

POST SHORTS

Recycling schedule



The recycling pickup for Wednesday, Feb. 9, is plastic, glass and metal. Put items in blue bags 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 three weeks starting Feb. 7 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.

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

See SHORTS, page 4

ISSUE HIGHLIGHTS

Page 2

APG Tax Center opens

Page 3

Social engineering threatens computer security

Page 4

Community Notes

Pages 5

MWR

Page 9

Health

Wade on the wild side



Photo by Neal Snyder
AEC

Col. Tony Francis, U.S. Army Environmental Center commander, right, and David Guzewich, deputy to the commander, left, beat a hasty retreat from the Chesapeake Bay during the Maryland State Police Polar Bear Plunge Jan. 29 at Sandy Point State Park near Annapolis.

Francis agreed to test wintry waters if the USAEC staff raised more than \$500 to provide Christmas presents for the families of two deploying Soldiers. The staff quickly came up with almost \$2,000 in cash and presents.

More than 2,700 plungers raised \$625,000 for Maryland Special Olympics. The air was 32 degrees and the water 33 degrees that afternoon.

"All morning I was asking myself why I let myself get talked into doing this," Francis said. "But by the time I came out of the water, I was glad I did it for the Soldiers and Special Olympics -- and I wanted a towel."

203rd welcomes new commander

Yvonne Johnson
APG News

The 203rd Military Intelligence Battalion (Technical Intelligence) U.S. Army Reserve, welcomed its 19th commander during a change of command ceremony at the Aberdeen Area Athletic Center Jan. 22.

Lt. Col. Alan Ott assumed command of the battalion, a multi-component unit consisting of active and reserve Soldiers, from Lt. Col. James V. Young Jr.

Ott comes to APG from the Joint Forces Command in Norfolk, Va., where he served as a Drilling Individual Mobilization Augmentee from February 2002 to November 2004.

Young moves on to head the newly formed Military Intelligence and Readiness Command as the Operational Readiness Group commander.

Col. John J. Skoll, commander, 656th Area Support Group, and Col. Dalton R. Jones, commander, National Ground Intelligence Center, Charlottesville, Va., served as co-hosts.

Jones praised both the incoming and outgoing commanders, first praising Young for leading the battalion's deployment to and return from Iraq, then charging Ott with the task of maintaining the 203rd tradition.

"As commander of the 203rd, Lt. Col. Young real-

ly earned his mettle," Jones said. "He took over command with less than 60 days notice, formed a unit with over 50 percent of his soldiers coming from other units or organizations, and successfully deployed into combat."

He credited Young with establishing the Coalition Joint Captured Materiel Exploitation Center in Iraq, an international group of agencies tasked with collecting technical intelligence equipment and munitions.

"Lt. Col. Young is a man who is dedicated to mission accomplishment, responds to challenges, and isn't afraid to take necessary risks for the good of his Soldiers and their mission," Jones said. "Thank you for all you did for the 203rd, the Soldiers and their families, for the Army, and for your country."

Jones welcomed Ott as one who "has the experience, skills, education, talent, and drive that we need in the 203rd."

"I have no doubt that you are the right man at the right time for this command," he told Ott. "You have assumed a big responsibility and an important mission."

"I challenge you to maintain the superior standards set in this unit, and I charge you to follow the example of many Soldiers before you," Jones said. "I am looking forward to working with you."

Young thanked his family, commanders and staff members for their support during his tenure as commander.

"I would like to thank the families of the Soldiers," Young said. "They tolerate extended deployments, sacrificing numerous weekends and know that their Soldiers are on call all the time."

He extended his best wishes to the incoming commander and his family then offered final words of advice to his Soldiers.

"I have been fortunate to have a successful command and to receive awards and accolades but you have won these accolades, not me," Young said.

He told the assembled troops that along with finding a way to make a difference and remaining humble, the most important advice he could leave them was to meet the standard.

"Know the standard. Articulate the

standard. Be consistent and fair but enforce and demand the standard," Young said. "If you do so, all else will fall into place."

"My honor is that I have been fortunate enough to command such a terrific group of American Soldiers," he added. "Thank you and good luck."

Ott thanked his family and the command for their support and said that "the journey that we begin today is a difficult one in this time of war but it is one that I have no doubt will prove fruitful for all of you and the Army we serve."

"I fully recognize the charge I take as your commander and will do everything in my power to ensure your safety and success as we fulfill our missions and obligations," Ott said. "I ask all of you to recognize and understand that we will succeed only if we endeavor as a team as we strive to achieve the new mission that awaits."

Ott was born at Chenault Air Force Base in Louisiana. He was commissioned a Military Intelligence officer in 1984, after graduating from the Reserve Officer Training Corps and served on active duty for six years. He has been mobilized to support contingency operations during Operations Desert Storm/Shield and Noble Eagle.

His previous reserve duty assignments include U.S. Space Command, Peterson Air Force Base, Colo.; and the 416th MI Battalion, Baton Rouge, La. While on active duty he served in the U.S., and in Germany and Korea.

Ott holds a Bachelor of Arts degree in History and a Juris Doctor degree in Common and Civil Law from Louisiana State University. His military education includes the Armor Cavalry Officer Basic Course; Military Intelligence Officer Transition and Advanced Course; Civil Affairs Officer Advanced Course; Combined Arms and Service Staff School; U.S. Army Command and General Staff College; Air War College and Joint Forces Staff College. His awards and decorations include the Meritorious Service Medal; Joint Service Commendation Medal; Army Commendation Medal; Army Achievement Medal; and Parachutist Badge.

