

POST SHORTS

Recycling schedule



The recycling pickup for Wednesday, Jan. 19, paper. Put items in paper bags, boxes or bundles and place them on the curb.

Road repairs begin in Aberdeen Area tomorrow

Weather permitting, the APG Garrison Directorate of Installation Operations will repair the left inbound lane (fast lane) at Maryland Boulevard (Route 715) Jan. 14 and should be completed by Jan. 17. 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.

Chapel collecting offering for tsunami relief

The Chapel congregations of Aberdeen Proving Ground will be collecting a designated offering to be given to relief agencies helping with the tsunami efforts.

Donations may be made at the 9:15 a.m. Protestant service in the EA Chapel and 10:15 a.m. in the AA Chapel, Jan. 16.

There will also be a collection during the Gospel service at 12:30 p.m. in the AA Chapel.

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

KWVA Chapter 2721 membership drive is on

The Korean War Veterans Association Upper Chesapeake Chapter 271 is renewing its membership drive for 2005. All eligible veterans and service members are encouraged to join this community service-based organization. The qualifications for membership in the KWVA are as follows:

Membership is open to anyone who has seen honorable service in any of the armed forces of the United States, said service within Korea and without Korea, June 25, 1950 to Jan. 31, 1955, or to any member of

See SHORTS, page 5

ISSUE HIGHLIGHTS

Page 2

Second phase of stockpile cleanup begins

Page 3

Army News

Page 4

Community Notes

Pages 6-7

MWR

Page 11

Health

Page 12

Sports

OC&S commits to local schools with partnership agreement



Brig. Gen. Vincent E. Boles, commander, U.S. Army Ordnance Center and Schools and chief of ordnance, right, and Jacqueline C. Haas, superintendent of Harford County Public Schools, left, look on as Col. Francis R. Merritt, commander of the U.S. Army Ordnance Mechanical Maintenance School and the 61st Ordnance Brigade, signs a School Partnership Certificate agreement with Nancy Spence, coordinator of Harford County Schools District Partnerships in the library of Roye-Williams Elementary School Jan. 4.

Story and photo by
Yvonne Johnson
APG News

The U.S. Army Ordnance Center and Schools began 2005 with a fresh commitment to the youths of the Aberdeen Proving Ground community through a partnership agreement with local schools.

"This agreement means that ordnance units will work with their designated school partners throughout the year to

form an educational and life experience partnership," said Edward Starnes, OC&S communications coordinator, who coordinated the project with the help of Ivan Mehosky, APG Garrison's school liaison.

"Some units have already contacted their partners with activity ideas," Starnes said. "This signing of the certificate formalizes the program."

Brig. Gen. Vincent E. Boles, commander of OC&S and chief of ordnance; Col. Francis R. Merritt, commander of OMMS and the 61st Ordnance Brigade; Jacqueline C. Haas, superintendent of Harford County Public Schools; and Nancy Spence, coordinator of Partnerships for Student Achievement, Harford County, signed the official School Partnership Certificate in the library of Roye-Williams Elementary School

in Havre de Grace Jan. 4.

Boles said the program, which will support five local schools through mentoring, tutoring, physical support, and professional development assistance, exemplifies the commitment already existing between America's warriors and civilian communities.

"This is your Army and we are here for you," Boles told the gathering. "These are our kids, our national treasures."

"We benefit from knowl-

edge and skills almost any time we interface with all of you," Haas added.

Mehosky credited Col. Kevin R. Smith, OC&S deputy commander and chief of staff, as being the "mover and shaker who made this happen."

"He had prior experience with similar programs and thought there was an excellent opportunity for the Ordnance Corps organization to support the local schools," Mehosky said.

See OC&S, page 7

Status of mandatory generic drug program

Secretary of Defense

The Department of Defense and Express Scripts Inc., the company selected to manage the TRICARE Retail Pharmacy program, or TRRx, are working together to promote a high quality, cost-effective pharmacy benefit. A key factor in making this benefit a success is the mandatory generic drug program, which has been in place for more than 10 years.

This program requires that prescriptions be filled with the generic product, if one is available.

When the TRICARE Retail Pharmacy program contract was implemented on June 1, 2004, through ESI, the generic policy was enforced consistently, resulting in denials of prescriptions for brand-name drugs for many beneficiaries accustomed to receiving brand-name products even when generic equivalents were available.

In order to allow DoD an opportunity to develop a more permanent solution for these beneficiaries, a 120-day grace period was granted and subsequently extended another 60 days while TRICARE Management Activity finalized options.

This waiver was scheduled to expire on Dec. 13, 2004; however, there has been a slight delay due to patient notifications.

DoD has contracted with ESI to mail a letter to all patients who were receiving a brand-name drug on June 1, 2004, for which there was a generic equivalent available, stating that the beneficiaries' current prescription for the brand-name medication will be honored until they have obtained all the refills remaining on their current prescription. Additionally, the letter will state that when a new prescription is presented at their retail pharmacy for the brand name medication, once the brand refills have expired, the generic equivalent will be dispensed and the brand-name medication will not be covered unless medical necessity for the brand name medication has been established.

In order for medical necessity to be established, one or more of the following must occur:

- Patient must experience, or would be likely to experience, significant adverse effects from the generic medicine;
- The generic medicine has resulted in, or is likely to result in, therapeutic failure; and
- Patient has previously responded to the brand-name medication, and changing to the generic medication would incur an unacceptable clinical risk.

The letter continues with a description of generic drugs

See DRUGS, page 11

APG will 'rock and roll' Feb. 9

Meghan Bowen
APG News

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 1950s and 1960s at the Aberdeen Area Post Theater Feb. 9.

"The show is coming to Aberdeen Proving Ground to help raise morale and support for the Soldiers and their fam-

ilies," said Earlene Allen, special events coordinator for Morale, Welfare, and Recreation, sponsor of the event.

The groups will be performing a collection of classic oldies songs.

The Drifters are known for classics such as 'Under the Boardwalk,' 'On Broadway,' 'Up On the Roof,' 'This Magic Moment' and 'Save the Last Dance For Me.'

Popular songs by the Coasters include 'Searchin', 'Yakety Yak' and 'Charlie Brown'.

The Marvelettes are known for hits like 'Please, Mr. Postman,' 'Beechwood 4-5789' and 'Don't Mess with Bill.'

The three groups are carrying on the musical legacy of the original members who have either passed away or are no longer on tour.

See ROCK AND ROLL, page 7

Army supports tsunami relief effort

Eric Cramer
Army News Service

Several Army units are among the many military assets the United States is using to bring relief to the victims of an earthquake-induced

tsunami in the Far East.

Deploying as part of the Combined Support Force for the disaster relief effort are a variety of Army experts from areas as widely spread as Thailand and Arkansas.

U.S. Army Forces Command is sending four mortuary affairs teams from Fort Lee, Va. The teams will provide help in identification, processing and evacuation of the dead from the disaster. (See story on page 3.)

The 8th Army, Korea, is deploying medical and logistic units including CH-47 Chinook helicopters to provide evacuation and supply distribution and medical assistance to those in the affected area.

The U.S. Army Corps of Engineers is sending three Forward Engineering Support Teams from Japan, Alaska and Arkansas to help in the area's recovery. Each team consists of a military team leader, a civil engineer, a structural engineer and a geotechnical engineer.

In addition to the team members, each team will also include two noncommissioned

See TSUNAMI, page 3



Photo by U.S. Air Force STAFF SGT. COHEN A. YOUNG
Secretary of State Colin Powell, left, and Florida Gov. Jeb Bush meet with Army Col. Jack Dibrell, right, the chief of the Joint United States Military Advisory Group Thailand in Bangkok, Thailand, Jan. 4. Dibrell informed Powell about the task of getting the relief supplies out as fast as they come in. The U.S. military has shipped out more than 350,000 pounds of material. The Thai military has delivered more than a million pounds by trucks, boats and planes at their disposal.

Army begins operations at ABCDF Ton Container Cleanout Facility

ABCDF

Workers at the Aberdeen Chemical Agent Disposal Facility began operation of a pilot facility Jan. 7, designed to clean, decontaminate, and cut in half steel containers that have had their mustard agent drained and destroyed.

Startup of the Ton Container Cleanout Facility, or TCC, marks the second phase of a plan to safely and quickly destroy the mustard agent stockpile located at the Edgewood Area of Aberdeen Proving Ground by first draining and neutralizing the agent stored in steel containers, then thoroughly cleaning the containers.

The TCC uses high temperature water sprayed at high pressure to remove residual solids from drained containers. The automated system then cuts the containers in half for additional cleaning and eventual recycling as a non-hazardous waste.

