

## POST SHORTS

### Refuse removal holiday update

The refuse schedule for the Thanksgiving holiday is Nov. 23, recycling pickup; Nov. 24, no pickup on holiday and Nov. 29, Patriot Village.

The residential and recycling pickup schedule is: Nov. 30, plastic, glass and metal. Put items in blue bags and place them on the curb.

As a reminder, leaves that are removed can be taken to the collection center located at building 3558 and placed in a rolloff that is provided for residents' and Soldier's use.

Additionally, tree lined areas can also be used for leaf disposal. Residents are asked not to leave plastic bags since they do not breakdown in the environment. The placement of bags of leaves in the dumpsters is also prohibited.

### Reduced holiday gate hours; Route 755 to reopen

The Harford Gate (Route 22) in Aberdeen will close 10 p.m. and the Magnolia Road Gate in Edgewood will close at 8 p.m., Nov. 23. The Maryland Gate (Maryland Route 715) in Aberdeen and the Route 24 Gate in Edgewood will be open throughout the holiday weekend. The Harford Gate will reopen at 4 a.m., Nov. 28.

The Wise Road Gate (Route 755) in Edgewood will reopen 4 a.m., Nov. 28 and the Magnolia Gate will be closed to traffic. The Wise Road Gate is only for U.S. government ID card holders.

Trucks and visitors without government ID must continue to use the Route 24 Gate.

### Veterinary clinic closings, reduced hours

The APG Veterinary Treatment Facility will be closed Nov. 24 and 25 for Thanksgiving, and Nov. 30 for inventory.

In December, the clinic will be closed Dec. 19, 23 and 26 due to staffing shortage and the Christmas break, and Dec. 30 for inventory.

Reduced hours next month are 9 a.m. to 3:30 p.m., Dec. 20, 22, 27 and 29 and 1 to 3:30 p.m. Dec. 21 and 28.

For more information, contact the VTF, 410-278-3911/4604.

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## VFW post 6054 honors 'heroes, past and present'



Photo by BOBBY PARKER, THE RECORD  
George L. Ellsworth, commander of Veterans of Foreign Wars Post 6054, and former Maryland Congressman Kweisi Mfume and the day's guest speaker, watch the post's memorial service to the fallen during its Veterans Day observance Nov. 11.

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

Members and guests of Charlton Miller Veterans of Foreign Wars Post 6054 in Perryman gathered to remember those lost to war and to honor those still serving in the War on Terror during its Veterans Day ceremony on the eleventh day of the eleventh month at the eleventh hour.

Post commander George L. Ellsworth, adjutant Lawrence Adams and Ladies Auxiliary president Vanessa Reed welcomed the gathering of more than 200 attendees, many World War II and Vietnam era veterans.

After opening the program with the Pledge of Allegiance, Ellsworth said that he was "humbled to stand before such a gathering."

"Like I, many of you were in combat and can remember the honor of sacrifice as well as those friends who never returned," Ellsworth said. "I am honored to be here today to speak to you from the heart."

The program included a salute to post commander Frank Brown, the district's first black director, and a 'graveside' salute to fallen heroes by the post officers.

The guest speaker was noted Baltimore statesman and former U.S. congressman, chairman of the Congressional Black Caucus and chief executive officer of the National Association for the Advancement of Colored People, Kweisi Mfume.

Mfume praised the post's "impressive history" and said that the ceremony demonstrated "why

what you do not only remembers the brave but is extremely necessary to preserve the freedoms we have."

"Your presence here in many respects supports the purpose, mission and mandate of Charlton Miller VFW Post 6054," Mfume said.

He told the audience that although he never wore the uniform he had a "deep appreciation" for those who did.

"Some of us didn't have the honor to serve as you did," he said, "but we are wiser now and we recognize that what you accomplished ought to be held high on days like this."

He commented on the history of blacks in the military, thanking them for their service "when it was not always appreciated," and praised them for not being discouraged upon their return and for continuing to serve in their communities.