In his civilian career, Ott is an Assistant General Counsel in the Office of the General Counsel at the Defense Intelligence Agency, Washington, D.C. He and his wife, Hey-Chin Cong have one son, Adrian.

Three retire during January ceremony

Yvonne Johnson
APG News

With 92 years of service to the government between them, one Soldier and two civilians received best wishes from the Aberdeen Proving Ground community during a retirement ceremony at Top of the Bay Jan. 26.

Brig. Gen. Vincent E. Boles, chief of ordnance and commander of the U.S. Army Ordnance Center and Schools, hosted the ceremony, assisted by ordnance regimental Command Sgt. Maj. Anthony T. Aubain and ordnance regimental Chief Warrant Officer 5 James J. Wynne.

Capt. Anthony L. Taylor, 143rd Ordnance Battalion, opened the program with a prayer offering thanks for the "times of laughter and tears," and asking for guidance for the honorees, "as they move in new directions."

The retirees included Sgt. Maj. Garen Franklin, OC&S; Carl N. Corriggio, APG Garrison Community Recreation Division; and William W. Welch, U.S. Army Ordnance Mechanical Maintenance School.

Accompanied by his wife, Evelyn, Franklin received the Legion of Merit, the Department of the Army Certificate of Retirement and the Presidential Certificate of Appreciation. His wife received the DA Certificate of Appreciation signed by Gen. Peter J. Schoomaker, Army Chief of Staff.

Corriggio was awarded the DA Commanders Award for Civilian Service, and the DA certificates of retirement and appreciation. His wife, Joyce received the APG Certificate of Appreciation signed by Brig. Gen. Roger Nadeau, commander of APG and the U.S. Army Research, Development and Engineering Command.

Welch received the DA certificates of retirement and appreciation signed by Boles and his wife Donna received the APG Certificate of Appreciation signed by Nadeau.

Boles said that during a conversation with each retiree, he asked what brought them to the Army and what made them stay.

"What kept [Franklin] in the Army was camaraderie and organization," Boles said. "Sergeant major, thank you so much on behalf of a grateful nation."

See RETIREES, page 9

A thank you card to APG



Photo courtesy of the APG Post Exchange
Soldiers stationed in Camp Liberty, Iraq, express their appreciation to the Aberdeen Proving Ground community for the free phone cards they received in January. A donation of \$500 from the APG Thrift Shop to the Post Exchange enabled the purchase of the cards by PX Operations Manager Jim Burdick, who contacted the Army, Air Force Exchange manager at Camp Liberty, Ed Benitez. Benitez said the cards were distributed to Soldiers entering the AAFES facility at Camp Liberty.

Blacks more prone to heart disease unless lifestyle changes are made

Michael E. Dukas
Walter Reed Army Medical Center

Several recent and ongoing clinical research studies at Walter Reed Army Medical Center have been uncovering differences in risk factors among its black patients, bringing the medical center, once again, to the forefront of medicine.

Not only are doctors discovering that current screening methods may be inadequate for blacks, they are also finding the group is at a significantly higher risk for several life-threatening medical conditions. Among these is an increased likelihood of heart disease.

As director of Walter Reed's cardiovascular research program, Lt. Col. Allen Taylor is one of the top authorities in the military on screening for heart disease. While studying the effectiveness of computed tomography as a screening tool for coronary heart disease in active-duty Soldiers, Taylor has uncovered something he hopes will change the screening process for black men.

"In our study black men had 60 percent less calcium buildup (in the coronary arteries)," Taylor said. Despite this, blacks are known to more frequently develop heart-disease problems such as heart attack or life-threatening heart-rhythm problems.

Radiographic tests like electron-beam computed tomography are increasingly being used to detect calcium buildup. Taylor said this finding suggests atherosclerosis (hardening of the arteries from the buildup) in the black population may be more poorly detected by these screening methods.

"Physicians should be cautious not to overgeneralize the results of atherosclerosis screening tests. The test has been most

widely studied in white Americans - other ethnic groups haven't been as well studied," he said. "More data needs to be developed on new ways to measure heart disease risk in African-Americans."

Calcium deposits and hardening of the coronary arteries can lead to heart-disease symptoms like heart attacks, chest pains or sudden death.

"Many things contribute (to this condition)," Taylor said. "Cholesterol is what the public is most conscious of, commonly calling them cholesterol buildups."

Blacks also face an increased risk for hypertension. Hypertension is an abnormally elevated blood pressure, he said. It "is very much based upon heredity, beyond the usual things like obesity and diets high in salt."

Because of their increased risks, Taylor said, blacks, by their mid-30s, should know their blood pressure, lipids (cholesterol and triglyceride measurements) and optimal body weight. These values and their significance can be obtained through a primary-care provider.

"A healthy lifestyle is key" to lowering the risks of heart disease, he said. This includes weight control, healthy dietary habits, regular physical activity and not smoking.

"Individuals with healthy lifestyles are at markedly reduced risk of heart-disease problems," he said.

If made early enough, changes in lifestyle do not require drastic changes.

If overweight, "losing five to 10 percent of your body weight can help improve your health. For example, if you weigh 200

pounds, losing 10 to 20 pounds can help lower your blood pressure and cholesterol levels," according to a National Institutes of Health website addressing African-American health issues.

