around down to the last few seconds when Seldon made a game-saving grab, streaked to his basket and dropped in a two just before the buzzer, sealing a 48-46 win.

"Dumb mistakes cost us the game," said a disappointed Peterson after the game.

Company E was understandably elated.



Company E 16th's Williams guards Jamal Callwood of Company A 16th during the first half of their Feb. 3 game at the Aberdeen Area Athletic Center.

"It was a good, competitive game," Michael said. "It's a thrill to play these young guys and come away with a win. We just had a good game. With more consistency, we'd be an awesome team."



Ricardo Peterson, left, Company A 16th Ordnance Battalion, takes a mighty leap for the basket, followed closely by Company E 16th defenders Darrick Preston, center and Tony Manske during their National Division intramural basketball game Feb. 3.

## 2005 Intramural basketball schedule

### American Division

Feb. 14  
6:30 p.m., KUSAHC vs. 203rd MI  
7:30 p.m., NCOA vs. DLES  
8:30 p.m., HHC 16th vs. HHC 61st  
Feb. 16  
6:30 p.m., HHC 61st vs. KUSAHC  
7:30 p.m., DLES vs. HHC 16th  
8:30 p.m., NCOA vs. 203rd MI  
Feb. 23  
6:30 p.m., HHC 61st vs. NCOA  
7:30 p.m., KUSAHC vs. HHC 16th  
8:30 p.m., 203rd MI vs. DLES

### Edgewood Division

Feb. 14  
6:30 p.m., CHPPM vs. MRICD  
7:30 p.m., 22nd Chem. vs. Company C 143rd  
8:30 p.m., Company B 143rd vs.

Company A 143rd  
Feb. 16  
6:30 p.m., Company B 143rd vs. CHPPM  
7:30 p.m., Natl. Guard vs. Company C 143rd  
8:30 p.m., 22nd Chem. vs. HHC 143rd  
Feb. 17  
6:30 p.m., HHC 143rd vs. Company C 143rd  
7:30 p.m., MRICD vs. 22nd Chem.  
Feb. 23  
6:30 p.m., Company C 143rd vs. MRICD  
7:30 p.m., 22nd Chem. vs. Company A 143rd

### National Division

Feb. 15  
6:30 p.m., Company C 16th vs.

Company B 16th  
7:30 p.m., USMC vs. Company E 16th  
8:30 p.m., USAF vs. Company A 16th  
Feb. 17  
6:30 p.m., Company E 16th vs. USAF  
7:30 p.m., Company B 16th vs. USMC  
8:30 p.m., Company C 16th vs. Company A 16th  
Feb. 22  
6:30 p.m., Company B 16th vs. USAF  
7:30 p.m., Company A 16th vs. Company E 16th  
8:30 p.m., Company C 16th vs. USMC  
Feb. 24  
6:30 p.m., Company E 16th vs. Company B 16th  
7:30 p.m., Company C 16th vs. USAF  
8:30 p.m., USMC vs. Company A 16th

For more information call Donna Coyne at 410-278-3929.



Photo courtesy of RANDY REXRODE  
Instructor David Backert discusses motorcycle safety with a class conducted in the fall of 2004. Classes are scheduled to resume in March and run through November.

## Motorcycle Safety Training available on APG

DSHE

Operators of privately owned motorcycles on military installations are required to be in compliance with Army Regulation 385-55, Prevention of Motor Vehicle Accidents and Department of Defense, Instruction 6055.4, Traffic Safety Program.

"It is a government requirement that all licensed motorcyclists take an operator's safety training course to be eligible to ride motorcycles on any DOD/Army installation," said Randy Rexrode, safety and occupational health specialist, Directorate of Safety, Health and Environment.

To assist APG motorcycle riders in complying with the regulations, Motorcycle Safety Foundation Operators Training Courses will be held at the U.S. Army Ordnance Center and Schools' parking lot March through November.

The course, sponsored by the Installation Safety Division, is designed to help prevent motorcycle accidents involving Army personnel, dependents, government employees and contractors.

The five-hour class is provided at no cost to military, dependents, government employees, and contractors. Military and civilian

government employees are not charged leave while attending the training.

Motorcyclists who have already taken a motorcycle safety course and can provide proof do not have to repeat the training.

"Any personnel who have not had the training will not be allowed to register their motorcycles and if the motorcycle had been registered prior to APG enforcing compliance, it will not be allowed on post until the cyclist takes the class," Rexrode said.