"God calls us to gatherings like this to reason, to think and to give thanks," Mfume said. "And He still calls all of you to the perfect mission to clothe the poor and feed the hungry."

"On Veterans Day I urge you to join me in saying that we will do anything we can to make sure our government provides better benefits and appropriate services for our returning veterans."

Ellsworth and the post officers thanked Mfume and presented him with a commemorative plaque.

"It means so much to all of us to he took time from his busy schedule to come here and share his words of wisdom and our history," Ellsworth said. "He reminded us of things we had forgotten."

## Contracting Agency to host Office Products Expo

DOC, ACA

The U. S. Army Contracting Agency Directorate of Contracting will host the third annual Office Products Expo, 10 a.m. to 2 p.m., Dec. 8, in the Aberdeen Proving Ground Recreation Center, building 3326, Erie Street.

This event will emphasize the Javits-Wagner O'Day Program, which is a unique federal procurement program that generates employment and training opportunities for people who are blind and those who have other

severe disabilities. The JWOD Program is a mandatory source of supply.

The JWOD Program nonprofit agencies participating in this year's Expo are Blind Industries and Services of Maryland; Winston-Salem Industries for the Blind; Delaware Industries for the Blind; Envision and South Texas Lighthouse for the Blind.

Rene Alonso, JWOD marketing director, Office Eagle, will present a program on the benefits of JWOD.

Attendees will have an opportunity to become acquainted with the various

vendors who have agreements under the mandatory Army Blanket Purchase Agreement for Office Products.

A partial list of vendor's attending who are covered under the BPA are:

American Office Products – The Supply Room  
Caddo Design  
Chuckals  
KM2  
Metro Office Supply  
WECsys LLC.

Pamela DeGuia, a representative from the Defense Logistics Agency

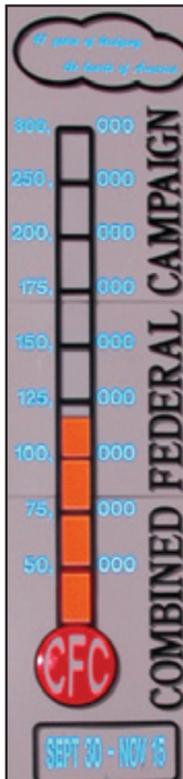
will demonstrate the use of DoD EMALL.

Everyone is invited to attend, especially those involved in the acquisition process, i.e. requestors, government purchase cardholders, billing officials.

"Join us to learn more about JWOD and to sample some of the SKIL-CRAFT products," said Dennis Bolen, ACA.

Refreshments will be served. For more information, call Bolen, 410-278-0849, DSN 298-0849 or e-mail him at debolen@apg.army.mil.

## CFC donations continue to climb



**Lisa Mack**  
CFC Chairperson

Entering week seven of the 2005 Combined Federal Campaign, Aberdeen Proving Ground donations have reached \$120,000, roughly 34 percent of the installation's \$350,000 goal.

Adding to the growing list of organizations that have exceeded their goal, congratulations go out to the Civilian Human Resource Agency and the Defense Commissary Agency.

The second drawing was held for two of the remaining Chris White prints from the 2004 campaign season. The winner of the 16-by-20 inch print is Staff Sgt Tanya Page, 143rd Ordnance Battalion, and Joe Feeney, U.S. Army Research Laboratory, won the 8 1/2-by-11 inch print. The final drawing will be held Nov. 30. All interested donors should turn in their pledge cards to their organization's key worker prior to Nov. 30 to ensure their names are included in the drawing.

The 2005 Contributor's Guide for national/international organizations is at Web site <http://www.cfccmd.org>. Paper copies of the guide and pledge cards are available from each organization key worker or at the APG CFC office.

For more information, visit the APG CFC Office at building 4302 or call Mary Cheek, 410-306-1625.

## Native American flutist educates, entertains

**Rebecca J. Chisholm**  
APG News

Native American Heritage Month was celebrated Nov. 8 with a presentation by Ron Warren, a Cherokee Indian who performed on various Native American flutes.