The NIH recommends black men with waists measuring more than 40 inches and black women with waists more than 35 inches make active changes in the way they eat and exercise. Waist measurements greater than these are significant contributors to heart disease, high blood pressure and diabetes.

Try to lose one-half to one pound a week. Crash diets and pills that promise rapid weight loss can do more harm than good.

The same is true for taking on a new exercise program. Physicians agree attempting to do too much too soon can be unsafe. Exercising 30 minutes a day at least three times a week is a good start toward a healthier lifestyle.

For more information on lifestyle changes, visit the NIH Web site, <http://www.niddk.nih.gov/health/nutrit/pubs/wintips/index.htm>.

It is important to consult a physician to determine the best and safest approach to a healthier lifestyle.

(Editor's note: Adapted from the Walter Reed Army Medical Center *Stripe*.)

APG Tax Center opens offering free tax preparation



Photo by Yvonne Johnson

Col. John T. Wright, commander of the APG Garrison and deputy installation commander, right, and APG Garrison Command Sgt. Maj. Elvis Irby, left, lead the ribbon-cutting ceremony for the APG Tax Center on the second floor of building 310 Jan. 26.

Sandi Williams

OSJA
The Installation Tax Assistance Program, directed by the Office of the Staff Judge Advocate Client Services Division, marked the official opening of the Aberdeen Proving Ground Tax Center with a ribbon cutting ceremony Jan. 26.

Located on the second floor of building 310, the center began accepting returns for drop-off and preparation on Jan. 24.

Lt. Col. Stephen M. Parke, SJA, Col. John T. Wright, APG Garrison and deputy installation commander, and Garrison Command Sgt. Maj. Elvis Irby led the ceremony.

"To me, this is one of the best things we do each year," Parke said. "This is about Soldiers, Airmen and Marines taking care of Soldiers, Airmen, Marines and retirees."

He said the center provided more than \$140,000 in services in 2004.

"It's very important to our Soldiers to keep this up and running," Wright added. "Remember, each one of us is paying ourselves. This is another way to keep dollars in family members' pockets."

The Tax Center

The Tax Center provides free tax assistance to qualifying active duty service members, retirees, and their family members. Active duty mem-

bers are those service members currently holding an active duty ID card. National Guard or reservists not mobilized are not eligible for services. Those individuals should contact their individual units for assistance.

Tax Center customers will be required to complete a questionnaire when dropping off tax documents for tax preparation. This questionnaire may be picked up during normal duty hours, 8 a.m. to 3 p.m., Monday thru Friday.

Trained volunteers

Soldiers assigned to work at the Tax Center have been trained in federal and Maryland state income tax return preparation. An IRS

sanctioned examination at the end of the course certifies each Soldier as a Volunteer Income Tax Assistant.

Be prepared

It is extremely important to bring all of the information needed to file an accurate return.

This includes:

- Copy of previous year's tax return
- Original W-2 statements
- Form 1099s stating interest, dividends or capital gains, distributions from pensions and IRAs
- Social security cards for yourself, spouse, and all family members
- Alimony information
- Child care expenses and provider identification and address
- Power of attorney signed by the spouse if either party plans to sign the spouse's name on a joint tax return
- Blank check with routing and account number for refunds directly deposited into bank accounts

For those who itemize deductions or own a home that is rented to others, bring materials such as:

- Mortgage interest statements (Form 1098)
- Medical receipts
- Rental reports
- Investment statements
- Charitable contribution receipts

For stock sold this year, it is **See TAX CENTER, page 9**

Army Nurse Corps celebrates 104th anniversary



Photo by BLAKE VOSHHELL

Lt. Col. Janet Wilson, deputy commander for nursing, Kirk U.S. Army Health Clinic, right, reviews a patient's medical records with Spc. Tiffany Ware, patient administration specialist.

Lt. Col. Kathleen Wiltsie

KUSAHC

One hundred and four years ago in 1901 Congress passed a bill introduced by Dr. Anita Newcomb McGee (acting Assistant Surgeon in 1898), which established the Army Nurse Corps.

Prior to that it was a combination of volunteers, contract nurses and those of religious orders who served to help the sick and wounded during wartime. The pay in April 1777 was \$8 per month.

Training was mostly on the job until 1861 when the first woman to receive a medical degree in the United States, Dr. Elizabeth Blackwell, provided a short course. It was not until 1873 that civilian hospitals in America began operating recognized schools of nursing.

The current minimal requirement for nurses in the active duty U.S. Army Nurse Corps is a bachelor's degree in nursing. There are various kinds of nurses to cover all aspects of health care, including medical-surgical nurses, psychiatric nurses, intensive care nurses, nurse practitioners, nurse anesthetists and community health nurses. Each requires very specific training.

At Kirk U.S. Army Health Clinic, there are seven active duty Army nurses. A nurse practitioner, medical-surgical nurses and community health nurses. At the U.S. Army Center for Preventive Medicine and Health Promotion in APG's Edgewood Area there are four Army active duty community health nurses serving as staff officers in the clinic's Directorate of Health Promotion and Wellness.

Members of the US Army Nurse Corps continue to give distinguished and devoted service wherever assigned.

Feb. 2 is the day set aside to honor those leaders who paved the way over a century ago.

APG News

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

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Pet of the Week



Photo by BLAKE VOSHHELL

Playmate of the month...