There are several requirements to consider when contemplating taking the MSF course.

Attendee must be a licensed motorcyclist. Cyclist must wear protective clothing to include eye protection, long sleeved shirt or jacket, long pants, full-fingered gloves, over-the ankle footwear and a DOT approved helmet.

Riders must bring proof of insurance, and their motorcycle must be able to pass an inspection performed by the instructor. Cyclist must be available to attend 100 percent of the course.

Anyone interested in improving their riding skills and fine-tuning driving strategies should contact Dave Backert at 443-910-1213 or e-mail him at dwbvast@aol.com.

## Youth vs. staff free throw ends in sudden death playoff

**Christopher A. Fielder**  
EA Youth Center

Thirty-six youths participated in a basketball free throw competition Jan. 17 to 20 at the Edgewood Area Youth Center.

After shooting 10 free throws, the person with the best score won the prize.

The competition was broken into three age groups, 6 to 8, 9 to 12 and 13 and up and the Youth Center staff participated in the contest.

The final, held Jan. 21, was between Greg

Lavette and staff member Chris Fielder who both shot 8 out of 10 free throws. Lavette won the competition in a sudden death final playoff. His prize was a LeBron James basketball.

"The contest was too easy," Lavette said. "There needs to be more of a challenge."

Sabrina Myers, SAS staff, made 6 out of 10 free throws and said, "I thought I was going to win."

The event was held to test the youth's skill during basketball month in January.

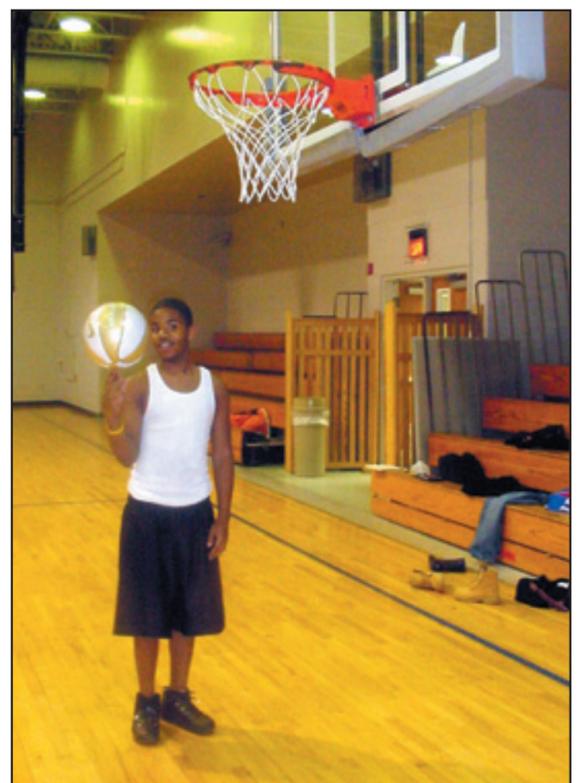


Photo by ZULMARIE GONZALEZ  
Greg Lavette spins a "LeBron James" basketball on his finger after winning the free throw contest held at the Edgewood Area Youth Center Jan. 21.

## MWR Morale, Welfare & Recreation

### Bowling scores

#### Tuesday Lunch Week of Jan. 27

**Men's High Game Handicap**  
Stacey Martin, 279  
Ralph Sporay, 228

**Men's High Series Handicap**  
Stacey Martin, 473  
Ralph Sporay, 439

**Women's High Game Handicap**  
Ronda Taylor, 230  
Sandy Bowers, 225

**Women's High Series Handicap**  
Ronda Taylor, 410  
Sandy Bowers, 402

#### Tuesday Intramural

**Men's High Game Handicap**  
Sampson Tatum/James Mical, 254  
Brandon Dusick, 253

**Men's High Series Handicap**  
Chris Kerperien, 696  
James Swearingen, 679

**Women's High Game Handicap**  
Jennifer O'Keefe, 221  
Pam Bridges, 198

**Women's High Series Handicap**  
Jennifer O'Keefe, 585  
Pam Bridges, 574

#### Wednesday Mixed League

**Men's High Game Handicap**  
Eddie Rodriguez, 293  
Tony Nelson, 238

**Men's High Series Handicap**  
Eddie Rodriguez, 653  
Tony Nelson, 641

**Women's High Game Handicap**

Debbie Morrow, 237  
Betty Wyman, 222

**Women's High Series Handicap**  
Debbie Morrow, 608  
Linda Boyle, 596

#### Thursday National Guard

**Men's High Game Handicap**  
Stuart Thacker, 297  
Rusty Kerner, 290

**Men's High Series Handicap**  
3D Donnelly, 722  
Nathan Weigle, 684

**Women's High Game Handicap**  
Luz Montanez, 237  
Dagmar Johnson/Kat Travers, 233

See the APG Web site for more bowling results:  
[www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil)

# Health

## Living without back pain

**Marcie Birk**  
CHPPM

The use of proper body mechanics when completing tasks is essential to avoiding back injury.

