

POST SHORTS

Recycling schedule



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

Location change for retirement ceremony

The March 30 retirement ceremony will be held at the Ball Conference Center, Dickson Hall, building 3074, at 11 a.m. instead of Top of the Bay.

Army Concert Tour coming

APG's summer Country Concert is planned for Aug. 20. More information will be coming. Visit www.apg.mwr.com.

KUSAHC closes on Saturdays

Effective April 1, Kirk U.S. Army Health Clinic will no longer be open on Saturday.

For appointments, call the clinic at 410-278-5475. Clinic hours are 7:30 a.m. to 5 p.m., Monday through Friday.

Active Duty Sick Call hours remain the same with sign in at 5:30 a.m. for both the Aberdeen and Edgewood Area Troop Medical clinics.

Hoyle Fitness Center closed for one week

The Hoyle Fitness Center will be closed March 14-20 for installation of a new floor. The Hoyle Gym will be open. For more information call 410-436-3375 or 7134.

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

See **SHORTS**, page 5

Poachers apprehended in APG waters

Yvonne Johnson
APG News

Police officers from the Directorate of Law Enforcement and Security's Marine and Wildlife, Environmental Law Enforcement Division, confiscated a huge catch of protected yellow perch when they apprehended commercial fishermen operating in violation of state and federal laws in Aberdeen Proving Ground waters March 1.

More than 2,500 pounds of fish were confiscated and upwards of 20,000 pounds were released back into the water according to special agent William Armstrong.

"In Maryland, certain species of fish are deemed threatened and need special consideration," Armstrong said. "Because yellow perch spawn during the month of February they are protected during this important reproduction phase."

Wildlife and Marine officers monitor the waters to ensure fishermen are in compliance with state and federal laws.

"For the last four or five years we've given them verbal

See **POACHERS**, page 6



Photo courtesy of MARINE, WILDLIFE AND ENVIRONMENTAL LAW ENFORCEMENT DIVISION, DLES
Baskets of yellow perch illegally caught in APG waters line the deck of a commercial fishing vessel after being seized by APG Marine, Wildlife and Environmental Law Enforcement Division officers.

Spyware, adware threaten security of computers

DOIM

Unwanted programs that spy on PC users, deliver pop-up ads and track Web surfing habits was a hot topic at a security conference that's usually more focused on viruses, hackers and the encryption of sensitive information, according to an article by Matthew Fordahl, recently published in the Associated Press.

So-called spyware and adware have been around for years but have largely been viewed as more of an annoyance than a security threat.

In the past year or two spyware and adware have taken hold in the Internet culture and become a great problem.

Such programs are often installed on PCs when users agree to a license for free software without reading it.

Later versions take advantage of flaws in Web browsers and operating systems.

Recently, the problem has developed into a major headache for home users, cor-

porations, and government computer systems.

Personal computers choke on a flurry of pop-up windows and users run the risk of lost productivity and pilfered data from such programs.

"Spyware and adware have gone past the point of annoying to really becoming cost centers for corporations," said Jayshree Ullal, senior vice president of Cisco Systems Inc.'s security technology group. "They are where viruses used to be five to 10 years ago."

Companies are announcing new products, services, and software enhancements to give corporate network administrators more protection against these vulnerabilities.

Their strategy doesn't attempt to fix only desktops but secure entire networks.

And, it focuses on all unwanted programs - from worms and viruses to spyware and adware.

Security is too important to

do in isolation. Increasingly, network administrators are integrating security more and more with infrastructure routers and Internet switches.

Security software companies are adding spyware and adware to their lists of programs to find and remove. They are integrating features

of programs that have been sold separately by companies focusing on spyware and adware removal. The updated programs are expected to be available soon.

One thing is certain--the makers of antivirus software are acutely aware of the problems posed by spyware and

adware and are taking steps to combat them.

One such company has announced it will begin to send out updates of its virus definitions on a daily, rather than weekly basis.

There appears to be hope on the horizon.

New policy enables automatic promotion to sergeant

www.military.com

A shortage of sergeants in some specialties has prompted a new Army policy in which corporals and specialists could be automatically promoted without a board.

Under the Army's semi-centralized promotion policy approved Feb. 23, all eligible specialists and corporals (with 48 months in service and a year in grade) will be placed on a promotion list. Then, if a military occupational specialty falls beneath 100-percent strength at the E-5 level, some Soldiers on the list will be automatically promoted.

The new policy could potentially affect about 19,000 corporals and specialists cur-

rently in the active component, according to G1 personnel officials.

Commanders will have the ability to remove a Soldier from the Sergeant Recommended List if a Soldier is not trained, or otherwise unqualified. There will be a 15-day window after the automatic promotion list is generated for commanders to remove names.

Even under the new policy, most promotions to sergeant will still go to those who appear before a promotion board.

To read a related article, visit http://www.military.com/NewsContent/0,13319_usa2_022805.00.html.

CPOC takes APG on a 'long walk' through black history

Story and photo by
Meghan Bowen
APG News

The Northeast Civilian Personnel Operations Center helped Aberdeen Proving Ground celebrate over 100 years of black history with a performance of the play 'Let's Take a Long Walk' in the APG Recreation Center Feb. 23.

CPOC program coordinators Nathaniel Benjamin and Troy Perry organized the program and acted in the play.

The play focused on a working class African-American family and their 12-year-old daughter, Jada, portrayed by Tai Terrell.

In the show, Jada asks her mother, Mrs. Walker, portrayed by Shelia DeVeaux, what could she aspire to be when she grows up. Mrs. Walker, who left college early to raise the family, asks Mr. Walker, portrayed by Rick Witherspoon, to talk to Jada about her future.

In a four-scene dream sequence, father and daughter 'take a long walk' through time and encounter predominant African Americans from the past century.

"Each scene covered a 25 year period and featured African American pioneers whose example showed sacrifice and achievement," said Perry. "And each character was responsible for putting their dialogue together, adding a personal touch to the story."

In the 1900 to 1925 scene, Jada met figures who were the first African Americans in their field to achieve certain milestones, like Madame C.J. Walker, the first millionaire, George Poage, the first male to win a medal in the Olympics, and Benjamin O. Davis the first brigadier general in the U.S. Air Force.

In the 1925 to 1950 scene, Jada met characters like Bessie Coleman, the first African American to fly, Nat King Cole, pop and jazz musician famous for songs like 'Unforgettable' and "Straighten Up and Fly Right", and jazz singer Billie Holiday famous for songs such as 'Strange Fruit' and 'God Bless the Child'.

In the 1950 to 1975 scene, Jada met industry pioneers like Marion Donovan, who developed the first disposable diaper and Don Cornelius, who hosted the longest running dance show in American television history. Jada also met author James Baldwin and Olympic track medalist Wilma Rudolph.

In the 1975 to present time scene, Jada

met figures such as Condoleezza Rice, U.S. Secretary of State, Dr. Patricia Bath who developed a 'Laserphaco Probe' to help remove cataract lenses from the eye, and Oprah Winfrey, philanthropist and talk show host.

Each scene opened with a song to set the mood for the period, like Louis Armstrong's 'What a Wonderful World', the Isley Brothers 'Twist and Shout' and the Jackson 5's 'ABC'.