Describing the one-of-a-kind facility, ABCDF Site

Project Manager Joseph Lovrich said, "The facility is truly state-of-the-art, but as with any first-of-a-kind initiative, we expect to face operational challenges along the way. The lessons we learn will be shared with other chemical weapons disposal sites across the nation."

The TCC is a sealed facility consisting of 11 stations through which containers move on conveyors. One station punches holes in the containers, another sprays the containers with hot water to dislodge hardened material. The rinse water is then pumped from the container and is neutralized.

At another station, a robotic arm removes each container's valves and plugs.

A remotely operated cutting machine cuts the container in half at yet another station. The two halves are pressure washed with hot water inside and out. The container halves then are steamed and dried to complete decontamination.

Workers monitor every ton container at the end of the process line to ensure that each container has been cleaned and decontaminated.

Any containers not fully decontaminated go through the cleaning and decontamination station again for further processing.

The facility uses a large air handling system that filters any potentially contaminated air through a bank of carbon filters throughout the entire process.

Initially, the facility will operate under limited conditions and slowly ramp up the destruction rate.

Since beginning disposal operations in April 2003, workers at the ABCDF have safely neutralized 80 percent of the Aberdeen mustard agent stockpile.

More information about storage and disposal operations at ABCDF is available at the U.S. Army Chemical Materials Agency's Web site, <http://www.cma.army.mil>.

FCC provider is first to receive national accreditation



Maria Quinones

Story and photo by Meghan Bowen
APG News

An Aberdeen Proving Ground Family Child Care provider, Maria Quinones, became the first person to receive accreditation from the National Association for Family Child Care in December 2004.

"I think it is outstanding that one of our Family Child Care providers is leading the Army with that kind of service for the [APG] community," said Vaun Smith, Child & Youth Services coordinator.

NAFCC accreditation helps parents and

policy makers recognize high-quality family care by promoting providers self-assessment and professional development, and motivates them to put their training into practice, according to the NAFCC.

"Maria worked very hard from January to July to meet the national standards," said Beverly Hartgrove, FCC training and curriculum specialist.

Quinones completed a self-study program according to the NAFCC workbook to evaluate her performance as a provider.

The self study workbook analyzes the quality of the FCC provider's relationships with children, parents and families, the home environment as well as equipment and materials, child directed and provider related activities, developmental learning goals in social, physical, cognitive and creative areas, health and safety standards, ethics and legality.

"If you follow the modules in the workbook, then the program is easy to follow," Quinones said.

Each provider is also required to have a sponsor.

"I was Maria's sponsor, Maria applied the standards set up in the program workbook. And I observed Maria's home to compare my notes with [hers] to make sure everything was ready for official observa-

See FCC, page 12

Two ECBC products win prestigious award

ECBC

Two products developed by the Edgewood Chemical Biological Center, the Biological Sampling Kit, or BiSKit, and the Automated Decision-Aid System for Hazardous Incidents, or ADASHI, have been named winners of the prestigious 2005 Award for Excellence in Technology Transfer.

"We are pleased that such important and potentially life-saving devices such as BiSKit

and ADASHI are being recognized by this esteemed organization," said Jim Zarzycki, ECBC technical director. "These two products show ECBC's ongoing commitment to protecting our nation's warfighters and the public at large."

BiSKit is a portable, disposable device that will permit inspectors and forensic evidence specialists to collect biological contaminants from surfaces. The unit can be used to swab wet or dry surfaces.

Testing has proven that it can effectively and safely collect bacteria, virus, and toxin material for later analysis and archiving. It will fill a vital role in the biodefense, non-proliferation and forensic analysis communities.

The BiSKit was licensed by Quicksilver Analytics in Abingdon, for manufacture for both military and private sector customers.

ADASHI is a computer-based tool that allows emergency management authorities

to manage a hazardous incident or weapons of mass destruction event. Those functions include, but are not limited to: initial hazard assessment, hazard source analysis, mitigation alternatives, physical protection requirements, decontamination methods, hazard area prediction, detection planning and sampling, medical treatment, and triage

criteria. Specific functional inputs are integrated with decision criteria, thus enhancing response management in a crisis situation. ADASHI is automatically monitoring the essential aspects of an event, whether it be a "what if" simulated event for training purposes, or a real event.

The award is sponsored by the Federal Laboratory

Consortium for Technology Transfer. The ECBC inventors involved with both projects will be honored at the award ceremony, which will take place on May 4 in Orlando.

For more information on BiSKit or ADASHI, call Richard Porter, 410-436-8462; 614-209-1114, mobile, or Joan Michel, 410-436-3610 or 410-652-3912, mobile.



Photos courtesy of ECBC

ECBC's ADASHI will help emergency management authorities to better coordinate activities.



ECBC's BiSKit Biological Sampling Kit. BiSKit is one of two ECBC inventions to receive the 2005 Award for Excellence in Technology Transfer.

APG News

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Brigadier general heads Army Veterinary Corps



Brig. Gen. Michael B. Cates

Ann Ham
USACHPPM

Brig. Gen. Michael B. Cates became the 23rd Chief of the U.S. Army Veterinary Corps in a promotion and oath of office ceremony at the Fort Sam Houston Officers' Club on Dec. 14.

Lt. Gen. Kevin C. Kiley, the surgeon general and commander, U.S. Army Medical Command, officiated at the ceremony. Following the reading of the appointment orders, Kiley pinned the new rank on Cates, assisted by Mrs. Cates.

Cates also serves as commander of the U.S. Army Center for Health Promotion and Preventive Medicine, the command he assumed at Aberdeen Proving Ground, on Sept. 23, 2004.

Cates is the first general officer from his hometown of Frisco, Texas, and he is the fourth brigadier general Veterinary Corps Chief who is a Texas A&M University graduate.

Cates recognized many, in the audience of 200, who had great impacts on his life and his career.

"In this Army, no individual succeeds without a lot of help from everyone around him," he said. "Most of the credit for my success in the Army goes to my former bosses, my colleagues, and the rest of those who worked with me. Their influence, as teachers, mentors, and teammates, is responsible for who I am and what I do."

Cates received his Doctor of Veterinary Medicine degree from Texas A&M University College of Veterinary

Medicine in August 1980 and was commissioned a captain in the U.S. Army Veterinary Corps one month later.

He holds a master's of public health from the University of Texas Health Science Center, Houston, and is a Diplomate of the American College of Veterinary Preventive Medicine.

He has served in various U.S. Army Veterinary Corps positions at Fort Bragg, N.C.; Kaneohe, Hawaii; Bayonne, N.J.; Seoul, Korea; and Heidelberg, Germany.

He served on the staff of U.S. Army Veterinary Command Headquarters in San Antonio. His previous commands have included the Tennessee Valley District Veterinary Command, Fort Campbell, Ky.; Great Plains Regional Veterinary Command, San Antonio; 100th Medical Detachment (Veterinary Service Headquarters), Heidelberg, Germany, and 30th Medical Brigade (Rear), Heidelberg.



Army News



DoD implements new sexual assault prevention policy

Donna Miles
American Forces Press Service

The Defense Department announced Jan. 4 sweeping changes in how the military handles sexual assaults, with uniform policies and procedures that apply to members of all services, wherever they are stationed or deployed.

In a Pentagon briefing, David S. C. Chu, undersecretary of Defense for Personnel and Readiness, said the changes - laid out in 11 new memorandums sent to Congress and the military services - "will change the way the military handles sexual assault, from the operations arena all the way to culture of the institution, in a profound and lasting way."

The new DoD policy focuses on three major areas: enhanced education and training to help prevent assaults, improved treatment and support for victims, and a better system for investigating and prosecuting offenders.

Chu said the changes are designed to help build a "climate of confidence" that instills trust in victims that they'll get the care they need, while instilling in all service members that "this crime will not be tolerated."

The goal of the new poli-

cies is to standardize programs and policies throughout DoD to improve prevention of sexual assault, enhance victim support and increase accountability.

Chu acknowledged that the military's traditional victim-response system didn't provide the level of care and support victims need.

"We are moving aggressively to put new systems in place to address this shortcoming," he said. "The well-being of victims is a priority for us, and we are doing whatever it will take to ensure they get the best possible care."

This support begins with a better system for reporting and investigating sexual assault that is more sensitive to victims' privacy and confidentiality, Chu said. Final details of that effort are still being worked out but are expected to be resolved soon, possibly within the week, he said.

DoD's sexual-assault policy will also ensure uniform standards of care, "so no matter where you are or what branch you serve in, you will have the same support systems and the same response personnel available to you," he said. New reporting guidelines and protocols will ensure an appropriate and timely response that Chu

said will treat victims with "the dignity and respect they deserve."