However, people usually focus on the amount of weight being lifted and not on how the lift is being performed, according to John Pentikis, ergonomist with the U.S. Army Center for Health Promotion and Preventive Medicine.

"The performance of the lift is just as important in avoiding injury as the amount of weight being lifted," Pentikis said. "Lifting a 25-pound case of soda could be more hazardous than lifting a 40-pound box of paper, depending on whether or not proper lifting techniques are used."

Proper body mechanics when lifting include:

- Planning the move to ensure the pathway and destination are clear.
- Testing the load to see if more help is needed.
- Bending the knees and keeping the back straight.
- Holding the load as close to the body as possible.
- Avoiding twisting while lifting.
- Keeping feet shoulder width apart or wider.

The Medical College of Wisconsin recommends two more components to back injury prevention: good posture and proper conditioning. Good posture includes sitting or standing in an upright position without slouching, holding the head too far forward, or allowing the stomach to pull the back forward. Years of poor posture can result in weakened muscles that may lead to back injury. In addition to good posture, a proper conditioning program that includes strengthening and



stretching of the core muscles of the spine and abdomen can help reduce the possibility of a back injury.

Besides the activities of daily living, Soldiers face other back hazards. One hazard is wearing a rucksack improperly.

Soldiers should be aware of the proper way to pack and fit a rucksack.

### Packing for performance

- Pack heavy and mission-essential items as high as possible in the rucksack.
- Stow lightweight and non-critical items lower in the pack.
- Tighten two vertical straps

on the back of the pack to bring the load higher on the frame.

- Ask another Soldier to hold the pack as the front shoulder straps are tightened.

- Wear the rucksack waist-strap so weight is distributed to the hips.

- If the rucksack is equipped with a chest strap, wear it to take the weight off the shoulders.

To order or download the pamphlet Rucksack Packing and Fitting Tips or other ergonomics publications, visit Web site <http://chppm-www.apgea.army.mil/ergogpm/Publications.aspx>.

## Gospel

*From front page*

segregation and voter disenfranchisement.

The Niagara Movement

lasted only a few years and never had more than 200 members but its impact was tremendous.

By sensitizing Americans to black discontent over worsening racial conditions, the

movement paved the way for the creation of the powerful, interracial NAACP in 1910.

Du Bois became the only black member of the founding Board of Directors of the NAACP, and their director of research and publicity.

Gospel Night began in 1973 by then OC&S Maj. Wilbert Davis. He nurtured the musical celebration of Black History Month even after his retirement. In tribute to his devotion to the project, Gen. Johnnie E. Wilson, former chief of ordnance, named the annual event in Davis' honor in 1992.

For more information about Wilbert Davis Gospel Night, contact Master Sgt. Arbel Connor, 410-278-2529.

## Registration open for Spring Fling Parade

**Yvonne Johnson**  
APG News

Aberdeen Proving Ground youth clubs, athletic teams, and other family-oriented organizations are encouraged to register to participate in the Spring Fling Parade set for April 16 as part of the Child and Youth Services, Morale, Welfare and Recreation, and Army Community Service annual Spring Fest.

Registration closes March 25.

To register, fill out the form at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) in *APG News* issue Jan. 27, and send to Chris Lockhart, Support Services Division, P.O. Box 627, APG MD 21005, or FAX to 410-278-5285.

To register in person, visit the Support Services Division in building 2727, Room 116, 8 a.m. to 5 p.m.

The theme for the parade is "Youth and Sports."

The parade begins 11 a.m. from the parking lot of the Post Theater.

Entries will compete in Walking, Mobile, and Special Recognition categories and entries will be judged on originality of theme, costuming, over-all effect, construction (if applicable), special effects, artistic work, and crowd appeal.

Volunteers are needed to assist along the parade route.

In case of rain, the event will be cancelled.

For more information, contact Lockhart at 410-278-3904.