Benjamin, who wrote the play, talked about how the concept came together.

"I came up with the idea in one weekend about a month before the show," Benjamin said. "The challenges of the play were to find a good time for everyone to practice."

The all-CPOC cast and crew of the play had only three weeks worth of Tuesdays and Thursdays to practice before the public performance, according to Benjamin.

"There's so much talent in this organization," Leslie McGlothlin, CPOC, said after the show.

At end of the show, Alison Beltz portrayed talk show host Oprah Winfrey and told the audience to check under their seats for a special prize ticket. At first the audience thought that this gesture was just a part of the play, but at the end of the show three winners were given homemade cakes made by CPOC's Pam Frasier.

The play was the final CPOC program for Black History Month

"We had a wonderful February," McGlothlin said, "People are still talking about the breakfast program."

Perry also commented on a recent Black History Breakfast Reception that CPOC hosted on Feb. 17.

"We were so proud of the turnout at the breakfast and the play today," Perry said about the 150 people who attended the black history program.

"It's really U.S. history - we're all a part of this," Perry said. "No matter what culture you are, you should be proud of your history."



Rick Witherspoon, right, portrays Mr. Walker the father of Jada, played by Tai Terrell, left, in the Northeast Civilian Personnel Operations Center's Black History Month production of 'Let's Take a Long Walk' in the Aberdeen Recreation Center Feb. 23.

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Annual Army Family Action Plan needs you

ACS

The Army Family Action Plan needs your help. APG's annual AFAP Symposium is March 29 to 31. The AFAP Symposium depends on community feedback and participation to be successful. We need support from all members of the community: Soldiers, family members, civilians, and retirees.

The AFAP process lets members of the Army community tell leadership what's working and what isn't - AND what they think will fix it.

Soliciting issues from the community starts the local AFAP process. Then, delegates from all areas of the community prioritize the submitted issues at the AFAP Symposium. Subject matter experts assist the delegate workgroups in understanding the issues.

The top issues will be presented to the command during an out-brief on March 31.

Following the symposium, the APG AFAP Steering Committee will address the issues. Issue recommendations that can be solved locally will be implemented. Any issue that is beyond the scope of APG is forwarded to the mid-level AFAP conference.

Ultimately, issues may be forwarded to the DA level. Often, AFAP results in legislation, policies, programs and services that strengthen readiness and retention. For example, through

AFAP, the Service Members Group Life Insurance (SGLI) increased from \$50,000 to \$200,000. Additional information about AFAP and other success stories may be found at www.goacs.org.

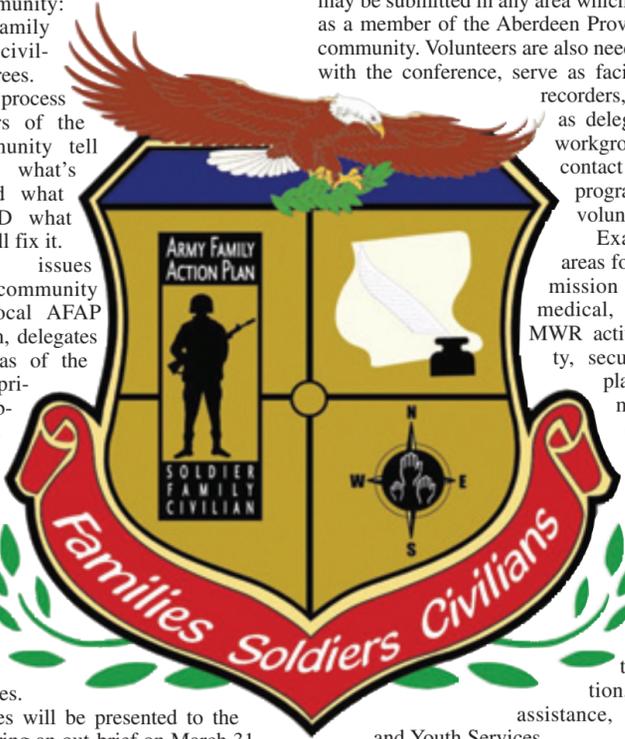
AFAP needs you to submit issues. Issues may be submitted in any area which affects you as a member of the Aberdeen Proving Ground community. Volunteers are also needed to assist with the conference, serve as facilitators and recorders, and serve as delegates in the workgroups. Please contact the AFAP program office to volunteer.

Examples of areas for issue submission include medical, housing, MWR activities, safety, security, workplace environment, civilian personnel issues, military benefits and entitlements, TRICARE, lodging, transportation, tuition assistance, and Child and Youth Services.

Issues may be submitted to Army Community Service, building 2754, using the adjacent form. Issues may also be submitted electronically to sarah.staats@apg.army.mil. Include contact information in case clarification of your issue is needed.

AFAP is an opportunity for you to participate in improving APG and the Army as a whole.

For more information call Sarah Staats at 410-278-2464.



ABERDEEN PROVING GROUND ARMY FAMILY ACTION PLAN (AFAP)

AFAP SYMPOSIUM XIX - MARCH 29-31, 2005 APG NEEDS YOUR INPUT!

The Army Family Action Plan (AFAP) process reviews, prioritizes, and resolves issues solicited from the community. Members of the community submit issues and participate in prioritizing them at the annual AFAP Symposium. Issues beyond the scope of the local level are sent to the regional AFAP conference.

Input is needed from Soldiers, civilian employees, family members, retirees, and youth. Issues may be in any area affecting members of the military community. Some recommended functions for consideration in developing your issues are attached to this form. You may submit an issue in any area you feel is important to your well-being. Questions? Call Sarah Staats at 410-278-9685 or email: sarah.staats@apg.army.mil

Please submit your issue by March 22, 2005

Submit your suggestion in one of the following ways:
Email: Sarah.staats@apg.army.mil
Fax: 410-306-2293
Mail: AFAP, Building 2754, Room 206, APG MD 21005-5001

Please print clearly and provide detailed information! Use additional pages if necessary.

What is the problem? _____

Why is it a problem? _____

How can it be fixed? _____

Name: _____ Daytime Phone: _____

Email: _____

Your name and contact information will allow us to ask questions if needed. Incomplete issues may not be considered.

Women's History Month

Health — Heart disease and women

Cheryl Owens-Cobblah
Walter Reed Army Medical Center

Heart disease and stroke are the first and third leading causes of death among American women. Overall, cardiovascular disease claims the lives of more than 500,000 women each year in the United States; this equates to 41.3 percent of all female deaths, and more than all types of cancers combined.

In the United States alone, more than one half million women die of CVD each year, exceeding the number of CVD deaths in men and the next seven causes of death in women combined. This translates into approximately one death every minute.

Coronary heart disease accounts for the majority of CVD deaths in women, disproportionately afflicts racial and ethnic minorities, and is a prime target for prevention. Black women have the highest CVD mortality rate among ethnic minority groups.

Because CHD is often fatal, and because nearly two thirds of women who die suddenly have no previously recognized symptoms, it is essential to prevent CHD.

Despite research-based gains in the treatment of CVD, it remains the leading killer of women in the United States and in most developed areas of the world.

The purpose of a study done by Dr. Lori Mosca was to assess

the contemporary awareness, knowledge, and perceptions related to CVD risk among American women and to evaluate trends since 1997 — when the American Heart Association initiated a national campaign to improve awareness of CVD among women.