Chu stressed this will apply for forces wherever they might be deployed on the globe.

"All of these services should be available to everyone, everywhere," he said.

Ensuring that victims get this care will be the job of the newly established sexual assault response coordinators. Chu said these officials will serve as a single point of contact to coordinate sexual assault victim care. And once the concept is fully implemented, the coordinators will be at every military installation around the world, he said.

The new policy calls for consistent sexual assault prevention education and training that begins in basic training and continues throughout the service members' military careers.

The most basic part of the training includes clear-cut definitions of what constitutes sexual harassment, sexual assault and other sexual-related offenses.

Chu said this will help "eliminate confusion and uncertainty about which actions constitute which offense."

Other training will be

geared to first responders and commanders on dealing with cases of sexual assault within their ranks.

Air Force Brig. Gen. K.C. McClain, commander of Joint Task Force Sexual Assault Prevention and Response, said the new sexual assault policy "will make a tremendous difference in the lives of the men and women in our services."

Despite what she called "huge strides," she acknowledged that the new policy "is no silver bullet" or "overnight solution." Implementing the new policy in an effective way "will take time," she said.

The joint task force will provide oversight as the services implement the new policy over the next year to ensure programs are consistent, McClain said.

Once implemented, this cohesive, department-wide program "will ensure that every service member has a baseline training to help prevent sexual assaults," she said. "And also, in the event that there is a sexual assault, (it will ensure) that every service member will have access to the same standard of care and support, regardless of where they are assigned."

Quartermaster teams help identify Tsunami victims

Travis Edwards
Army News Service

In response to the deadly tsunami that struck south Asia last week, Fort Lee is sending several teams of mortuary affairs specialists to assist in recovery efforts and to help identify the tens of thousands of victims of the disaster.

About 30 members of the 54th Quartermaster Company, 49th Special Troops Battalion, 49th Quartermaster Group, will begin to immediately deploy to the region.

With the mounting death toll the teams will undoubtedly be working under a fast operational tempo in some very remote and dangerous locations, officials said, but that hasn't deterred the deploying teams made up of volunteers.

"There's no amount of mental preparation you can do to prepare yourself for the mission, but we have all the training we need to do the job," said 18-year old Pvt. Tristian LaFollette, 54th QM Co., who has been in the Army for six months since leaving her home in Washington State. "It is a risk worth taking. I'll just have to take it in stride."

The unit is the only active-duty one of its type in the Army and is tasked to identify, process and remove the remains of Soldiers and civil-

ians in combat zones around the world. The Soldiers also provide the same support for disasters such as tsunamis and earthquakes.

"Mortuary Affairs are a special breed of Soldiers," said Sgt. 1st Class Ronald E. Holliday, the noncommissioned officer in charge of the unit. "We are trained more so than the average Soldier to deal with the rigors of death."

"The victims will be difficult to identify," Holliday said, since most of the countries do not have proper identification records such as DNA or fingerprinting.

One of the only ways they have of identifying a person, he said, is "someone coming in and saying, 'That's my brother or friend.'"

The unit currently has Soldiers serving in Afghanistan and Iraq.

The unit was called to the Pentagon after the attacks of Sept. 11, 2001 to assist in recovery efforts there as well.

Disaster relief officials estimate more than 150,000 people were killed by the massive waves that struck southern Asia on Dec. 26.

(Editor's note: Travis Edwards is the Fort Lee Strategic Outreach Officer.)



Photo courtesy of U.S. ARMY Pfc. Guillermo Rosa loads deployment gear into a vehicle Jan. 6 at Fort Lee, Va. Rosa and 30 other members of the 54th Quartermaster Company, the only active-duty mortuary affairs unit in the Army, are preparing to deploy to support the tsunami relief efforts in south Asia.

Freedom Award nominations open

MD ESGR Committee

The calendar year 2005 Secretary of Defense Employer Support Freedom Awards nominations are open through the end of February.

This awards program was created to recognize American employers who provide exceptional support for their employees who serve the nation in the National Guard and Reserves. This process is open for deserving companies and organizations in three categories, i.e., major organizations of 100 or more employees, small corporations of less than 100 employees and those private sector employers (federal, city, state, municipalities, police and other departments, or any entity funded by tax dollars).

This year only, Guard and Reserve personnel, or their families, can nominate an employer. If someone other than those noted complete the nomination form, then it is important to advise the Guardsman or Reservist that they are considered the Official Nominator.

The Web site, www.esgr.com, is ready to accept nominations providing all required fields on the nomination form are executed.

"There are many outstanding employers of our service members; we just need to identify them for recognition," said Maryland National Guard Brig. Gen. Arthur W. Pulket, vice chair, MD [Employer Support the Guard and Reserve] ESGR Committee.

This years Freedom Awards event is tentatively scheduled for Oct. 22 in Washington, D.C.

Tsunami

From front page

officers with the Corps of Engineers' 249th Primary Power Battalion, according to Corps spokesman Lt. Col. Stan Heath.

The team deploying from Alaska will provide assistance to Indonesia. The Japan contingent is headed to Sri Lanka, and the team from Arkansas is headed to Thailand.

The teams will help assess the damage to the countries' infrastructure and aid with reconstruction planning.

In addition to the FEST support, an engineer from the Engineering Research and Development Center, in Vicksburg, Miss., has also headed to the area. The engineer is a Thai native who will be attached to the Joint Task Force Humanitarian Assistance Cell. Originally planning to travel to Thailand to participate

as a liaison in the annual Cobra Gold exercise, she has now gone to the region separate from the FEST teams to reinforce Army efforts in the area.

U.S. Army Special Operations Command, Fort Bragg, N.C., is sending three civil affairs teams and a psychological operations assessment team. The CA teams consist of a planning team and two civil affairs teams to coordinate relief efforts. The PSYOP assessment team will use its broadcast and production capabilities to focus on information distribution concert with local officials and relief organizations.

The Army is part of a joint and combined expeditionary force deploying from around the globe to support this disaster relief effort. U.S. Army Pacific is the lead coordinating command for Army support to the CSF.

Visit
APG News
online at
www.apgnews.apg.army.mil

Community Notes

**THURSDAY
JANUARY 13
MEETING OF CHESA-
PEAKE BEACON,
WACVA CHAPTER
114**

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

Clinic. For more information, call Wanda Story, 410-272-5040.

**SATURDAY
JANUARY 15
BASKET BINGO**

Basket Bingo to benefit Krafty Survivors Relay for Life will be held at VFW Post 8185, Route 222, Port Deposit. Doors open at 6 p.m., Bingo starts at 7 p.m.

Tickets cost \$10 for all paper cards, extra packs cost \$5 each. To purchase tickets, call Anne Gibson, 410-378-3338 or Pat Job, 410-658-5628.

**TUESDAY
JANUARY 18
ITALIAN SPECIALTY
MEAL**

The Italian 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 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 Italian Specialty Meal menu includes Italian wedding soup, spaghetti with choice of meatballs or Italian sausage, baked meat lasagna, baked chicken pesto, veal parmesan, marinara sauce, pesto sauce, assorted pizza and calzone, garlic roasted potato wedges, roasted Italian vegetables, deep fried eggplant, Italian style green beans, toasted garlic bread, pasta salads, mixed olives and pepperoncini peppers, assorted salad bar, assorted desserts, assorted breads, soft serve yogurt with assorted toppings, assorted condiments and assorted beverages.

Note: Menu is subject to change without prior notification.

For more information, call Edward Parylo or Ernest

Green at 410-306-1393/1398.

**TOASTMASTERS
CHANGES MEETING
DATE IN JANUARY**

Gunpowder Toastmasters Club 2562, which usually meets on the first and third Monday of the month, will meet on Tuesday, Jan. 18 because of the legal holiday on Monday. The meeting will be held 11:40 a.m. to 12:40 p.m. at the Gunpowder Club in the Edgewood Area of Aberdeen Proving Ground. Lunch will be available.

The club 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.

For more information and directions, call 410-734-65473 or 410-322-7748.

**FRIDAY
JANUARY 21
MCSC BASKET
BINGO**

The Military and Civilian Spouses' Club is sponsoring a Basket Bingo at the Gunpowder Club in the Edgewood Area. Doors open at 6 p.m., games begin at 7 p.m. Cost is \$12 in advance, \$15 at the door for 20 games.

There will be door prizes and drawings for larger baskets. Food will also be available for purchase.

For more information, call Kristen Dubay, 410-679-1285

or Lisa Panozzo, 410-273-9527.

**SUNDAY
JANUARY 23
BASKET BINGO**

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

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

For more information, call 410-658-3915, or e-mail basketbingo@zoominternet.net.

Proceeds benefit Boy Scout Troop 28.