This playful female Rottweiler, "Rotti" for short, is one of several pets available for adoption at the Post Veterinary Treatment Facility located in building 2479 across from Kirk U.S. Army Health Clinic. Rotti is about 8-months old, friendly and playful. For more information about adopting a dog, cat or kitten, contact the clinic at 410-278-4604 or 3911.

Air National Guard C-130J crews train over APG

Senior Airman David Speicher
175th Wing Public Affairs

Need supplies or heavy equipment? No runway to land on? No problem. Call the Maryland Air National Guard's 135th Airlift Squadron.

After three years of testing and evaluating, the C-130J crews are now ready to perform airdrop missions with the aircraft, according to Master Sgt. Scott Demarco, a loadmaster with the 135th Airlift Squadron who has been involved in the unit's J model program almost from day one.

C-130s have several methods of aerial delivery. One method is the container delivery system. The purpose of CDS is to drop bundles of supplies on a predetermined spot.

Heavy equipment airdrop is another method of accomplishing the mission. This type of drop could include vehicles, artillery and other large equipment weighing up to 42,000 lbs.

Whatever the mission, the load is released from the aircraft at altitude and it descends to earth under a parachute.

Day or night, it does not matter. In fact, the J's night capability is significantly improved as aircrew now train with night vision goggles. Night vision goggles were not in use with the C-130E.

The accuracy of each mission has improved with the help of on-board computers.

The J model uses a computer to calculate the airborne release point as opposed to the old system of a navigator telling the co-pilot when to release.

During a recent night training mission, Lt. Col. Marc Wolfgang, pilot, and Maj. Gordon Kinney, co-pilot, 135th Airlift Squadron, were able to fly over Harford County before lining up to simulate a drop at the airfield at Aberdeen Proving Ground.

The night mission was aided greatly by night vision goggles. The pilots were able to see the drop zone even though the airfield was in complete darkness.

The loadmasters, also using night vision goggles, operated in the back of the plane without lights.

The training mission was a simulation of a heavy equipment drop. Instead of dropping a full heavy equipment platform, however, a drogue parachute was deployed from the back of the aircraft without cargo. This enables the crew to judge the accuracy of their drop without having to rig an entire airdrop load.

Kinney touted the benefits of the new system.

"The computer has proven to be a reliable system," Kinney said. "Before, with the navigator, you had to rely on the eyeball of the navigator."

Kinney had been a navigator on the E model.

The computer gives both visual and audible cues. The information shows on a "heads up" display. Kinney said the computer would not release the load if it were not in the proper parameters.

Wolfgang said the new system is "ten times" better than when he flew the E model.

"We are getting better drops than ever," he said.

Previously they were happy if the drop landed within 100 yards of the target, but now they consistently land within 20 to 30 yards of the target, Wolfgang said, attributing the results to the computer system.

Because the on-board computer relies on pilot programming, more time is spent preparing for flights than before, he said. Also, with the elimination of the flight engineer position, the loadmasters have seen their job responsibilities increase.

According to Demarco, the loadmasters do a lot of what the flight engineers did on the E model. Instead of taking an hour to pre-flight the aircraft, the loadmasters now typically spend two hours on the pre-flight for a tactical mission.

"But in the end, it's all worth it," said Senior Airman Matthew Wright, loadmaster, 135th Airlift Squadron, summing up the airdrop mission.

"It is definitely a rush to see things fly out of the back of the airplane."



Photo courtesy of Tech. Sgt. Emanuel W. "Butch" Coleman prepares to toss a standard airdrop training bundle for a C-130J during a recent tactical training flight.

Social engineering threatens security

DOIM

Computer hackers don't need to resort to technical tricks if they can con a computer system user into giving up information in easier ways. Security specialists have adopted the term "social engineering" or "people hacking" to describe how hackers gain unauthorized access by manipulating a person's innate human tendency to trust. Once hackers create a sense of legitimacy, they can exploit it for a variety of motives including disruption, fraud, network intrusion, identity theft and even entertainment.

Here's how it can work. Imagine that someone comes to your desk and claims to be from DOIM support. He says he needs access to your computer to check out a network problem. Maybe he'll ask you to enter your password as he watches the keystrokes from over your shoulder. Perhaps you'll get an email message directing you to click on a web site to install a free copy of a new action-packed video game. As promised, it's a great game, but unbeknownst to you, malicious software has also been downloaded. The hacker now has control over that computer.

This kind of "social engineering" presents a major threat to computer security because security is grounded in trust. Ironically, because hackers can easily prey on the human impulse to be kind and helpful, using social engineering to access a system is often easier than technical hacking.

How can a social engineering attempt be recognized? Indications include the use of intimidation, name-dropping, refusing to give contact information, a sense of urgency, flattery or flirtation, small mistakes (misspellings, odd questions, misnomers) or a request for forbidden information. A hacker will pretend to be anyone of trust, for example a network administrator, manager, phone technician, police officer or credit card company.

Social engineering can be done in person, over the phone or online. It may come in the form of a message service notification of a virus infection. The message instructs the user to download software (from a malicious URL) to "clean" his or her machine.

What can be done to thwart social engineering? Never give out passwords. Never disclose them over the phone or in an unencrypted email message. Reasonably question anyone who does not appear to belong in the work area. Don't indiscriminately open the door for people who seemingly can't find their card key.