A national survey conducted by the American Heart Association in 1997 showed that only 7 percent of women perceived CVD to be their greatest health threat and less than one third knew it was the leading cause of death. As a result, the AHA initiated a public health campaign targeted to women to increase awareness and improve lifestyle behaviors related to CVD.

Recently, there has been an increase in the number and proportion of women who have participated in clinical trials, although many early CVD prevention trials did not fully include women and other important subpopulations.

Overwhelming evidence suggests that CVD can be prevented in both women and men.

Dr. Elizabeth Barrett-Connor noted that for years it was thought that the excess male mortality was explained by unhealthy behaviors that were more socially acceptable for men than women. These behaviors might include cigarette smoking, heavy alcohol use, eating more red meat and fewer fruits and

vegetables, and exposure to physical hazards. The usual view was that differences in behavior were more important determinants of the higher male mortality than inherent sex differences in physiology.

More recently, studies show that behavior contributes to but does not fully explain the risk of CHD. It is important that the public be appropriately informed about potentially lifesaving preventive therapies and take action to lower their risk.

On the basis of our review of the scientific evidence, it appears the risk of no action is far greater than that of applying knowledge to prevent CVD. Many research articles do not include female subjects, and very few present race and ethnic-specific analyses. Moreover, few studies included elderly women, especially those over 80, in whom CVD is common.

The results highlight the need to include diverse populations in research studies and to present subgroup analyses so guidance can be tailored, if appropriate, to subpopulations. Because health care is a blend of science and art, Mosca emphasize that guidelines are not a substitute for good clinical judgment.

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

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM-P, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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

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Heart disease top female killer

Sgt. Chuck Wagner
The Pentagon, Military District of Washington

The emergency room medical staff stared blankly at the monitor. One nurse said, "It can't be right."

Cindy DeMarco was just 30 years old, didn't smoke, and had low cholesterol and blood pressure. Most of all, she was a woman, and this was not a women's ailment.

DeMarco awoke that morning with crushing chest pain, back pain, drenched in sweat and feeling nauseous. She wondered if it was food poisoning, or if she had cracked a rib playing racquetball the night before. In the corner of her mind, she feared it might be breast cancer, a disease all-too-common in her family's past.

She went to the emergency room after she felt tingling in her arms and near her jaw.

There she stood before the doctor; nine months in the military, a perfect 300 score on her recent physical fitness test and in training for a marathon, but feeling completely washed out. The doctor suggested she rest at home and prescribed muscle relaxers.

"I know my body. I've only been to the emergency room twice in my life, both times for broken bones. I never felt so horrible. I said I'm not leaving. I want more testing. I looked up at the EKG [electrocardiogram] and said 'test me with that,'" says DeMarco, now an Army captain working with the Judge Advocate General's Office in Rosslyn.

The EKG, an electric monitoring of the heart, showed she was having a heart attack that fateful day in 2000. Spasms in a major blood vessel were creating blood clots, which was depriving her heart of oxygen-rich blood.

"Never, ever was I thinking it was a heart

attack. That's a man's disease," says DeMarco.

That's where she was almost dead wrong about heart disease. She is not alone — most women have no idea of the single greatest disease threat facing them.

Approximately 267,000 women die each year from heart attacks, which kill six times as many women as breast cancer. Heart disease is, in fact, the leading cause of death for American women.

The real kicker — more women than men die of heart disease each year.

It's a scary, and largely overlooked, health-care disaster for women of all ages. Not only are women suffering more heart attacks than men, the attacks are generally more severe.

Younger women who suffer heart attacks have double the death rate compared to men the same age, according to Dr. Nieca Goldberg, author of the book *Women Are Not Small Men*. "Young women don't think it can happen to them. The facts show this isn't true," said Nancy Loving, executive director of the National Coalition for Women with Heart Disease.

Smoking is a leading cause of heart attacks, Loving said. High blood pressure, high cholesterol levels and a family history of heart disease are other factors.

A sedentary lifestyle or obesity play a role but are probably less common with service members than in the general public.

Any woman can suffer the most unrecognized contributor to heart disease: untreated clinical depression places tremendous strain on the heart, Loving said, and seeking help for the problem may not occur as often within the

See HEART DISEASE, page 3

Family Corner—Enriching the military life

APG Family is priority for Army Family Team Building trainers



Cherrilyn Boyington, Army Family Team Building program trainer, gives a final presentation on Family Readiness Groups at Army Community Service, building 2754, Feb 3.

Story and photo by
Meghan Bowen
APG News

The Army Family and Team Building program graduated eight new instructors, responsible for teaching people about military life, during a ceremony held at the Army Community Service, building 2754, Feb 3.

"This is a great accomplishment," said Col. John T. Wright, Aberdeen Proving Ground Garrison and deputy installation commander, as he presented training certificates to the graduates.

Garrison Command Sgt. Maj. Elvis Irby presented graduates with an APG installation pin and AFTB pin.

Heart disease

From page 2

ranks as it should, because service members may feel clinical depression reflects badly on their performance record.

Avoiding risk factors is not necessarily enough to maintain heart health. Education is the best defense.

"I had zero risk factors and it happened to me. Just think about women who DO have risk factors. No one is in the clear," said DeMarco.

Warning signs of a heart attack are different in women than men, which can compound difficulties diagnosing women. Chest pain, long considered the classic heart-attack symptom, occurs much less often among women. When women do experience chest discomfort, they usually describe it as an achiness, tightness or pressure — not pain.

"There is more fatigue, more nausea, maybe lightheadedness," said Loving. "When a woman feels these things, that doesn't mean it is the heart but they should start thinking heart. Don't blow it off as, 'I'm just stressed; I'm just fatigued.'"

DeMarco's unusual symptoms may have saved her life.

"If it wasn't for the crushing chest pain, I probably wouldn't have been inclined to ask for the EKG and things could have turned out different," she said.

Since suffering a heart attack four years ago, DeMarco has educated herself on heart disease and now wants to share knowledge about the threat. She's on the board of directors for the Coalition for Women with Heart Disease and enjoys opportunities to talk to women about the disease.

An e-mail sent recently to the coalition shows they've reached some women in uniform.

A female corporal with the Utah Army National Guard now stationed in Baghdad read about heart disease among women and contacted the coalition.

"I made positive changes in my life, such as changing my diet and exercising more. I also kicked that nasty nicotine habit, because I do not want to become another statistic! I

"I'd like to thank Andrew Williams for all of his help," Staats said.

Celestine Beckett, Army Community Service director, thanked Staats for her work.

"Sarah is new and I wanted to commend her," Beckett said. "She's done a wonderful job coordinating the instructors course for the students."

Catherine Cornelison spoke about having Staats as a teacher.

"Sarah builds a connection with her students," Cornelison said.

Karen Grube commented on instructor Andrew Williams' approach.

"He's a very thorough and direct instructor," Grube said.

Williams talked about his teaching approach.

"I think a direct approach is important because what we're doing here is so important," he said.

Williams commented on the purpose of the AFTB program.

"The training not only introduces participants to AFTB but shows them what the ACS support centers can do and raises awareness," Williams said.