**WEDNESDAY
FEBRUARY 2
MEETING OF DAV
CHAPTER 30**

Bel Air Chapter 30, Disabled American Veterans will meet at 7 p.m. at the American Legion Post 39, 500 Conowingo Road, Bel Air.

For more information, call Wanda Story, 410-272-5040. For information on how to join, call George Mitchell at 410-879-0861.

**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.



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

MOVIES

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

OCEAN'S TWELVE

Friday, Jan. 14, 7 p.m.,
Saturday, Jan. 15, 7 p.m.
(FREE ADMISSION)

Starring: George Clooney,
Brad Pitt

Three years after ripping off casino owner Terry Benedict (Andy Garcia) in Las Vegas, Danny Ocean (Clooney) and his gang have settled down. Until the revenge-seeking Benedict contacts them all one-by-one with this: pay back what you stole from me, with interest, or else. They have two weeks to come up with \$190 million dollars. In addition to the swiftly approaching deadline, they have to dodge tenacious Europol agent Isabel Lehiri (Catherine Zeta-Jones) and outmaneuver another thief known only as "The Night Fox." It all culminates in Ocean's 12 taking on the

biggest heist ever...and also the biggest con!

BLADE: TRINITY

Saturday, Jan. 15, 9 p.m.

Starring: Wesley Snipes,
Kris Kristofferson

Realizing they may never be able to defeat the vampire hunter known as Blade the Daywalker, the vampires set Blade up to appear like the psychopathic serial killer. The plan is successful, with the FBI soon on his tail, Blade's ability to hunt vampires is limited severely, even as they have awakened the granddaddy of them all, Dracula (Dominic Purcell), a pure vampire with amazing abilities others do not possess. To take on the threat of his most powerful vampire, Blade accepts the help of a team of human vampire hunters called the Nightstalkers. (Rated R)

HCC's spring credit classes begin Jan. 24

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

information, call 410-272-2338.

In addition, registration will take place at HCC, Monday through Thursday, 7:30 a.m. to 7 p.m. and Friday, 7:30 a.m. to 4:30 p.m. There will be expanded hours through Jan. 22, Monday through Thursday, 7:30 a.m. to 7 p.m.; Friday,

7:30 a.m. to 4:30 p.m.; and Saturday, 9 a.m. to 1 p.m.

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

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

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

Post Shorts

the armed forces who served honorably in Korea from Feb. 1, 1955 to present.

The chapter meets the last Monday of the month, 7 p.m., at American Legion Post 128 in Aberdeen.

For more information, contact Nick Guerra, chapter president at 410-272-0458.

Special compensation to Purple Heart recipients

The Combat Military Medically Retired Veteran's Fairness Act of 2004 (HR 4637) authorizes the payment of special compensation to members of the Armed Forces retired due to disability with less than 20 years of active service who were awarded the Purple Heart.

The act states that such payments shall be made without regard to special rules applicable to other disability retirees, which require offsetting reductions.

To learn more about HR 4637, visit <http://vote.military.com/military/issues/bills/?bill=6778421>.

ACS conducts focus group for military families

Army Community Service will conduct a focus group for APG family members about its current programs and services 1:30 to 3 p.m., Jan. 20 at ACS, building 2754, room 103.

Feedback is needed, as well as ideas on how ACS can better support the military families and operational readiness.

The focus group data will assist in evaluating the ACS programs and services.

Participants will gain personal insight and a better knowledge of ACS.

Light refreshments will be served.

To reserve a seat, contact Marilyn Howard, 410-278-9669, fax 410-278-9685, or e-mail her at marilyn.e.howard@usag.apg.army.mil.

MCSC offers half-year membership

The Military and Civilian Spouses' Club is offering half-year membership (January to

June) at \$7.50. Membership is open to any spouse of military or civilian associated with Aberdeen Proving Ground.

For more information, call Sarah Novak, 410-297-8158.

Registering new-borns in TRICARE

Newborns over 60 days old must be enrolled in TRICARE Prime or they are considered TRICARE Standard and will only have space available care after 11 a.m. at Kirk U.S. Army Health Clinic.

There is no automatic enrollment in TRICARE Prime. Parents or Guardians must fill out the TRICARE Prime enrollment forms as family members change. Family members must be enrolled in DEERS through their personnel office before they can enroll in TRICARE.

Members should stop by the TRICARE Service Center located at KUSAHC, Room A06, to update their family's TRICARE enrollment status. After updating the TRICARE enrollment, go to Patient Administration, Room C22 to register or update member's registration in the electronic medical records system. It is essential that correct information be entered in this system so that KUSAHC may contact the member or process any specialty referral for civilian network care. A local address and phone number is required.

NAF military spouse program changes

Nonappropriated Fund military spouses will not lose their spousal preference until they either accept or decline a Regular Full-time or Regular Part-time position.

Effective immediately, a military spouse will be able to accept a Flexible position and retain her/his preference. This will permit changing from one flexible job to another while retaining preference until a RFT or RPT position is accepted or declined.

Military spouses currently employed by NAF are eligible to use their spousal preference as vacancies are announced provided they have not held a RFT/RPT position or declined

a RFT/RPT position since relocating to APG.

Each time a spouse claims preference, she/he must complete the Spouse Employment Preference form in addition to the standard application forms.

For more information, call 410-278-8994/8992/5127.

RAB holds meeting

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Jan. 27, at the Edgewood Senior Center on Gateway Road. The topics are the Westwood and the Other Aberdeen Areas Study Areas.

Board meetings are open to the public; all APG employees and community members are invited.

For more information, call the Information Line at 410-272-8842 or 1-800-APG-9998.

Visit the land of tulips, windmills, wooden shoes

The Civilian Welfare Fund is sponsoring a trip to Holland, April 19 through 26.

The price per person is \$2,449 for a single, \$2,149 based on double-occupancy, and \$2,099 based on triple-occupancy and includes roundtrip airfare, hotel accommodations, six buffet breakfasts, four three-course dinners, a welcome dinner, air transfers and tours.

Tours include a canal-cruise in Amsterdam; a diamond polishing demonstration; a visit to Rembrandt's masterpieces, the flower auction in Aalsmeer, a windmill, a wooden shoe factory and cheese factory in Zaanse Schans; stops in Sloten, Staphorst and the Royal Palace in Het Loo, the Netherlands Open Air Museum; a trip to the pewter factory in Tiel; a visit to Waterland in Zeeland; ascend the Euromast Tower in Rotterdam; a stop in Scheveningen; a visit to the Peace Palace in the Hague; and a visit to the Flower Park in Keukenhof and more.

A \$200 per person non-refundable deposit is due upon reservation.

For more information or to reserve a seat, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

Elective Deferral Limits set for 2005, 2006

For 2005, the annual limit on elective deferrals will be \$14,000. The annual limit for 2006 will be \$15,000.

After 2006, the increase will be indexed to the annual cost of living adjustment referred to in the Tax Code.

For purposes of the Thrift Savings Plan, the term "elective deferrals" refers to employee contributions, which are made on a tax-deferred basis.

Federal Employee Retirement System employees may be affected by the elective deferral limit. For 2005, any FERS employee whose annual basic pay exceeds \$93,333 will be affected.

The latest version of the Fact Sheet "Annual Limit on Elective Deferrals" is available on the TSP Web site, www.tsp.gov.

For more information, contact a servicing human resources assistant.

Military Marriage Seminar offered

The APG Chapel will host a Military Marriage Seminar Jan. 28 and 29. The seminar can rekindle that "just married" feeling. Couples who care enough about their marriage to make it better should attend the Military Marriage Seminar at the Aberdeen Area post chapel. Space is limited. Call 410-278-4333 or stop by the chapel and complete a registration form. Cost is \$30 per couple. The seminar is open to anyone.

All day Scrapbook Crop

Seasoned scrapbookers or those who've always wanted to try scrapbooking, are invited to "Crop Till You Drop" at Top of the Bay, 10 a.m. to 10 p.m., Jan. 15. Full day and partial day sessions are available. Lunch and dinner will be

served, door prizes will be available and everyone will receive a goodie bag.

Vendors will have items for sale for all scrapbooking needs, optional classes will be offered and a massage therapist will be available for an optional massage for a stress-free day, with plenty of pampering.

The cost for a full day and evening of cropping 10 a.m. to 10 p.m., is \$35 per person; 10 a.m. to 5 p.m. costs \$20 per person; and 5 to 10 p.m. costs \$20 a person.

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

Army seeks warrant officer candidates

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors, and Airmen to fill its warrant officer ranks.