Presented by the Native American Employment Program Committee, the Native American 11th Honoring Celebration focused on the service of Native Americans in the service, as well as the musicianship of Warren.

"We are here to honor the heritage and strength of our nation," said Carol Baker, Native American Committee program manager. "Native Americans have played a vital role in protecting the nation's security, helping to spread liberty throughout the world."

Maria A. Terry, a committee member and Navajo Indian who was raised on a reservation in the southwest, performed the invocation, using an introductory prayer from a Navajo Blessingway Ceremony.

See NATIVE AMERICAN, page 11

## Soldiers + students = fun USAEC, Edgewood Elementary share military experience

**Deborah Elliott**  
USAEC

When was the last time you saw a drill sergeant grinning from ear to ear as he barked out the order to line up? If you were a kindergarten at Edgewood Elementary it was Nov. 8, Military Appreciation and Awareness Day, designed to bring Soldiers and students together.

"It is hard to say who got more out of the event, but one thing is for sure – everyone had fun," said Col. Tony R. Francis, commander of the U.S. Army Environmental Center.

Lunch with the Soldiers was the beginning of a day filled with various activities.

"We had a great time demonstrating the color guard for the kids," said Staff Sgt. Timothy P. Inman, the noncommissioned officer in charge of the 22d Chemical Battalion (Technical Escort), Company A. "They were so respectful and good while we were doing it, too. The best part of the day for us, though, was having lunch with the kids and getting to talk with them one on one."

Not only did the children see the color guard and get ordered around by a drill sergeant, but they also crawled over big Army trucks, watched a K-9 demonstration, listened to Army history, peered through night vision goggles, and held a 3-inch long Madagascar Hissing Cockroach in their hands.

The event, coordinated by USAEC, brought together organizations from across Aberdeen Proving Ground including the 22d Chemical Battalion (TE), the 143rd Ordnance Battalion, the 61st Ordnance Brigade, the APG Police Directorate of Law Enforcement and Security, the U.S. Army Center for Health Promotion and Preventive Medicine and American Legion Post 17 participated.

"This event is great because diverse organizations from the post come together for us and the school to support this event," Francis said. "We've won a major Army award for this community outreach program

with Edgewood Elementary School, but we could never be successful without their help."

The partnership between Edgewood Elementary School and USAEC was chartered on Oct. 27, 1997, to support the educational experience of Edgewood Elementary School students. Through this partnership, USAEC works with teachers to promote the Edgewood Elementary curriculum throughout the school year by sharing knowledge of the environmental sciences and related professional career paths.



Photo by CASANDRA TOMARCHIO, USAEC  
Drill Sgt. Chad Guidry, 143rd Ordnance Battalion, gets the children "Soldiers" marching on Military Appreciation and Awareness Day. Third grader Tymon Blow (blue striped shirt) is focused on Guidry's commands.

# Families play together at CDC Fall Festival

Story and photos by Rebecca J. Chisholm  
APG News

Edgewood Child Development Center youths enjoyed an afternoon of fun and games with their parents and siblings at the annual Fall Festival Oct. 28.

Even though the festival has been occurring as long as anyone currently at the CDC can remember, this was the first year that all of the children played together outside, and not in individual classrooms, said Myria Figueroa, CDC director.

"The goal of the festival is to celebrate fall, and to provide time for families to spend with their kids," Figueroa said.

Ranging in age from six weeks to six years, the 84 children of the CDC enjoyed pumpkin bowling, fishing for pumpkins, shucking corn, pumpkin painting, ghost crafts, face painting, tattoos and more.

The staff of the CDC set up and manned the booths. Belinda Rodriguez was in charge of face painting and tattoos, with help from Erina Figueroa.

Rodriguez has been a member of the CDC staff since August, moving here from Germany. Erina is the daughter of the center director, and a 15-year-old 10th grader at Edgewood High School. Having helped at a number of festivals and events, Erina enjoys helping the children, and with an interest in art, was the perfect person to do face painting.