Angela Young talked about the benefits of the training program.

"It's the type of program that helps individuals better equip themselves as a leader in any environment," Young said.

Students talked about how the program has helped them to get acquainted with the installation.

"I'm brand new at APG," said Cherrilyn Boyington, "and the program has been a

great opportunity to meet people on post."

"I just moved here from Germany," said Barbara Brown, "and I want to help other new spouses become oriented."

The students gave their final presentations the same evening as the graduation ceremony during which each member gave a 12- to 15-minute lecture on a specific topic that they will be presenting as future AFTB trainers.

Williams talked about his experience teaching the class.

"They were a fantastic group," Williams said. "They were a very capable class who assimilated the knowledge they gained."

have been talking to other women in my unit and we are all getting ready to make healthy promises to ourselves, each on our own level. There are hundreds of women here that need to be informed of the truth about heart disease, and I would be honored to be the messenger."

Loving says improving

women's heart health is an uphill battle against longstanding stereotypes and traditional medical culture.

Although more women than men die of heart disease each year, women receive fewer angioplasties, stents, and bypass surgeries. They also get less fewer defibrillators and

See HEART DISEASE, page 11

Community Notes

**THURSDAY
MARCH 10
FREE HOME SELLING
SEMINAR**

A Home Selling Seminar will be offered by Aberdeen Proving Ground Federal Credit Union 6 to 8 p.m. at

the APGFCU Operations Center in Edgewood, 1321 Pulaski Highway.

Guest speakers, Cathy Werner of RE/MAX American Dream, and Robert Brendel of Stonegate Title, will cover topics such as market analysis, costs of selling, for sale by owner, negotiating and home inspections.

To reserve a space, call 410-272-4000 or 1-800-225-2555, ext. 5451. The seminar is open to the public.

**FRIDAY
MARCH 11
SPAGHETTI DINNER**

The women of St. James A.M.E. Church, 615 Green Street, Havre de Grace, will host a spaghetti dinner at 6 p.m. The cost of the dinner is \$5. The Rev. Lida Henson and Evangelist Eva Taylor will render service. The program will benefit the church's Annual Woman's Day program scheduled on March 13.

For more information, call 410-939-2267.

**SUNDAY
MARCH 13
WOMEN'S DAY CELEBRATION**

The women of St. James A.M.E. Church, 615 Green Street, Havre de Grace, are celebrating their 97th Annual Woman's Day. Rev. Laverne Steele, Grace A.M.E., Catonsville, will be the guest speaker at the 11 a.m. service. A musical program is planned for the 4 p.m. service.

For more information, call 410-939-2267.

**TUESDAY
MARCH 15
IRISH SPECIALTY
MEAL**

The Irish Specialty Meal will be held in the Aberdeen Area dining facilities, building 4219 and 4503 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, retirees

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 Irish Meal includes peas and ham soup, New England boiled dinner, Shepherd's pie, Dublin coddle (bacon and pork sausage), fish and chips, Irish stew, grilled reuben sandwiches, macaroni and cheese, shamrock green beans, seasoned carrots, pickled beet and onion salad, Waldorf salad, hot rolls, assorted breads, assorted desserts, soft serve yogurt with assorted toppings, assorted hot and cold beverages.

Note: Menu is subject to change without prior notification.

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

**FREE RETIREMENT
PLANNING SEMINAR**

A Retirement Planning Seminar will be hosted by Aberdeen Proving Ground Federal Credit Union 6 to 7 p.m. at the APGFCU Operations Center in Edgewood, 1321 Pulaski Highway.

The Goles Investment Group/FBW will present information on confronting the longevity gap, tapping the power of diversification, building a 30-plus year retirement plan and strategies for every age.

To reserve a space, call 410-893-7359 or e-mail edteam@apgfcu.com. The seminar is open to the public.

**WEDNESDAY
MARCH 16
FREE RETIREMENT
PLANNING SEMINAR**

A Retirement Planning Seminar will be hosted by Aberdeen Proving Ground Federal Credit Union 4 to 5 p.m. at the APG Branch, Chesapeake Avenue and

Oakington Street.

The Goles Investment Group/FBW will present information on confronting the longevity gap, tapping the power of diversification, building a 30-plus year retirement plan, and strategies for every age.

To reserve a space, call 410-893-7359 or e-mail edteam@apgfcu.com. The seminar is open to the public.

**SATURDAY
MARCH 19
BULL AND OYSTER
ROAST**

The Jarrettsville Young Marines is sponsoring its 3rd annual Bull/Oyster Roast 6 p.m. at the Jarrettsville VFW Post 8672, 1714 Morse Road.

This taste-tempting event is a fund raiser that supports the "Young Marines," a local youth group that embodies the same values of the U.S. Marine Corps, while serving the local community.

Tickets are available from Linda Minton, 410-557-6571 or Marie Reich, 410-256-0280. Semper Fidelis.

PRIZE BINGO LUNCHEON

The Pilottown Rod and Gun Club, located on Belle Manor Road, Conowingo, will hold a Prize Luncheon Bingo to benefit the Ladies Auxiliary to the Rod and Gun Club. Doors open at 11 a.m., bingo begins at noon. Tickets cost \$15 and includes paper packet for 20 games and lunch; extra packets cost \$5; Cost for children is \$10 with no extra packets. Tickets are available at the door. Door prizes, refreshments, raffles and more will be available. All children must be accompanied by an adult.

No smoking is permitted in the club.

For more information or to purchase tickets, call 410-378-2221, 410-658-5628 or 410-378-0096.

MOVIES

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

**PHANTOM OF THE
OPERA**

Friday, March 11, 7 p.m.

Saturday, March 12, 9 p.m.

Starring: Gerard Butler, Emmy Rossum

The Phantom (Butler) is a masked man who roams around the Paris Opera House and haunts the singers. He falls for a young soprano named Christine Daae (Rossum) and tutors her so well that she passes another soprano (Minnie Driver) as the city's best. He's smitten and wants Christine for his own, but she still has feelings for a childhood love,

Raoul Viscount de Changey (Patrick Wilson). Feeling betrayed, the Phantom kidnaps Christine with plans to make her his eternal bride. (Rated PG-13)

**THE WEDDING DATE
(FREE ADMISSION)**

Saturday, March 12, 7 p.m.

Starring: Debra Messing, Dermot Mulroney

Returning to her parent's London home for her sister's wedding, a young woman hires a male-escort to pretend to be her boyfriend when she is forced to reencounter her ex-fiancé. (Rated PG-13)

Post Shorts

Vaccine Hotline at 410-305-FLUV (4-3588).

Introductory sports playgroup

A new introductory sports playgroup program for Family Child Care youths will be held 11:30 to 1 p.m. each Thursday at the Edgewood Youth Center weather permitting. The program will not be held on holidays. This program will launch children's interest in sports in a non-competitive fashion.

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

Pet supplies needed

Because of the large number of cats in need of adoption at the APG Veterinary Treatment Facility, cat food and cat litter are in short supply.

Donations of these items can be brought to the clinic located at 2479 Oakington Street. The facility is open 7:30 a.m. to 3:30 p.m., Monday through Friday. For more information, call 410-278-3911/4575.

Reserving a picnic area

All Installation Activities, Units and the public can make reservations for the upcoming Spring/Summer.