Never give out confidential information about others without authorization. Be wary of opening unsolicited email attachments. Do not download software from Internet sources. Not only is downloading such software as games, programs or screen savers a dangerous practice, it is against the Acceptable Computer/Network Usage policy all APG system users have been required to read and sign.

Sometimes it is okay to be a little suspicious. Don't be afraid to ask questions. Trust your intuition.

(Editor's Note: Portions of this article are from Cheryl Seamon's "Are You a Computer Hacker's Target?")

Red Cross offers to recycle cell phones

The Central Maryland Chapter of the American Red Cross is offering a chance to donate old cell phones.

The phones will go to a recycling center and the Red Cross will receive a monetary donation for each cell phone received. Some will be refurbished and given to those in need of 9-1-1 emergency communication.

Drop off location is the American Red Cross, 122 S. Main Street in Bel Air.

All cell phones will be accepted, regardless of age or condition. Do not donate charges, car adaptors, cases or other accessories. For information about donating 10 or more phones, call 410-879-6984.

Post Shorts

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., Feb. 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 members 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).

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. 8 to discuss claim problems and plan coverage. No appointment is necessary.

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

Edgewood Area, 12:30 to 1:30 p.m. in building E-4811, the seminar area of the EA Conference Center.

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

PWOC 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. Enjoy a marvelous time with delicious food, slow dancing and photos of couples. Come, even if you don't have a sweetheart.

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. More at <http://www.militaryscholar.org/>.

Toastmasters meet

Gunpowder Toastmasters Club 2562 will hold a regular meeting Monday, Feb. 7 at the Gunpowder Toastmasters Club in APG's Edgewood Area. The meeting is open to anyone on or off post who wants to improve their communication, leadership and listening skills and overcome the fear of public speaking. The 11:40 a.m. meeting will last about an hour. Lunch will be available.

For more information or directions to the Gunpowder Club, call Leonard Kolodny, 410-734-6573 or 410-322-7748.

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 email: VIICorpsDSVA@aol.com.

NCOA holds Dining Out

The Noncommissioned Officer Academy will hold its 5th Annual Anniversary Dining Out Feb. 17 at the Comfort Inn Richlin Ballroom in Edgewood.

The anniversary will honor past NCOA commandants from 1987 to present. Ticket cost is \$30 per person, and an RSVP must be received by Feb. 11.

Tickets will be on sale until Feb. 15.

For information and RSVP, contact 1st Sgt. June Conley at 410-278-2408, DSN 298-2408 or e-mail june.conley@ocs.apg.army.mil.

New medical records policy at KUSAHC

The Medical Records Room at Kirk US Army Health Clinic will no longer sign out medical records for Soldiers undergoing PCS, ETS, and retirements.

If a service member is undergoing a PCS, the service member must bring a copy of the orders to the Medical Records Room and sign a release of information.

The medical record will then be forwarded to the next duty station by certified mail.

If the service member is going overseas, they will be allowed to take their medical record with them.

If the family is not going with the service member to the next duty station or is not living near a military treatment facility, the family can sign a release form and put in a request for a copy of the medical records.

This should be done four to six weeks in advance.

The original medical record will be maintained at Kirk U.S. Army Health Clinic.

The copies of the medical records will be mailed to the family members.

Community Notes

SATURDAY FEBRUARY 5 BLACK HISTORY MONTH

Charlton Miller VFW Post 6054 is celebrating Black History Month featuring guest speaker Lyndell H. Capitol, the St. James A.M.E. Church's Vernon Sewell Ensemble Gospel Choir, recital of Dr. Martin Luther King Jr.'s "I Have a Dream" speech, poems and much more.

Social hour starts at 2 p.m. with Jackie Blue providing smooth jazz and free soda, coffee, tea and water. Program starts at 3 p.m. A soul food dinner will be available at 7 p.m. for a donation of \$7. A portion of the proceeds will go to the American Red Cross for the Tsunami Relief Fund.

For further information call Post Commander Terry W. Robinson, 410-688-3188 or 410-272-3444.

TUESDAY FEBRUARY 8 PANCAKE SUPPER

The women of St. James A.M.E. Church, 615 Green Street, Havre de Grace, are hosting a Pancake Supper, 5 to 7 p.m. The menu includes pancakes, eggs, grits, sausage, bacon, cream beef, biscuits, fried potatoes, orange juice, coffee and tea.

The cost is \$7. The program will benefit the church's Annual Woman's Day program scheduled for March 13.

For more information, call 410-939-2267.

THURSDAY FEBRUARY 10 MEETING OF CHESAPEAKE BEACON, WACVA CHAPTER 114

Women's Army Corps Veteran's Association, Chesapeake Beacon Chapter 114 will meet from 6 to 8 p.m. at Perry Point VA Hospital, Outpatient Clinic, Perry Point. 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.

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.

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" from 9 p.m. to 2 a.m.

TUESDAY FEBRUARY 15 BLACK HISTORY MONTH SPECIALTY MEAL

The Black History Month Specialty Meal will be held in the Aberdeen Area dining

facilities, buildings 4503 and 4219 and the Edgewood Area dining facility, building E-4225, 5:30 to 7 p.m.

During this event all military personnel, family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.50 applies to any officer, enlisted member, and family member of sergeant or above, DoD civilian, retiree and their guests.