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

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

Army Suggestion Program On AKO

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

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

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

Emmett Paige scholarships available

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

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

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

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

Off-post leasing for active duty card holders

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

Many of the problems and unforeseen costs of residential leases can be avoided by reviewing the lease with an attorney prior to signing it.

An attorney can explain hard-to-understand "legal-ese" and the duties of both the landlord and the active duty ID card holder.

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

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

USO announces photography contest winner and 2005 USO Guide to Washington and Baltimore availability

USO

The USO of Metropolitan Washington 2005 Guide to Washington and Baltimore is now available for distribution. The Guide provides a comprehensive listing of USO and military resources, information on sight-seeing and recreation, maps, and general information on living in the area.

The 2005 winner of USO-Metro's annual photography contest is Michael E. Dukes, who works as a Senior Medical Writer for the Stripe Newspaper at the Walter Reed Public Affairs Office. His wife Kathy is a staff sergeant in the Air Force Reserves, stationed at Andrews Air Force Base.

His winning photograph of the World War II Memorial is featured on the cover of the 2005 Guide. Dukes described his photo, stating, "The World War II Memorial, completed in the spring of 2004, honors the 16 million who served in the armed forces of the United States the more than 400,000 who died, and all who supported the war effort from home."

USO-Metro would like to thank everyone who submitted pictures to this year's contest.

The guide is provided free of charge to members of the military and their families. To arrange to pick up multiple copies of the guide, call one of the following USO-Metro locations:

Ft. Belvoir, USO Warehouse, 703-806-3555

BWI Airport, USO International Gateway Lounge, 410-859-3890

Copies are also being distributed through area Senior Enlisted Advisors. If anyone is unable to pick up a copy of the publica-

tion and would like one to be sent, USO-Metro will mail one for \$2 (to cover postage and handling). For more information, call 703-696-3278.



Morale, Welfare & Recreation

Activities

Operating hours

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

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

For more information, call 410-278-4011/4907 or e-mail mwr_registration@usag.apg.army.mil.

New engraver at APG Arts and Crafts

A new engraving machine at the Arts and Crafts facility has arrived just in time to create that special holiday gift for family and friends.

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

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

A large plaque selection available on site includes a selection of accessories and eight to 10 different metal col-

ors to choose from.

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.

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.apgmwr.com or MWR Registration, 410-278-4907/4011.

Reserve a picnic area today

Installation units and activities have until Jan. 31 to make their reservations for use of the

Maryland Boulevard Picnic area. On Feb. 1 the picnic area will be open for public organizations and individual reservations.

The Maryland Boulevard Picnic Area is located adjacent to Route 755 gate entrance on Maryland Boulevard.

This area is operated on a reservation basis for major organizational picnics for weekends and holidays. Off-post groups and weekend groups pay a \$250 user's fee. Fees must be paid within two weeks from the time the request is received at Outdoor Recreation.

The park has two 50-by-90 pavilions, several picnic tables, a large cooking pit, several individual barbeque grills, a softball field, a basketball

court, three sand volleyball courts, four playground areas, four horseshoe pits, bathrooms, games, a dunking booth, a public address system and free ice (from our machine located at the park.)

For reservations, contact Mary Brousseau, 410-278-5789, e-mail her at mary.brousseau@usag.apg.army.mil, or fax 410-278-4160, or come to Outdoor Recreation, building 2407, Aberdeen Area.

Disney on Ice!

Join Mickey and Minnie as they travel the globe visiting magical lands on ice. Join Lil and Stich as they embrace "Ohna, the family spirit of Hawaii; fly away to Never Land with Peter Pan and

Tinkerbell, escape with Ariel and Sebastian under the sea; and make tracks to London with 101 Dalmatians, all without leaving your seat. Pre-order tickets before they go on sale to the general public.

This event is held at the 1st Mariner Arena in Baltimore Feb. 9 for \$13 and Feb. 10 to 13 for \$16.25. Show times vary daily.

Last day to purchase tickets is Feb. 3.

For more information or to purchase tickets, contact MWR Registration, Tickets and Leisure Travel Center at 410-278-4907/4011 or e-mail mwr-registration@usag.apg.army.mil.

Haircut tips for women

This class teaches how to cut, trim, and shape hair. Classes will be held 1 to 3 p.m., Jan. 22 and 29 at the Stark Recreation Center. Cost is \$20. Register by Jan. 19.

Biking for beginners

This class is for the beginning bicyclist that wants to learn the skills required for recreational biking. Bike maintenance will also be covered as it relates to keeping equipment in safe operating condition. Learn about all the opportunities available in the area such as biking clubs, trips and races.

Classes will be held 6:30 to 7:30 p.m., Feb. 1 and 8 at the Stark Recreation Center. Cost is \$15. Register by Jan. 27.

Basketball Triathlon Challenge

This event will be held at Hoyle Gym 2 to 6 p.m., Jan. 29, and at the APG Athletic Center 2 to 6 p.m., Feb. 26.

The events include Basketball Three Point Perimeter Shooting, Basketball Free Throw and Horse.

There will be cash prizes awarded. Cost is \$10. Register by Jan. 25 for the EA Challenge, and Feb. 23 for the AA Challenge.

Bowling specials

On Jan. 19 and 20 from 1 to 6 p.m. bowl for just 75 cents a game.

Jan. 28 is the Cosmic Bowling Special, 9 p.m. to closing all games are \$1.50 and shoes are only 75 cents.

For more information, call 410-278-4041 or e-mail dave.brewner@usag.apg.army.mil.

Equipment Resource Center [after] holiday special

Rent any piece of equipment on Jan. 15 (pick-up anytime) and return it on Jan. 18 (drop-off by noon) for only a one-day rental fee.

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:

Temple of Music by Jonathan Lowy

A Republican president seeks reelection in the afterglow of a war many view as unnecessary and imperialistic. He is bankrolled by millionaires, with every step of his career orchestrated by a political mastermind. Religious extremists crusade against the nation's moral collapse. Terrorists plot the assassination of leaders around the world. And a lonely, disturbed revolutionary stalks the President. The year is 1901.

The Good Guys by Bill Bonanno

The Cat Who Went Bananas by Lilian Jackson Braun

The Inquisitor by Peter Clement

Twisted by Jonathan Kellerman

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.

MWR Fitness Classes

EA fitness classes

Hoyle Fitness Center, building E-4210

Power Step: 11:30 a.m., Monday, Wednesday

This class uses "the step" for 60 minutes of intense cardio workout. Abdominal strengthening exercises and a relaxing cool down are also included.

Power Bar: 11:30 a.m., Tuesday, Thursday

A total body strengthening class that uses the power bar (a weighted bar), the step, hand weights and tubing for resistance.

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

AA fitness classes

AA Fitness Center, building 320

Step & Sculpt: 11:30 a.m., Monday

Class consists of cardiovascular conditioning using "the step." Hand weights are also used to sculpt. The class ends with abdominal and flexibility exercises.

Power Cut: 4:30 p.m., Monday and Wednesday;

11:30 a.m., Thursdays

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

Mat Pilates: 6 p.m., Wednesday

Gut Cut: 4:30 p.m., Tuesdays, Thursdays

This is a 30-minute workout designed to sculpt and strengthen the abdominal and lower back muscles.

Aerobic Kickboxing: 5 p.m., Tuesdays, Thursdays

The class consists of a cardio workout that combines traditional high/low aerobics with punches and kicks.

APG Athletic Center, building 3300

Yoga Fit: 11:30 a.m., Monday, Wednesday

Class is based on aerobic format, warm-up, workout phase and cool down.

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.

Aberdeen Middle School

Cafeteria
Jan. 25
Brice Irwin, 410-273-5510

Bel Air Middle School

Media Center
Jan. 26
Sean Abel, 410-638-4140

Edgewood Middle School

Cafeteria
Feb. 2
Chris Anderson, 410-612-1518

Fallston Middle School

Media Center
Feb. 3
Ron Wingate, 410-638-4129

Havre de Grace Middle School

Media Center
Feb. 9
Natalie Holloway, 410-939-6608

Magnolia Middle School

Multi-purpose Room
Feb. 22
Betty Mull, 410-638-3658

Southampton Middle School

Cafeteria
March 2
Barbara Sauer, 410-638-4150

Winter, spring driver education classes scheduled

Youth Services will present State certified Driver's Education classes at Child and Youth Services, building 2752, room 210. Nine classes, 30 hours of instruction each will begin on a 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 (Jan. 19, Feb. 2, Feb. 16, etc.) to review rules and procedures.

The following classes are scheduled:

Jan. 19 through Feb. 1, 5:30 to 8:45 p.m.

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

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



Morale, Welfare & Recreation

Aberdeen Youth Service's Program is helping turn boys into men

MWR

For many adolescent males, the transition from boyhood to manhood is a challenging one.