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

Experience the Civil Air Patrol at APG

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

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

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

For more information, contact Lt. Phillip Szczepanski, 410-803-9737 or e-mail: info@harfordcap.org.

Scheduling TRICARE information

briefings, forums

Units or groups that would like to schedule TRICARE briefings should contact Nannetta Hicks, TRICARE community representative, via e-mail at nanetta.l.hicks@us.army.mil, or visit Kirk U.S. Army Health Clinic, Room A08.

New medical records policy at KUSAHC

The Medical Records Room at Kirk U. S. 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 KUSAHC.

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

Registering newborns 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.

New program seeks volunteers

The Aberdeen Proving Ground Minority College Relations Program is seeking volunteers from the Garrison and tenant activities to build a Minority College Relations Team.

The MCRT will identify and develop collaborative programs that will strengthen minority colleges, APG's viability to participate in and benefit from federal programs, and enhance APG's future readiness by partnering with these colleges and institutions.

For more information, call Neslie Etheridge, 410-278-1131.

Funding for college

The Aberdeen Chamber of Commerce is giving a \$1,000 scholarship to a qualifying graduating senior from the Aberdeen High School district. Anyone interested in applying should call the chamber office or visit Web site www.aberdeenc.com to download the application and the regulations.

All applications are to be submitted by April 1.

Reserving Capa Field

Personal reservations for CAPA Field can be made beginning 9:30 a.m., 3 March, building 2727, room 101, in the Aberdeen Area.

The APG Forum

Letter to the editor

Dear Editor,

I am curious to know why when the weather is bad that APG NEVER shuts down or even delays opening when the rest of state is either closed or delayed? Even Fort Meade will be closed or delayed.

I would also like to know since APG never shuts down why the parking lots are never even plowed? If they want us to come to work at least have the base ready to go.

Who makes the decision?

Also, when are you going to start running stories about BRAC 2005 since the rumor is the Edgewood Area will be closed down after the BRAC announcement in May.

Concerned worker.

Response

Dear concerned worker,

The decision to close post or delay opening is made by the Installation Commander, Brig. Gen. Roger Nadeau, with advice from the APG Garrison.

The decision to close the installation, or to delay opening is

not made lightly. APG is a large and complex post, engaged in work that is vital to our nation's security. For this reason we strive to keep the post open for business to the extent that we are able.

Our primary concern is whether we can keep the access roads and parking lots clear enough for our employees to be able to reach their workplaces, not necessarily snow free. If we do not feel that we are able to do this, we will announce a post closure, a delay in opening or an early release.

These announcements can be heard on the Baltimore and local area television and radio stations as well as on the post SNOW line, 410-278-SNOW (7669).

Concerning BRAC, of course rumors abound. The fact is however, no BRAC proposals or lists have been announced, nor are any expected before May of 2005. Any reporting on APG's participation in BRAC would be pure speculation.

*John T. Wright
Colonel, U.S. Army
Deputy Installation Commander*

Tree dedicated to DSHE leader

Story and photo by
Connie S. Kerr
Special Contributor

A group of employees from the Directorate of Safety, Health and Environment honored their friend and co-worker, John E. Hayden, by dedicating an existing young oak tree in front of building 4304 on Susquehanna Avenue at Aberdeen Proving Ground in his memory Feb. 25.

Timothy McNamara, DSHE's director, said Hayden, chief of the Installation Safety Division, was a very creative and inspirational leader, as well as a hard working and dedicated employee who stood up for his principles, ensuring the highest degree of safety for everyone at APG.

McNamara said they chose the oak tree because it signifies strength and character, both of which serve as tangible symbols of Hayden's life and that he hoped the tree lived



long and "grew strong as the gentle giant he knew."

During Hayden's 15 years in DSHE, he established the

Asbestos Conversion Facility, the Lead-Based Paint Program and the Respirator Issue Program.

Previously, he worked as an industrial hygiene technician and served time in the U.S. Army.



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



TIPS of the week

Make sure that all doors are closed, especially during the heating and cooling seasons.

If your building has any unheated rooms or areas, keep doors closed to prevent infiltration to conditioned spaces.

If people continuously leave their windows open during the heating or cooling season, this is an indication that the heating or cooling control system may be broken and needs repair by the Directorate of Installation Operations.

Poachers

From front page

warnings," he said. "In early February, we started seeing nets going up in the area."

After a period of surveillance, APG officers confronted the fishermen March 1 and found approximately 85 nets in the water, he said.

"This is not only in violation of the law, it takes away from breeding stock and future resources," Armstrong said.

The confiscated fish are valued at approximately \$4,500.

Armstrong said that at least

\$35,000 worth of yellow perch were released back into the waters.

Incidents of poaching or hunting out of season are all too common occurrences, he said.

The Wildlife and Marine Law Enforcement Division works closely with the U.S. Coast Guard and the state of Maryland to protect our natural resources.

"Seafood is a big market and there will always be people out there trying to profit illegally," Armstrong said.

The case is being referred to the U.S. Federal District Court in Baltimore.



Photo courtesy of MARINE, WILDLIFE AND ENVIRONMENTAL LAW ENFORCEMENT DIVISION, DLES

A net filled with yellow perch being pulled from Aberdeen Proving Ground waters is one of dozens found by officers from the Marine, Wildlife and Environmental Law Enforcement Division who apprehended commercial fishermen illegally fishing for the protected species March 1.

Lenten and Easter service schedule

Catholic services

Aberdeen Area

Regular mass is Sunday, 8:45 a.m.
Limited weekday mass at AA starts Feb. 17 (check weekly bulletin for changes)

- Weekday mass schedule
- March 12, 9 a.m. to 5 p.m., Confirmation retreat (AA)
 - March 16, 7 p.m., Lenten service (Stations of the Cross)
 - March 25, 7 p.m., Good Friday service
 - March 26, 7:30 p.m., Easter Vigil mass
 - March 27, 8:45 a.m., Easter Sunday

Edgewood Area

Regular mass is Sunday, 10:45 a.m.
Limited weekday masses (Check weekly bulletin for changes.)

- March 10, 7 p.m., Lenten service, Stations of the Cross,
- March 24, 7 p.m., Holy Thursday mass
- March 27, Easter Sunday, sunrise worship, 7 a.m., Capa Field; Easter mass, 10:45 a.m., chapel
- April 13, 7 p.m., Confirmation mass with Bishop Kaising (Archdiocese for Military Service)

• Catholic services conducted by Father John Bauer.

Protestant Services

Aberdeen Area

Regular worship is Sunday, 10:15 a.m.
Every Wednesday, noon at AA Chapel. Lunch is provided
March 20, 10:15 a.m., Palm Sunday worship
March 24, 6 p.m., Maundy Thursday Living Last Supper
March 27, Easter Sunday worship, 10:15 a.m. at the chapel
April 22 and 23, PWOC retreat

Gospel Services

Aberdeen Area.

Regular worship is Sunday, 12:30 p.m.
March 12, Financial Conference
March 26, Easter egg hunt
March 27, Easter Sunday worship, 12:30 p.m. at the chapel

Protestant

Edgewood Area

Regular worship is Sunday, 9:15 a.m.
March 27, Easter Sunday; sunrise worship, 7 a.m. at Capa Field, and 10:15 a.m. at the chapel
For more information, call the Chapel, 410-278-4333.