The discount meal rate of \$3 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

The Black History Month Specialty meal menu includes okra and shrimp gumbo, barbecued spareribs, fried chicken, southern fried catfish, curried chicken, meatloaf, ham hocks/barbecued pigs feet, steamed rice, baked macaroni and cheese, red beans and rice, collard greens, black eyed peas, green beans, corn bread, assorted salad bar and more.

Note: Menu is subject to change without prior notification.

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

WEDNESDAY FEBRUARY 16 NATIONAL PRAYER LUNCHEON

The National Prayer Luncheon will be held 11:45 a.m. to 1 p.m. at Top of the Bay. Guest speaker will be Chaplain (Brig. Gen.) Jerome Haberek, deputy chief of chaplains.

Tickets are available for a suggested donation of \$5 each. To get tickets, see the Chaplain or Chaplain Assistant or stop by the Post Chapel, building 2485.

SUNDAY FEBRUARY 20 WOMEN'S DAY PROGRAM

The Women of St. James A.M.E. Church, 615 Green Street, Havre de Grace, will host an afternoon program at 3:30 p.m. The Rev. Jeremiah G. Williams, Metropolitan United Methodist Church, Baltimore, will be the guest preacher. The program will benefit the Church's 97th Annual Woman's Day program scheduled for March 13.

For more information, call 410-939-2267.

Movies

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

MEET THE FOCKERS

Friday, Feb. 4, 7 p.m.

Starring: Ben Stiller, Robert De Niro

Having given permission to male nurse Greg Focker (Stiller) to wed his daughter, ex-CIA man Jack Byrnes (De Niro) and his

wife travel to Detroit to "meet the parents", who this time around are Mr. and Mrs. Focker (Dustin Hoffman and Barbara Streisand), who are as different from them as can be. (Rated PG-13)

NO MOVIES ON SAT. FEB. 5



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.

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 Feb. 26, 7:30 a.m. to 10 p.m. 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

Rock and Roll at the Stand Up for America Show

The Stand Up for America Show, featuring Beary Hobbs' Drifters, Cornell Gunter's Coasters and the Marvelettes, will be performing classic rock and roll hits from the 1950's and 1960's at the APG Post Theater Feb. 9.

Tickets cost \$15 in advance at MWR Registration in bldg. 3326, \$20 at the door and can be purchased online at www.apgmwr.com or www.ticketmaster.com. Special Active Duty pricing is available. Doors open at 6:30 p.m. and the show starts at 7:30 p.m.

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

Powder Puff Maintenance class

This class will give you hands-on training with 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 on Feb. 17 at the Auto Crafts Shop, 6 to 7 p.m. Cost is \$5. Register by Feb. 17.

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 regiment 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

Sit Down and Laugh Comedy Show

Ricky Shackelford Productions presents comedians Dee-Shaw, Jimmy, Will-E, Justin Schiegel and Ricky Shackelford in a comedy show to be held Feb. 5 at the APG Post Theater.

Tickets cost \$10 for upper level advance, \$15 for lower level advance and \$20 at the door.

Doors open at 8 p.m. and the show starts at 9 p.m.

To purchase tickets or for more information, visit www.apg_mwr.com or MWR Registration, 410-278-4907/4011.

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.

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.

Young Readers are very comfortable with hearing about the continuous exploits of some of their beloved characters. The APG MWR Libraries offers many picture books in which characters return to face new daunting tasks:

Nancy Shaw has several books with sheep as heroes: *Sheep in a Jeep*, *Sheep Out to Eat*, *Sheep Take a Hike* are among the titles.

Jonathan London's Froggy series has over 10 titles such as *Froggy Goes to the Doctor*, *Froggy Gets Dressed* and *Froggy Learns to Swim*.

Ian Falconer brings us *Olivia*, *Olivia and the Missing Toy* and *Olivia Saves the Circus*.

The Berenstain Bears Don't Pollute Anymore, *The Berenstain Bears and Too Much TV*, and *The Berenstain Bears and the Ghost of the Forest*, are a few titles of the series about a lovable family of bears.

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



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

Health

DoD expands health assessment program following deployments

DoD

Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, announced Monday the implementation of a new clinical program to assess the health of service members three to six months after redeployment, focusing on support to those needing assistance with post traumatic stress disorder, psychological and social readjustment issues.

The program expands the range of care offered to service members through the pre- and post-deployment health assessments, begun a few years ago and expanded in 2003. These assessments are screening procedures to gather health information from deploying and returning service members that aid communication with a healthcare provider, and assist in evaluating a service member's health.

"This new initiative is designed to assist service members who have returned from areas of combat operations to ensure their health and well being," Winkenwerder said. "The thrust is to bring them in and ask, 'How are you doing?' 'How is your family doing?' 'Are you having stress or adjustment issues?' 'How can we help you?'"

Winkenwerder noted the need for such attention and support in the time period of weeks to months after return. The assessment will consider the overall health of the returning service member, with emphasis on mental health and readjustment. Current data show only a small

percentage of individuals report problems immediately following deployment. "In some cases, service members may have concerns, but, understandably, want to go home," he said. "Some two to three months later or more may experience health issues and adjustment problems, but may be reluctant or not know how to seek help."

"We have the capacity and the desire to manage these issues proactively," he said. "And, it is the right thing for us to do. With this new disciplined and caring process we intend to remove stigma and reach those needing support. Importantly, we also will be implementing this program for members of the Reserves and Guard, and expect that through our partnership with the VA, and our own Tricare program, we will be able to provide the services."