This journey requires young men to understand and manage such things as physical changes in their bodies, relationships with authority, friends and members of the opposite sex, greater freedom and responsibility for personal decisions and increased peer pressure.

To help make this transition a positive and healthy one, Aberdeen Youth Services is implementing the Passport to Manhood program.

Designed for young men, ages 11 through 14, Passport to Manhood addresses such issues as ethics, decision-making, wellness, fatherhood, employment and careers, cooperation and conflict, diversity, relationships and self-esteem.

The 14-session small-group program will use role playing, peer discussions, games and art projects to explore values, attitudes and behaviors necessary for a healthy transition from adolescence to adulthood.

At the beginning of the program, participants are given "passports" to detail lessons learned on each leg of their journey. After each program session, the group facilitator signs and "stamps" each member's passport with the date.

During each session, the young men will establish standards related to the values pro-

moted in the session. These standards become a code of conduct by which all members agree to live. During a graduation ceremony planned by the youth, the graduates present and recite their code of conduct and are recognized for taking critically important steps toward manhood.

"The hope is that graduates will be examples for other youth entering the program," said Norma Warwick, facility director. "Who better to teach and lead youth than their peers? Passport to Manhood provides such an opportunity."

Passport to Manhood is part of Boys & Girls Clubs of America's Fatherhood Project, an initiative promoting male responsibility and providing support and resources for teen fathers who are members, as well as adult fathers of members.

The Achelis and Bodman Foundations sponsor the Fatherhood Project. The Scaife Family Foundation provided additional support.

"Aberdeen Youth Services has played an integral role in the APG community, providing daily programs and services to young people," Warwick said.

Aberdeen Youth Services is open six days a week with programs that emphasize character and leadership development, education and career enhancement, health and life skills, the arts, sports, fitness and recreation.

Rock and Roll

From front page

For instance, Beary Hobbs, who sang bass for the original Drifters on hits like "There Goes My Baby," was a member of the group, with the exception of his time spent in military service and as a medical assistant, from 1958 until his death in 1996.

Hobbs was known for putting together many of the Drifters live comedy and dance routines, a tradition

which the current group members continue.

Similarly, Cornell Gunter, who joined the original Coasters in 1957, helped to lead the "rock and roll revival" by taking the group's 1950s era music and presenting it with a modern theatrical approach for new audiences.

Since Gunter passed away in 1990, Cornell Gunter's Coasters has continued his legacy by touring under the guidance of his manager and sister, Shirley, who was an original member of the Platters, another 1950s era

group.

Although the original lineup of group members has changed over time, the bands have had success with long standing engagements in Las Vegas and various tours.

Tickets cost \$15 in advance \$20 at the door and can be purchased online at www.apgnwr.com and ticketmaster.com or at the MWR Registration.

Special prices are available for active duty members at the MWR Web site and office.

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



Cornell Gunter's
Coasters

OC&S

From front page

"As the OC&S deputy to the commander, one has to look not only at how the corps functions, but how it interacts with the community," Smith said. "A major element missing was the school public support we call the Adopt a School Program."

Smith said that during previous assignments he initiated and encouraged unit commanders within his command to seek charters with school principals.

After meeting with Starnes and Mehosky and voicing his intentions, "we put together a program looking at who could align with whom," Smith said.

"The ultimate goal is a long term co-op of schools as a part of our community outreach," Smith said.

Included in the plan will be quarterly meetings during which senior leaders will evaluate what is being done and what needs to be done and formal training sessions to address how to best serve each school, he added.

"We will take the lessons learned from the first school year and confront them before the start of the next school year," Smith said.

Smith added that, "Our hope is that other organizations will focus on the other schools also deserving of support."

"Through the OC&S, each organization will take on one school in a customized partnership based on the needs of the individual school," added Spence. "Each program will be unique and will require coordination with the units and school staff."

Mehosky said that students would benefit by establishing positive relationships with mentors and by learning outside of the classroom.

"These partnerships will foster interactions with students and Soldiers in which students through field trips and other activities will be able to see real-world applications to what they are learning in the classroom," Mehosky said.

Individual partnerships also signed Jan. 4 included agreements between the following:

Lt. Col. Richard B. Parker, commander, 16th Ordnance Battalion, and Susan A. Osborn, principal, Roye-Williams Elementary School; Command Sgt. Maj. Sammy J. Brinson, commandant OMMS Noncommissioned Officer Academy, and Gladys B. Pace, principal Aberdeen Middle

School;

Lt. Col. Eric A. Walters, director, command and staff department, and Thomas M. Szerentis, principal, Aberdeen High School; Lt. Col. Robert M. Pastorelli, commander, 143rd Ordnance Battalion, and Wayne Perry, principal, Edgewood Middle School; and Capt. Kermit E. Thomas, commander, HHC 61st Ordnance Brigade, and Joseph A. Schmitz, principal, Edgewood High School, and Margaret Taibi, representing Edgewood Middle School.

Possible activities include job shadowing, field trips, beautification projects; book drives, reading programs, and more.

The agreement reads in part that the parties agree to, "establish an educational and life experience partnership to support the educational experience of Harford County Public Schools. The U.S. Ordnance Center and Schools, the 61st Ordnance Brigade and the Ordnance Mechanical Maintenance School will promote the Harford County Public School curriculum by mentoring, tutoring, and providing personnel, physical support,

and professional development assistance to its school partners."

"APG and Harford County Public Schools have been linked together in partnership not only in the excellent initiative of OC&S, but also in the overarching signing ceremony of Sept. 27, 2002, whereby the March 8, 1993 partnership promoting educational excellence was renewed and signed between APG and Harford County Public Schools by Maj. Gen. John C. Doesburg, former commander of APG and Jacqueline Haas, superintendent of schools," Mehosky added.

"It should be noted," he said, "that two other key documents were signed that September: the memorandum of agreement for the U.S. Army Secondary Education Study on Military Transitioning Student Outcomes, and the renewal partnership between the U.S. Army Environmental Center and Edgewood Elementary School.

"In conclusion, the potential is there for more organizations to outreach to as many schools as possible," Mehosky said.

Health

Know your drugs, pharmacist

Col. George Dydek
Madigan Army Medical Center

The likelihood of receiving a prescription medication during the next visit to a physician is high. In fact, almost two thirds of all outpatient physician visits end with a prescription being written.

The market for over-the-counter (non-prescription) medications has dramatically increased, providing numerous types of medications for today's consumer. Additionally, the use of herbal agents by consumers has continued to increase, adding to the complexity of agents available for the prevention and treatment of diseases.

It is good [for a patient] to become more informed about the medications they are currently taking and to get to know their pharmacist.

Medicines offer numerous benefits in the treatment of diseases, from the common cold to a major life-threatening infection. Medicines can be used in preventive care to decrease the likelihood of acquiring a disease. Whatever the reason for receiving a medication, a key aspect of ensuring the best outcome is to be informed.

Ten years ago there was little information on medications provided to the consumer. In the 1990s, federal legislation cleared the way for the development of patient education on prescription medications. The Food and Drug Administration established a goal of having at least 95 percent of patients who have new prescriptions filled to receive "written, adequate, and useful" information about their medications by the year 2006.

The following are basic questions that a

patient should have answered prior to taking prescription medications:

- The name of the medication and what it's supposed to do.
- How and when to take the medication and for how long.
- What foods, drinks, other medications (prescribed and non-prescribed) and activities should be avoided.
- Possible side effects and what should be done if they occur.
- Whether the medication will work safely with other prescription or non-prescription medicines.

What should be done if missing a dose. The patient's pharmacist can answer the above questions. Additional information on medications and other health-related topics can be obtained from:

- TRICARE Online, <https://www.tricare-online.com>.
- National pharmacy organizations and the Food and Drug Administration, <http://www.safemedication.com>, <http://www.bemedwise.org>, <http://www.pharmacyandyou.com>, and <http://www.fda.gov/cder/consumerinfo/default.htm>.

As a receiver of medications, [the patient is] an integral part of the medical education team, along with doctors, nurses, physician assistants, dietitians and pharmacists. It is both [the patient's] right and responsibility to receive information about [their] prescription medications.

(Editor's note: Adapted from Madigan Army Medical Center, Wash., Mountaineer. Dydek is the chief, Department of Pharmacy.)

Hand sanitizers recommended for cold season

Raymond W. Bliss
Army Health Center

Now is the time of year when colds and flu are on the rise.

Many common viruses and bacteria are transmitted from the hands to the eyes, nose and mouth, which causes the onset infection.

Clean hands can reduce the spread of infections. The old adage of "wash your hands" is still true. However, now there is a new way to clean your hands without soap and water.