APG closing announcements

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

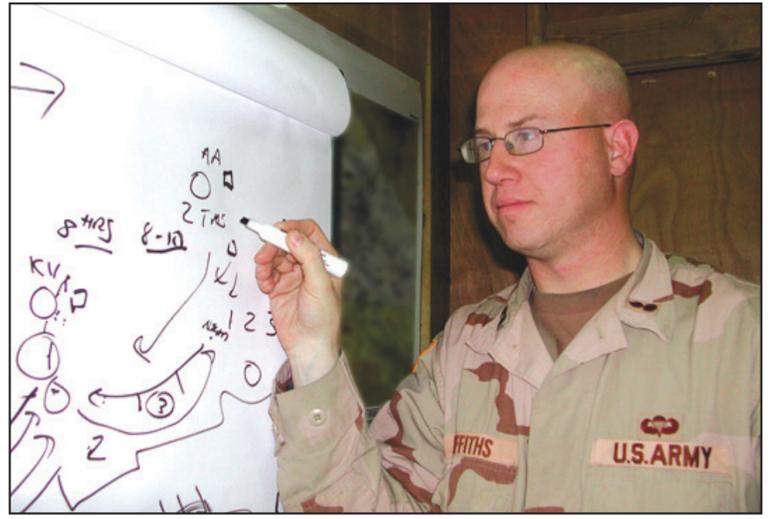
Announcements about federal offices in the greater Baltimore metropolitan area do not apply to APG; listen for those that name APG specifically.

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

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

Soldiers tackle challenges of fuel run mission

A team of experienced Soldiers simplified the fuel run process to increase the amount of supplies arriving across the Iraqi border from Jordan.



U.S. Army Capt. Christopher T. Griffiths explains the process to increase the amount of fuel delivered on the Jordanian route. Griffiths assisted in simplifying the process to increase the amount of fuel delivered.

Story and photo by

Sgt. Annette B. Andrews

28th Public Affairs Detachment

As the sun sets and the temperature drops, it becomes difficult to tell the difference between murky fog and sand blowing across the vacant desert for Soldiers on the Jordanian fuel run mission in northwestern Iraq.

"I tell you it's tough stuff. It's not a fun life," said Maj. Randell C. Gaston, deputy support operations officer, 561st Corps Support Group. "It's all quick decisions that they have to make."

Running supplies under the cover of darkness from one country into a combat zone is dangerous enough, but adding to the load and delivering it in less time than initially designed is almost unheard of, unless you are a Soldier in the 1297th Corps Support Battalion, 561st Corps Support Group.

The 1297th Corps Support Battalion is a National Guard unit from Havre De Grace assigned to the 561st Corps Support Group, a reserve unit from Omaha, Nebr., in support of Operation Iraqi Freedom.

"What was once a four-day push now takes two or three days with increased benefits for those on the road," said Capt. Christopher T. Griffiths, battalion S2 and S3.

Throw in a rest stop, refueling point and a faster turnaround for three teams of support troops, who are now converted into combat fighters.

A team of experienced Soldiers simplified the process to increase the amount of supplies arriving across the Iraqi border from Jordan, Griffiths stated.

The strategy was to synchronize the camp called Korean Village, which is three hours from the Jordanian border, with Al Asad, eight hours or more east of Korean Village.

In those evening hours bathed in the peculiar luminosity of twilight, a team of 33 Soldiers gear up 10 vehicles to begin the trek that can last as long as 13 hours, depending on road conditions, to get to Korean Village from the general supply hub, known as Al Asad.

These teams, Chevron One through Three, live and breathe the combat logistics patrol way of life, indicated Griffiths. With ballistic goggles, a cover to keep from breathing in dust and loaded weapons among their gear, "they escort the Jordanian truck drivers to Korean Village," he said.

Each vehicle and its driver must go through a search and inspection before hitting the road with the Chevron teams.

"Soldiers search for contraband and

inspect trucks for being road worthy. Trucks that don't pass inspection are turned away.

"There is nothing more frightening than sitting with a broken-down vehicle; just waiting to get hit by insurgents," Griffiths said. "Safety is the main factor to receiving supplies."

He went on to explain that one way to reduce risks is to give the Soldiers some downtime, and it works like this: Chevron Three gets three days of rest, recovery and mission planning while Chevron One drives the mission to Korean Village.

At the village, Chevron One has the opportunity to rest and refuel before escorting full tankers back to the support hub, thanks to Chevron Two.

Chevron Two, the team stationed on Korean Village for a 15-day rotation, escorts the truck drivers to Trebil, on the Jordanian border, where they leave the first set and pick up another set of trucks and drivers.

"It's there, at Trebil, that the search and inspection turns up the most contraband before heading back to Korean Village," Griffiths said.

Once back within the village compound, Chevron One resumes the mission and escorts the truckers into Al Asad.

Breaking it down, "One team drives the village mission for 15 days and the two other teams spend one month on the GSH (Al Asad); then they rotate out," Griffiths said, who hails from Middleburg, Pa.

Before the 1297th Corps Support Battalion arrived on station, the Marines were moving 350,000 gallons of fuel every four days and 400 trucks each month. No water and no other supplies were transported.

After building on the lessons learned by the Marines, the 1297th Corps Support Battalion transports about 600,000 gallons of fuel every two or three days and 1,200 trucks a month through their area of operations, supplying mainly the Marine expeditionary forces, stated Griffiths.

They've been retasked to bring in all classes of supplies to include bottled water, meals ready to eat, medical supplies, sodas and toilet paper. Success means getting the supplies to the outlying forward operating bases.

"By the time it's all said and done, they will have set the standard on how it's done," Gaston commented.

(Editors Note: Sgt. Annette B. Andrews is a member of the 28th Public Affairs Detachment from Fort Lewis, Wash., and is deployed to Iraq in support of units under LSA Anaconda command.)

International T&E awards three from APG

Mike Cast

Developmental Test Command

Two Army Developmental Test Command employees and former Army Evaluation Center employee who recently transferred to the Edgewood Chemical and Biological Center received awards Feb. 24 from the Francis Scott Key Chapter of the International Test and Evaluation Association.

Alan Yankolonis, who heads DTC's Tank-Automotive and Armaments Division, received the chapter's General Powers Award for his many accomplishments and for his work for DTC and its predecessor organization, the Army Test and Evaluation Command, since 1972.

Peter McCall, who directs DTC's test program for the Army's Stryker combat vehicle, earned the chapter's Test and Evaluation Professional of the Year Award for his many accomplishments at the Aberdeen Test Center and its predecessor organizations, the Combat Systems Test Activity and the Materiel Test Directorate, for his management of the Stryker test program.

Dan Barker, currently working on Soldiers' protective equipment for ECBC, received the chapter's Young Test and Evaluation Professional of the Year Award for his work during his previous job as an operations research analyst with the AEC's Survivability Evaluation Directorate and, before that, with the Human Research and Engineering Directorate of the Army Research Laboratory.