Winkenwerder directed implementation of the program by early spring 2005. A working group is preparing policy and protocols for a smooth implementation. The working group includes representatives from the offices of the military services' surgeons general, family services teams, the National Guard Bureau, Reserve Affairs, the Armed Forces Epidemiological Board and other military medical organizations.

<http://www.defenselink.mil/releases/2005/nr20050126-2011.html>

Give car keys to a designated driver before the Super Bowl game

ASAP

The Army Substance Abuse Program wants to remind all of those who plan on using alcohol on Super Bowl Sunday, Feb. 6, to act responsibly by designating a sober driver before the game begins.

"We're working to remind all fans to play it safe on Super Bowl Sunday," said Cindy Scott, ASAP Prevention Coordinator. "We want everyone to remember that wherever you are watching the Super Bowl, if you plan on using alcohol, pass your keys to a sober, designated driver before the big game begins. Don't get penalized for impaired driving."

Super Bowl Sunday has become one of America's biggest and most entertaining national sporting events as friends and families gather to watch the big game each year and to enjoy all of the festivities surrounding it.

Yet, it is also one of the year's most dangerous days on the nation's roadways, due to impaired driving related traffic crashes.

Nearly impaired drivers caused 50 percent of all traffic fatalities during the Super Bowl weekend last year with blood alcohol levels of 0.08 percent and above, according to the National Highway Traffic Safety Administration.

But serious crashes – and deaths – can be prevented.

Designating a sober driver before the Super Bowl party begins and making sure friends don't drive drunk are just two of several, simple steps to help avoid a tragic crash or an arrest for impaired driving.

"As a Super Bowl host, you're like the head coach for the day," Scott said. "Make sure every player on your roster has a smart game plan before the party even begin."

Nationally, more than 17,000 people died in impaired driving-related highway crashes during 2003.

Every 30 minutes, nearly 50 times a day, someone in America dies in an impaired driving-related crash.

Hundreds of thousands more are injured each year.

"Driving impaired or riding with someone who is impaired is simply not worth the risk because the consequences are serious and real," Scott said. "Not only do you risk killing yourself or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be really significant. It is not the way you want to spend your Super Bowl Sunday."

TRICARE promotes National Children's Dental Health Month

Nancy White

Communications Coordinator, Delta Dental of California Federal Services

In support of National Children's Dental Health Month, the TRICARE Retiree Dental Program joins other organizations in promoting awareness about the importance of protecting children's teeth and maintaining good oral health.

The American Dental Association, recognized as a leading authority on oral health, recommends parents provide children with a balanced diet and limit their snacks as well as ensure they brush their teeth daily and have regular dental checkups. Other recommended oral hygiene practices include beginning to take care of a child's teeth as soon as they appear, applying dental sealants and developing good dental habits at home. As children grow older, it is also recommended they wear a mouth guard during sports activities.

Parents of children who are enrolled in the TRDP are encouraged to call and schedule an appointment today for their child to visit the family dentist for a checkup. The online dentist directory, available on the TRDP web site at www.trdp.org, can help enrollees find a list of TRDP participating network dentists in their area. Besides coverage for basic diagnostic and preventive services such as oral examinations and x-rays, routine cleanings and fluoride treatments, other important benefits available to children enrolled in the TRDP include sealants, athletic mouth guards, oral surgery and orthodontics.

In addition to daily brushing and regular dental checkups, dental sealants-thin plastic coatings that are applied by the dentist to the chewing surface of the teeth-can help protect a child's newly erupted permanent teeth from decay. Application of a plastic sealant on children's teeth is most often an easy, painless treatment that is long lasting and very effective in reducing cavities. Coverage for sealants is available under the TRDP at 80 percent of the program allowed amount for

children under age 14.

According to the American Association of Oral and Maxillofacial Surgeons, bicycling results in 100,000 facial injuries annually-mostly in children under age 14. The TRDP recognizes the importance of wearing protective equipment while participating in all types of physical sports activities and offers coverage for athletic mouth guards at 60 percent of the program's allowed amount.

A common concern in maintaining the overall dental health of older children is the removal of wisdom teeth. Wisdom teeth are known to cause more problems than any other tooth in the mouth, whether they have partially erupted through the gum tissue or remain underneath the gum ("impacted"). Most dentists recommend that impacted wisdom teeth be removed between the ages of 14 and 22, regardless of whether or not they are causing problems. When performed by a participating network dentist, oral surgery procedures such as the removal of wisdom teeth are covered by the TRDP at 60 percent of the program's allowed amount.

Wisdom teeth that have not yet been removed can be extracted during the normal course of an orthodontic treatment plan under the TRDP. Orthodontic services are covered by the TRDP after a waiting period of only 12 months, at 50 percent of the program's allowed amount and with a separate lifetime maximum of \$1,200.

Details about applicable age and time limitations, waiting periods and coverage percentages for all the TRDP benefits for children are available on their web site, at www.trdp.org.

For more information, call Delta Dental of California, Federal Services at 1-801-491-0507, fax 1-801-491-0525 or visit the Web site www.trdp.org.

ASAP offers Super Bowl party tips

As a responsible guest -

- Avoid drinking too much alcohol too fast. Pace yourself – eat, take breaks, alternate with non-alcoholic drinks.
- Designate a sober driver before the party begins and give that person the car keys.
- If impaired, don't even think about getting behind the wheel. Ask a sober friend for a ride home; call a cab, friend or family member to come and get you, or stay put and sleep it off until sober;
- Remember, friends don't let friends drive drunk. Take the keys and never let a friend leave your sight if you think they are about to drive while impaired.