Alcohol-based hand sanitizer gels are now recommended for hospital staff instead of hand washing when hands are not visibly soiled. The alcohol-based gels provide several advantages in the hospital setting over traditional hand washing.

Not only are gels more accessible than sinks, but they act faster and kill more microorgan-

isms. Gels require less time and they're less irritating and drying to the skin than soap and water.

Now, when patients see hospital staff rubbing their hands together, they are actually sanitizing their hands. Instead of talking about handwashing, hand hygiene [is the term].

Alcohol-based hand sanitizers are also convenient for the public to use because they can be used anywhere, anytime, and no water or rinsing is required.

Alcohol-based sanitizers are available wherever pharmaceutical products are sold, and several different brands are available. They should contain between 60 and 90 percent alcohol and are effective against 99.9 percent of germs. They are not meant to remove visible dirt, dirty hands will still need to be cleansed.

(Editor's note: Reprinted from the Fort Huachuca Scout.)

Educating owners on causes of pet poisoning

Laurie Kemp
Winn Army Community Hospital

Did you know acetaminophen is extremely toxic to cats? Did you know grapes and raisins can cause kidney damage in dogs? Did you know cooking with Teflon-coated utensils can kill a bird?

"People will give animals a lot of things they don't know are toxic, which we would also consider poisons," said Fort Stewart veterinarian Capt. Patricia A. Rabiansky.

There are an estimated 60 million pet dogs and 70 million pet cats in the United States alone.

And most pet owners are aware of the more common toxic substances such as antifreeze, rat poison and insecticides, but what about the more common household items?

Toxins can take on many forms and in most cases it doesn't take a whole lot to cause illness.

It is up to the owner to become educated about what pets can eat or be around, and what to do in the event a pet gets into something he shouldn't have, according to Rabiansky.

"Some animals will eat anything, even if it doesn't smell good, so keep toxins out of reach, just like you do with children," she said.

Raw onions, chocolate and house plants are a few other common household items that are toxic to pets.

"One of the most common toxins is chocolate," she said. "The most toxic is unsweetened cocoa, then baker's chocolate, semi-sweet and milk chocolate is the least toxic."

Extreme exposure to poison

can result in intestinal, renal (kidney), neurological or respiratory damage. Symptoms can include extreme vomiting, diarrhea, acting lethargic, seeming painful or just not acting right.

"If your animal obtained some of these toxins, especially antifreeze or rat poisoning, immediately contact your vet," Rabiansky said. "Time does matter. It is better to at least

immediately call the vet and explain the situation," she said. "It is better to be safe than sorry."

The American Society for the Prevention of Cruelty to Animals operates an animal poison control center. It can be reached, for a fee, at 888-426-4435.

(Editor's note: Reprinted from the Fort Stewart, Ga., Frontline.)

Avoiding pet poisoning

Poison-prevention tips from the American Society for the Prevention of Cruelty to Animals:

- Be aware of the plants you have in your home and yard. The ingestion of azalea, oleander, castor bean, sago palm, Easter lily (in cats only), or yew plant material by an animal can be fatal.

- Never allow your pets to have access to the areas in which cleaning agents are being used or stored. Cleaning agents have a variety of properties. Some may only cause mild stomach upset, but others can cause severe burns of the tongue, mouth and stomach.

- Store all cleaners, pesticides and medications in secured areas.

- Keep all prescription and over-the-counter drugs out of your pets' reach, preferably in closed cabinets. Pain killers, cold medicines, anti-cancer drugs, antidepressants, vitamins and diet pills are all examples of human medications that can be lethal to animals, even in small doses.

- Food items that potentially could be dangerous to pets include onions, onion powder, chocolate, alcoholic beverages, yeast dough, coffee (grounds, beans, chocolate-covered espresso beans), tea (caffeine), salt, macadamia nuts, hops (used in home beer brewing), tomato leaves and stems (green parts), rhubarb leaves, avocados (toxic to birds, mice, rabbits, horses, cattle and dairy goats), cigarettes, cigars, snuff, chewing tobacco, moldy or spoiled foods.

- Automotive products such as gasoline, oil and antifreeze should be stored in areas that are inaccessible to pets. As little as one teaspoon of antifreeze can be deadly to a cat; less than one tablespoon can be lethal to a 20-pound dog.

- If a product is for use only on dogs, it should never be used on cats. If a product is only for use on cats, it should never be used on dogs.

- Make sure companion animals do not enter areas in which insecticidal foggers or house sprays have been applied for the period of time indicated on the label.

(Editor's note: Reprinted from the Fort Stewart Frontline.)

TRICARE

From front page

and an explanation of their safety, therapeutic effectiveness and cost effectiveness. The patient is informed that they may switch to the generic by asking their physician to write a prescription for a generic drug or by asking their pharmacist to refill the medications with a generic equivalent when permissible by state pharmacy regulations.

The letter discussed above has been written and DoD is currently compiling the list of addresses for beneficiaries affected by the existing policy. Once all addresses have been compiled, the affected beneficiaries will receive their letter

and will be given 30 days before any action is taken with regard to this policy.

We understand that patient treatment decisions are between the patient and the doctor. If the physician feels that it is medically necessary for the patient to continue to receive the brand-name version of the medication instead of the generic, then the physician should be directed to call the TRICARE Retail Pharmacy program Prior Authorization Line at 1-866-684-4488 prior to the patient obtaining the next prescription at the retail pharmacy in order to first obtain the letter of medical necessity.

Unless the patient has an approved letter of medical necessity before they fill the

new prescription, they will have to pay the full cost of the medication in addition to the cost share.

For more information regarding the prescription drug benefit, contact Express Scripts at 1-866-DoD-TRRx (1-866-363-8779) to speak with a patient care advocate.

Other Express-Scripts contact information is available online at <http://www.express-scripts.com/contact/>.

DOD Worldwide TRICARE Information Center may be contacted at (Toll-Free) 1-888-DoD-LIFE (363-5433), 1-877-DoD MEDS (363-6337) or 1-888-DoD-CARE (363-2273). Operating hours are Monday through Friday, 8 a.m. to 8 p.m. (ET) (excluding federal holidays).

Registering newborns in TRICARE

KUSAHC

Newborns over 60 days old must be enrolled in TRICARE Prime or they are considered TRICARE Standard and will only have space available care after 11 a.m. at Kirk U.S. Army Health Clinic. There is no automatic enrollment in TRICARE Prime. Parents/Guardians have to fill out the TRICARE Prime enrollment forms as family members change. Family members must be enrolled in DEERS through their personnel office before they can enroll in TRICARE.

Members should stop by the TRICARE Service Center located at KUSAHC, Room A06 to update their family's TRICARE enrollment status. After updating the TRICARE enrollment, go to Patient Administration, Room C22 to register or update member's registration in the electronic medical records system. It is essential that correct information be entered in this system so that KUSAHC may contact the member or process any specialty referral for civilian network care. A local address and phone number is required.

PCSing to Europe with pets

CPT Heidi Loheide
VTF

Regulatory changes are now in effect regarding pet animal importation to all countries of the European Union.

There are two significant changes. The first change is that all pets will need to be identified by either a clearly readable tattoo or an ISO compatible microchip. The microchip currently used at the APG Veterinary Treatment Facility is compatible. Home Again and AVID Eurochip microchips are compatible. The standard AVID microchip is not compatible, however. If the pet has a non-compatible microchip then it pet will need to be microchipped again with an appropriate chip. If unsure, call the APG VTF at 410-278-3911.

The second change is that a bilingual European Union health certificate, in the language of the country the animal is being exported to, must be used and federally endorsed.

This process can take three to four weeks. Any military veterinarian can write an initial health certificate and then the pet owner must send this to a federal veterinarian for endorsement.

Federal veterinarians can be located at http://www.aphis.usda.gov/vs/area_offices.htm

An endorsement costs \$24, and the check should be made out to "USDA Veterinary Services."

A copy of the rabies certificate (and rabies titer results, if required) must be mailed in with the health certificate. Keep copies of everything and make sure enough time is allowed for mailing back and forth.

Fortunately, this certificate is good for four months after it is signed (or until the rabies vaccination expiration date, whichever is earlier). Unfortunately, the airlines are used to dealing with health certificates being valid for only 10 days, so clients may need a second health certificate (regular health certificate) from a veterinarian issued just prior to travel for the airlines.

Anyone who believes that they will be PCSing to any country in Europe within the next two to three months, should start the paperwork needed to bring take pet abroad. Even if orders are not issued yet, early planning will avoid costly delays.

More information can be obtained at the official EU Web site, http://europa.eu.int/comm/food/animal/liveanimals/pets/nocomm_third_en.htm.