Established 1988, the General Powers Award presented to Yankolonis was named in honor of Maj. Gen. Patrick Powers, who commanded the U.S. Army Test and Evaluation Command, the former name of DTC, in the late 1970s. It recognizes a lifetime of outstanding achievements. To be eligible for the award, a nominee must have a minimum of 20 years in the test and evaluation field at the time of nomination and must be recognized by professional peers as a leader and/or test and evaluation technical expert.



Morale, Welfare & Recreation

Activities

STEP Class Systemic Training, Effective Parenting

This workshop for parents

to educate them about improving their parenting skills will be held 6 to 8 p.m., Monday and Wednesday, March 14 to 30 at Army Community

Services. Register by March 11.

For more information or to register, contact ACS at 410-278-7478.

Passport to Manhood

Passport to Manhood, a program designed for young men, ages 11 to 14, will be held 7 to 8:30 p.m., March 17, 2005 through March 16, 2006 at Aberdeen Youth Services, building 2522.

The program addresses issues such 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. Register by March 15.

Amateur boxing

It's the 143rd Ordnance Battalion versus the 16th Ordnance Battalion in an amateur boxing match, 6 p.m. on March 19, Hoyle Gym and Fitness Center, building E-4210. Doors open 5 p.m. Front row ring seats cost \$20, all other seats cost \$10 for non-military and \$5 for military.

Purchase tickets at WMR Registration, Hoyle Gym and

Fitness Center or www.apgmwr.com.

Spring Fling parade

APG will host a community-wide Spring Fling April 16, featuring a parade at 9:30 a.m. followed at 11:00 a.m. by a variety of games, social leisure and sports activities, 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, circle 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, police and fire departments and the 389th Army Band (AMC's Own) will participate in the parade.

Following the parade, various give-aways and activities will be provided such as balloons, face-painting, caricature drawings, magic show, meet McGruff, demonstrations by the police SWAT Team, Army Substance Abuse Prevention activities and information, Army Community Service, Child Youth Services, and 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.

Split Your Sides Laughing Comedy Show

"Split Your Sides Laughing" Comedy Show, a Ricky Shackelford Production, will be held April 16 in the APG Post Theater with Laughin' Lenny, Howard "G", Rick Younger and Shelia "Strawberry" Gaskins.

Doors open at 8 p.m. and the show begins at 9 p.m. Tickets cost \$10 for upper level, \$15 for upper level in advance and \$20 at the door.

An after party will be held in the AA Recreation Center immediately following the show for all ticket stub holders. Cost without the ticket stub is \$5.

Visit www.apgmwr.com or MWR Registration, 410-278-4907/4011 for tickets.

For more information, call MWR Registration at 410-4907/4011 or e-mail mwr.registration@usag.army.mil.

SCHOOL LIAISON/YOUTH EDUCATION

Driver's Education classes scheduled

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

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

The following classes are scheduled:

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., 410-939-7008 or 937-2184, or Ivan Mehosky 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.

NASA Space Camp applications being accepted

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

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

The deadline for completed applications is April 1.

For more information or to apply for the scholarship, call Ivan Mehosky at 410-278-2857, or visit Web site www.space-camp.com.

Registering for the School Age/Middle School Services Summer Program

The Aberdeen and Edgewood Summer Program will run for nine weeks, 6:30 a.m. through 5:30 p.m., Monday through Friday, June 20 through Aug. 19.

The program is open to all qualifying children who have completed 1st through 8th grades. Sign up for the weeks needed. Tuition fees are based on total family income.

Waiting list forms may be picked up and dropped off 7:30 a.m., at the Edgewood Youth Services, building E-1902 or the Outreach Services building 2752 or faxed to 410-278-2582. Waiting list forms will not be distributed or accepted at the Aberdeen Youth Services.

Registration will be held April 2 at the Edgewood Youth Services and April 9 at the Aberdeen Youth Services for all sponsors who have been offered openings by the Central Registration office.

Registration packets, an up-to-date physical and family income information must be completed prior to the registration appointment.

A \$20 non-refundable deposit is required per child at the time of registration for each week selected.

For more information, call the Outreach Services Office at 410-278-7571 or 7479.

CareerLaunch for youths

The Gap Foundation will sponsor CareerLaunch for youths ages 13 to 18 years of age, 4 to 5 p.m., March 14 through May 2, at Aberdeen Youth Services, building 2522. CareerLaunch encourages members to assess their skills and interests, explore careers, make sound educational decisions and prepare to join our nation's ever-changing work force. Mentoring and job shadowing opportunities for teens and training staff round out the program.

Attendance is free. Youths must have an active CYS membership.

Register by March 7 at Aberdeen Youth Services, building 2522, 410-278-4995.

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:

Voices of War: stories of service from the home front and the front line, edited by Tom Weiner

These first-person impressions of some 60 men and women who took part in the U.S.'s 20th-century conflicts were chosen from among the more than 30,000 oral histories collected by the Library of Congress's Veterans History Project.

The Persian Puzzle: the conflict between Iran and America by Kenneth Pollack.

God's Politics: why the right gets it wrong and the left doesn't get it by Jim Wallis.

French Women Don't Get Fat by Mireille Guiliano.

Ronald Reagan Remembered: CBS News edited by Ian Jackman.

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.

Sports

USMC wins 2005 Intramural Bench Press competition



Yvonne Johnson

APG News

In the first Commander's Cup event of the year, the U.S. Marine Corps Detachment pulled out a close win over Company A 16th Ordnance Battalion to win the 2005 Intramural Bench Press competition at the Aberdeen Area Athletic Center Feb. 26.

The Marines garnered 6 Commander's Cup points to Company A's 4. Headquarters and Headquarters Company 61st Ordnance Brigade came in third with 2 points.

Individual awards are as follows:

Best overall

Male, Anthony Slater, HHC 61st

Female, Angela Minnich, Company A 16th

Military men

132-pounds

Champion, Jason Walsh, USMC, 135-pounds

148-pounds

Champion, Aaron Enns, USMC, 245-pounds

Runner-up, Louis Lorenz, Company A 16th, 245-pounds

165-pounds

Champion, Tim Harkins, 4th CEB, 245-pounds

Runner-up, Ryan Hadley, USMC, 225-pounds

181-pounds

Champion, Ben Dolese, USAF, 360-pounds

Runner-up, Kenneth Johnson, 520th TAML, 300-pounds

198-pounds

Champion, Richard Ameer, Company A 16th, 245-pounds

Runner-up, Anthony Thomas, USMC, 240-pounds

220-pounds

Champion, K.K. Kacir, USMC, 335-pounds

Runner-up, Roger Graves, Company A 16th, 325-pounds

242-pounds

Champion, Valente Cantu, USMC, 345-pounds

Sub-master heavyweight

Champion, Ron Clark, USMC, 310-pounds

Runner-up, Caudell Taylor, National Guard, 300-pounds

Masters lightweight

Champion, Anthony Slater, HHC 61st, 325-pounds

Runner-up, Rodney Harris, HHC 61st, 200-pounds

Masters heavyweight

Champion, Aaron Schachte, HHC 61st, 400-pounds

Runner-up, Harvey Thomas, HHC 16th, 315-pounds

Military women

123-pounds

Champion, Felisha Fisher, USMC, 80-pounds

Runner-up, Jasmyn Carr, Company A 16th, 80-pounds

132-pounds

Champion, Angela Minnich, Company A 16th, 130-pounds

Runner-up, Barbara Sisson, Company A 16th, 65-pounds

148-pounds

Champion, Jennifer Sarro, Company A 16th, 115-pounds

Runner-up, Jennifer Devorak, MRICD, 105-pounds

Over 165-pounds

Champion, Jannela Lucy, Company A 16th,

135-pounds

Runner-up, Nicole Washington, MRICD, 130-pounds

130-pounds

Civilian men

Lightweight

Champion, Brian Cashman, 285-pounds

Heavyweight

Champion, Chris Parker, 275-pounds

Runner-up, Gordan Weir, 210-pounds

(Editor's note: For more information regarding statistics, contact Donna Coyne, intramural sports coordinator at 410-278-3929).