As a responsible host -

- Serve lots of food – particularly high-protein dishes – and be sure to include lots of non-alcoholic beverages.
- Stop serving alcohol at the end of the third quarter of the game – and begin serving coffee and dessert.
- Be sure guests designate their drivers in advance, or help arrange ride-sharing with sober drivers.
- Keep the numbers for local cab companies handy, and take the keys away from anyone who is thinking of driving while impaired.

Retirees

From front page

"If there was an improvement in athletics or recreation on APG, he was involved," Boles said of Corriggio. "He told me he was always happy here and that his advice for anyone serving is to be fair; sometimes its difficult but do your job."

"On behalf of a grateful nation, thank you both very much," Boles said.

Of Welch, Boles noted that he was a Vietnam veteran who led the weapons and metalworking service department and obtained the rating of master instructor.

"That's the highest rating you can get and there are very few of them," Boles said.

"He said he'll miss the students and credited his wife with his success," he added.

"Thank you both for your service."

Sgt. Maj. Garen Franklin

Franklin ends his military career as the Army National Guard Liaison NCO, Headquarters and Headquarters Company, 61st Ordnance Brigade, U.S. Army Ordnance Mechanical Maintenance School after 32 years of service. For most of his career, the Oklahoma native served with the U.S. Army Training and Doctrine

Command in the positions of first sergeant, drill sergeant, and as the senior liaison noncommissioned officer.

His military education included the Sergeants Major Academy. He holds and Associate degree in Management Science and is four credits away from a Bachelors degree in Administrative and Management Science.

Franklin's awards and decorations include the Legion of Merit, Meritorious Service Medal, Army Commendation Medal, and the Global War on Terrorism Service Medal. Franklin and his wife, Evelyn has four children and four grandchildren. He enjoys traveling, fishing, and helping others. He said he plans to remain in the area and pursue a civil service position.

Carl Corriggio

A native of Frankfort, N.Y., Corriggio began his civil service career in 1968 after five years of service as an Army officer, two of which were served at APG. During his 37 years at APG he held a number of positions in the Community Recreation Division. Over the years he was involved in a number of recreational improvements, renovations and new construction. Some of those include the APG Athletic Center, Exton Golf Course Riviera Clubhouse, and new bathhouses at all three swimming pools, upgrading the

Bowling Center and combining Arts and Crafts and Outdoor Recreation into one facility.

In the community he served on the Aberdeen Board of Parks and Recreation and for 33 years he officiated men's and women's high school and college basketball. Corriggio and his wife Joyce have three children and two grandchildren. He said his plans for retirement include spending more time with his grandchildren, gardening and doing volunteer work.

William W. Welch

A native Marylander, Welch began his civil service career in 1982. He last served with the Weapons/Metalworking Services Department, USAOMMS, as a master instructor. While instructing at WMSD he became a Subject Matter Expert in the Veras-Mil training annex, which he considered his most valuable contribution as a master instructor. His previous awards include a U.S. Patent with the Department of the Navy, an Instructor of the Year award and many letters of appreciation, commendation, performance awards and special act awards.

Welch and his wife Donna have one son, a daughter-in-law and a great granddaughter. His retirement plans include spending more time with his family and enjoying his favorite pastime, fishing.

However, Volunteer Assistants must prepare the tax return at the Tax Center to electronically file the tax return. Electronic filing enables the taxpayer to receive a refund by check or direct deposit into their bank account instead of by mail. The average return time is approximately three weeks for a check mailed and about seven to ten days for deposit into checking or savings accounts.

For information and assistance with tax preparation and/or electronic filing, contact the Taxpayer Assistance Center, Building 310, second floor, 410-278-1208/2020/2139.

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	(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	Edward Myers
Dawn Crouse	Tess Ramos (total hip replacement)
Cathryn Cruz (cancer)	Boyd Richards
Ruth Cunningham	Cheryl L. Roark
Victoria Cwiertnie (lyme disease)	Leigh Sanders
Carl Davis	Barbara Seker
Shelia Davison (benign paroxysmal positional vertigo)	Sheilah Simberg
Geraldine Eaton	Joyce Steinger
David Fletcher	Alison Tichenor
Renee Gaffney	Linda Tignor
Charles Gambrill	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	

Tax center

From page 2

imperative that the sales price and the cost basis is calculated in the stock prior to coming to the tax center. Volunteer Assistants cannot calculate these figures.

Documents needed depend on individual situations. The Tax Center cannot help prepare a return unless the individual brings the needed documentation. Failure to produce any of the above documents can lead to an inaccurate tax return and IRS penalties against the taxpayer.

Obtain W-2 online

Defense Finance and Accounting

Service myPay is a secure, DFAS-operated Web site that lets active duty, National Guard and reservists, civilian employees, and military retirees and annuitants take charge of their pay accounts online. Soldiers and civilians can access myPay by going to <https://mypy.dfas.mil>.

Tax Forms

Tax forms can be obtained at the library, the post office, the Taxpayer Assistance Center, or online at <http://www.aicpa.org/yellow/yptsgus.htm> for state forms and www.irs.gov for federal forms.

Electronic Filing

Free electronic filing is also available through the Taxpayer Assistance Center.