For more information, contact the APG VTF at 410-278-3911.

Lost Pet



Photo by MEGHAN BOWEN

Lost and found

A male white and tan cream-colored domestic short hair cat was found during the week of Jan. 2. He is between nine months and a year old and was wearing a light tan nylon collar with a tiny golden bell. He is very friendly.

If you know who this cat may belong to or would be interested in adopting him or the other cats on post, visit the Aberdeen Area Veterinary Treatment facility at 2479 Oakington Street, which is open 7:30 a.m. to 3:30 p.m., Monday through Friday. For more information, call 410-278-3911/4575.

Sports

APG youths repeat as soccer champs

Yvonne Johnson
APG News

The Aberdeen Area Youth Center's under-12 girls soccer team, the Blue Wave, is tops in the Eastern Southern Soccer League thanks to a 3-0 win over the Joppatown Ravens during the Fall Classic Tournament held at Aberdeen High School Nov. 13.

The tournament included 16 teams from eastern and southern Harford County.

Led by head coach Darrell Diamond, and assistant coaches Brian Ince and Richard Coley, the team went undefeated for the season with an 8-0 record during the regular season and 4-0 in the tournament.

Even more amazing is that the team, "never gave up a

goal," outscoring their opponents 61-0 for the entire season.

"That's 12 hours of soccer games without the opponent scoring," Diamond said. "I don't think any other APG youth soccer team has ever done that."

"I can't tell you how proud I am of these girls," he said. "They were always humble and kind to the other teams. Even though they played hard, they knew how to turn it off at the end of the game and become great ambassadors for the APG youth soccer program."

"Coach Diamond and his assistants did an excellent job with the girls," added Bill Kegley, youth sports director. "This is one of the best youth teams APG has ever had."

Diamond thanked APG police officer George Martin and the Fraternal Order of Police Lodge #116F, which helped the

team purchase soccer backpacks for the fall season, Diamond said.

"Parental support was excellent," he added, noting that at the end of the tournament team members asked the opposing team to join them on the field for a team prayer.

"That was some of the best sportsmanship I had ever seen," Diamond said.

The Blue Wave 2004 Eastern Southern Soccer League championship team included: Janai Caldwell, Erica Coley, Desirae Diamond, Allannah Galloway, Autumn Henning, Deborah Ince, Briana Johnson, Emily Kappauf, Olivia Merchant, Audrey Novak, Abby Odachowski, Nancy Sanchez, Pez Scott, Ayana Stewart, Kayla Watson, Emily White and Bianca Whiteside.

2005 Intramural basketball schedule

American Division

Jan. 19
6:30 p.m., HHC 16th vs. 203rd MI
7:30 p.m., HHC 61st vs. DLES
8:30 p.m., NCOA vs. KUSAHC

Jan. 24
6:30 p.m., KUSAHC vs. DLES
7:30 p.m., NCOA vs. HHC 16th
8:30 p.m., 203rd MI vs. HHC 61st

Jan. 26
6:30 p.m., DLES vs. NCOA
7:30 p.m., HHC 61st vs. HHC 16th

8:30 p.m., 203rd MI vs. KUSAHC

Hoyle Division

Jan. 19
6:30 p.m., CHPPM vs. Company B 143rd
7:30 p.m., Company C 143rd vs. Nat. Guard
8:30 p.m., MRICD vs. Company A 143rd

Jan. 20
6:30 p.m., MRICD vs. HHC 143rd
7:30 p.m., CHPPM vs. Company C

143rd

Jan. 24

6:30 p.m., Company C 143rd vs. HHC 143rd
7:30 p.m., Nat. Guard vs. Company A 143rd
8:30 p.m., MRICD vs. CHPPM

Jan. 26

6:30 p.m., Company A 143rd vs. Company B 143rd
7:30 p.m., MRICD vs. Company C 143rd

8:30 p.m., HHC 143rd vs. CHPPM

National Division

Jan. 18
6:30 p.m., Company A 16th vs. Company E 16th
7:30 p.m., Company C 16th vs. USMC
8:30 p.m., Company B 16th vs. USAF

Jan. 20
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

Jan. 25

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

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

Intramural basketball updates

The following results for intramural basketball were received from the APG Sports Office for the week ending Jan. 7. For inquiries on statistics, contact Donna Coyne at 410-278-3929.

Results

American Division

Jan. 5
HHC 16th, 53; HHC 61st, 37
KUSAHC, 45; 203rd MI, 32
DLES, 51; NCOA, 46

National Division

Jan. 6
Company A 16th, 37; Company B 16th, 24

Company C 16th, 49; Company E 16th, 43
USMC, 28; USAF, 8

Edgewood Division

Jan. 5
HHC 143rd, win; Company A 143rd, forfeit
Company C 143rd, 49; Company B 143rd, 22
22nd Chem., 45; CHPPM, 15

Jan. 6
22nd Chem., 44; MRICD, 35
Company C 143rd, 39; Company A 143rd, 38

FCC

From page 2

tion," Hartgrove said. "She and I added books, games, and toys to her environment, as needed, for the different age groups. Child and Youth Services also donated a computer for use with the preschool and school age children."

Then an NAFCC observer

visited Quinones home during a "normal" childcare workday in November 2004.

"Maria planned a full [set] of activities with her full day, school age and her own children," Hartgrove said.

Quinones received her three-year accreditation after the observer's report was completed, parent surveys were reviewed, and she met the required standards.

"When Maria and I discov-

ered that she was the first accredited Provider for the Army, we could not believe it," Hartgrove said.

"I would definitely encourage others to complete the program," said Quinones who is also a Department of Army designated STAR PROVIDER.

"Maria has paved the way for our APG Providers and others," Hartgrove said. "Accreditation promotes qual-

ity care and strengthens the profession of Family Child Care. We are proud to be the first."

Accredited homes can be identified by the FCC flag hanging outside the home, which is a sign of a high quality home, Hartgrove said.

For more information, about Family Child Care Program openings, call 410-278-9832/8720/7140.

CWF events, trips for 2005

- Jan. 15 Scrapbook Crop at Top of the Bay
- Jan. 28 70's Party at Top of the Bay
- Feb. 26 APG Mardi Gras Ball at Top of the Bay
- March 4 thru 6 Ski trip to the Poconos
- March 18 Celtic Feast at Top of the Bay
- March 25 "Behold the Lamb," at Sight and Sound and dinner at Willow Valley
Dinner theater
- April 1 Trip to Holland
- April 19 New York for the Day
- May 14 Caribbean Party at Top of the Bay
- June 3
- June 24 Weekend in Cape May
- June 26 Medieval times at Top of the Bay
- July 15 Broadway show "Wicked," in New York City
- July 23
- Aug. 8 Alaskan cruise and land tour, including the Arctic Circle
- Aug. 8 thru 22 Wine and cheese tasting with an evening of jazz, the Fiore Winery
- Sept. 9 Broadway show in New York City
- Sept. 17

Salary Table 2005-DCB

INCORPORATING THE 2.50% GENERAL SCHEDULE INCREASE AND A LOCALITY PAYMENT OF 15.98% FOR THE LOCALITY PAY AREA OF WASHINGTON-BALTIMORE-NORTHERN VIRGINIA, DC-MD-PA-VA-WV

(See <http://www.opm.gov/oca/05tables/locdef.asp> for definitions of locality pay areas.)
(TOTAL INCREASE: 3.71%) • EFFECTIVE JANUARY 2005 • Annual Rates by Grade and Step

Grade	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10
1	18575	19195	19813	20428	21046	21409	22018	22633	22659	23238
2	20885	21381	22072	22659	22912	23586	24260	24933	25607	26281
3	22787	23546	24306	25066	25825	26585	27345	28104	28864	29624
4	25581	26433	27285	28138	28990	29843	30695	31548	32400	33253
5	28620	29575	30529	31484	32438	33393	34347	35302	36257	37211
6	31903	32966	34030	35093	36157	37220	38284	39347	40411	41474
7	35452	36633	37815	38997	40179	41361	42543	43724	44906	46088
8	39262	40570	41878	43186	44495	45803	47111	48419	49728	51036
9	43365	44810	46255	47700	49145	50590	52036	53481	54926	56371
10	47755	49347	50940	52532	54124	55717	57309	58902	60494	62086
11	52468	54217	55966	57715	59464	61213	62962	64711	66460	68209
12	62886	64981	67077	69173	71269	73364	75460	77556	79652	81747
13	74782	77274	79766	82259	84751	87244	89736	92228	94721	97213
14	88369	91315	94260	97206	100152	103098	106044	108990	111936	114882
15	103947	107413	110878	114344	117809	121274	124740	128205	131671	135136