Photo by DONNA COYNE

Members of the U.S. Marine Corps Detachment bench press team pose with their trophies after winning the 2005 Intramural Bench Press competition at the Athletic Center Feb. 26.

Heart Disease

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open-heart surgeries.

Part of the problem may be that heart disease in women is usually much further progressed than men before the problem is apparent, which makes intervention too little, too late.

"They die or have their first heart attack before it is diagnosed. It's awful, but that's what we see happening" said Loving.

Women are more likely to die from the first heart attack and more likely to be disabled than men, according to information from the coalition for women.

Thirty-eight percent of women and 25 percent of men will die within one year of a first recognized heart attack. Thirty-five percent of women and just 18 percent of men survivors will have another heart attack within six years.

Even when doctors take invasive action, women fare worse than men. They are almost twice as likely to die after bypass surgery. Women's dire statistics with heart attacks may also reflect lingering misconceptions about women's health.

Health-care professionals, as well as female patients, often don't consider the heart as a source of health trouble in women, and often won't find what they're not looking for.

Heart attacks have traditionally been viewed as a male ailment, akin to, say, prostate cancer.

"They are not being diagnosed, so they are less able to benefit from invasive procedures (like heart bypass operations)," said Loving. "No one is looking at the heart with women, because it has never even been on the radar screen."

Until the medical community catches up, and can stop the vicious cycle of late detection and less intervention, women may be on their own.

"Young women need to educate themselves. They need to be the best advocate for themselves, because they know their body best," said Loving.

"They also need to know what to ask for. If you know about procedures for heart disease, you can ask, 'why aren't I getting this?' It's all about taking charge of your health."

(Reprinted from the Military District of Washington Pentagon)

ACS plans annual Egg Hunt Extravaganza

Aberdeen Proving Ground's Army Community Service will host its annual Egg Hunt from 11 a.m. to 1 p.m., Saturday, March 26, at the Maryland Boulevard Picnic Area. Last year's event brought more than 400 parents and children out to hunt for eggs.

"We look forward to seeing our families again this year," said Celestine Beckett, ACS Officer. "If you have previously attended an ACS event, you already know that we have a lot of fun. Please plan on attending to renew acquaintances, make new friends, and most importantly, have a great time."

Youth and parents enjoyed themselves tremendously last year as they hunted for over 3000 eggs. The eggs were filled with candy, toys, and stickers.

Activities for the day include arts and crafts, face painting and games. An added attraction will be complimentary photo-

graphs with the Easter Bunny for all of the children. In addition, there will be free food.

The event is open to all families within the APG community.

"We are looking forward to the families enjoying the festivities," said Reeshemah Bugg, Exceptional Family Member Program manager.

Free tickets can be picked up at the Aberdeen Area ACS Office, Bldg. 2754 from 8 a.m. to 5 p.m., Monday through Friday; from 8 a.m. to 4:30 p.m., Monday through Friday; at the Edgewood Area ACS Office, Bldg. E-4630 and the Aberdeen Area CYS Office, Bldg. 2522 from 8 a.m. to 5 p.m., Monday through Friday.

Anyone requiring special assistance should contact ACS in advance.

For more information or to request assistance, call 410-278-4372/2420/7572.

Veterans Centers offer grief counseling to military families

Donna Miles

American Forces Press Service

In an unprecedented expansion of its traditional client base, the Department of Veterans Affairs is offering grief counseling to families of service members who die while on active duty.

VA's Office of Readjustment Counseling offers the counseling services at its 206 community-based Vet Centers throughout the United States, including Guam, Puerto Rico and the Virgin Islands.

Greg Harms, program ana-

lyst for the counseling program, said 412 military family members - from spouses to children to siblings, parents and even grandparents - have taken advantage of the program as they struggle to cope with the loss of their 276 service members.

Most were killed during deployments in Iraq and Afghanistan.

Expanding its services to serve veterans' families represents "quite a leap and a real innovation" for VA, acknowledged Charles Flora, associate program director. But he calls

the offering of bereavement counseling to family members "a natural extension of what we already do for veterans."

Who, Flora asked, is more deserving of VA assistance than families who have sacrificed their husbands, wives, children, brothers, sisters or grandchildren in support of their country?

The program also serves families of reservists and National Guardsmen who die while activated for federal duty.

Some families seek the VA's counseling services immediately after learning of their loved one's loss, while others wait until later, often after an important milestone such as a birthday, holiday or the one-year anniversary of the death has passed, Harms said.

"Everyone grieves differently. It runs the full gamut," he said. "There are no standard operating procedures for grief."

As a result, services offered run the full range, from one- or two-time visits to weekly sessions, depending on the family member's needs.

Regardless of the level of help needed, the VA service offers all its clients a common variable: a safe, caring environment where a professional bereavement counselor helps them work through the emotional and psychological issues associated with their loss.

"They're looking for support, looking for someone they can talk to who will listen and understand," Harms said. "A lot of what people need," added Flora, "is a place where they can sit down, take a breath and tell their story in a calm place where they can put things into perspective."

While all grief counselors are able to provide that service, the Vet Centers provide something many clients call a big plus: More than half the staff at the Vet Centers are veterans themselves who understand the military lifestyle as well as the tremendous sacrifice the families have made.

Counselors go out of their way to respond to families' needs, often meeting with them the same day they're contacted. They keep clinics open late to accommodate families' schedules and network with other service organizations to reach families in need.

And in some cases, they even make home visits for families who might otherwise not be able to tap into their services.

"We've made a science of overcoming every obstacle to care," Flora said.

No medical diagnosis is required to seek help, and services are completely confidential.

only way a counselor can share information on a case is with written permission of the family member.

"There's guaranteed clinical confidentiality," Harms said.

Flora said he considers the services the Vet Centers provides grieving military families "a sacred trust" that reflects the VA's commitment to veterans and their families.

"We're meeting these families at one of the most traumatic points in their lives and helping to assist the family as it rebuilds itself," he said. "This is sacred business."

Referrals for grief counseling come through military casualty assistance offices, the VA and veterans service organizations. The largest number of referrals comes from TAPS, the nonprofit Tragedy Assistance Program for Survivors, which offers what Harms calls "incredible peer-to-peer support" but no professional bereavement counseling services.

Families requesting more information or services can also contact the VA's Readjustment Counseling Service directly at 202-273-9116 or by email at vet.center@hq.med.va.gov.

Original story from Department of Veterans Affairs <http://www.va.gov/ind ex.htm>.