A first time attendee,



From left, Kaycee Hash, Austin Curley and Garrett Kalb fish for pumpkins in hopes of winning a prize.



Staff Sgt. Donald Bowes, noncommissioned officer in charge for Health Physics Program, puts a watch on his daughter Ashley after she won it fishing for pumpkins.



Zoe Robinson paints her pumpkin.



Spencer Moss-Thorne enjoys the slide.

Dan Turner and his wife Bountieng Somsamayvong, a member of U.S. Army Medical Research Institute of Chemical Defense, brought their three young children, Douangsavanh Turner, 8 months, Daophet Somsamayvong, 3 and Michael Turner, 5 to enjoy the festivities.

"It's really nice," Turner said, "though my daughter can't decide if she wants to be here or go home."

An eight-year-old student at Mountain Christian School, Samiah Miller had a great time in the moon bounce and spending time with her sister, a CDC member.

After a long afternoon of games, the festival ended and parents took their children home.

With a good turnout and happy children, Figueroa was pleased so many parents attended.

"We want the parents to understand and to be a part of what we caregivers do on a daily basis. This is a lot more than just a daycare, we do learning and educational play. There are a lot of things going on here," Figueroa said.

Samantha Devorak makes a ghost pop.



## PWOC donates toys to children

Rebecca J. Chisholm  
APG News

Protestant Women of the Chapel joined up with some Aberdeen Proving Ground home schoolers Nov. 7 to stuff shoeboxes with treats for needy children for a program called Operation Christmas Child.

PWOC has been participating in Operation Christmas Child for as long as the members can remember.

"The program has grown every year," said PWOC member Cindy Sepulveda. "It's become full blown!"

Organized this year by Theresa Salgado and Pamela Poore, Operation Christmas Child is a program orchestrated through Samaritan's Purse, a Christian Charity. Last year, PWOC donated about 183 boxes, two years ago the total was around 230. Hoping for at least 100 boxes this year, Poore said that the lower number corresponds to some of the 'active members' leaving because of reassignment.

The ladies take funds given during a designated offering at chapel services as well as their own money, and head out to shop.

Taking donations of money, toys, clothing, candy and hygiene products, PWOC gathered what they received and spent an evening socializing, listening to music and packing boxes to be sent overseas.

The children helping to stuff boxes found that getting to spend time with their friends was a great reward for helping the needy.

"I like to help because I know that some kids will be getting this," said Israel Salgado Jr., 10, the son of Drill Sgt. Israel Salgado. "And I get time to hang out with my friends."

After filling boxes to the brim, they will be taken to a church in North East to be delivered to over 700 countries.

"It costs \$5 to mail each box, but it's worth it," Poore said. "The offering the chapel does more than covers the costs, so we get to donate the rest of the money to Samaritan's Purse."

## Toastmasters begins youth program at Edgewood High

Leonard Kolodny  
Special contributor

Eighteen youths from Edgewood High School began a special course in oral communications and leadership Nov. 16 sponsored by the Aberdeen Proving Ground Gunpowder Toastmasters Club. The course will run through January.

Col. Jesse Barber, youth leadership coordinator for the club and a Chemical Materials Agency program manager, said the 12-week course is a specially adapted course set up for the Edgewood High school banking students.

"The course is conducted during normal class hours and will give these high school seniors the opportunity to become better listeners, thinkers and speakers," Barber said. "They also will obtain practice in conducting a meeting properly."

The Youth Leadership Program was developed by Toastmasters International to help

young people of today become the leaders of tomorrow. The program uses materials especially adapted for youth from the regular Toastmasters International public speaking program.

"Youth are our future, and our clubs should invest in their future," said Annelie Weber, District 18 Toastmasters district governor. "I applaud the efforts of the Gunpowder Club to contribute to the community."

More than three million people have benefited from the Adult Toastmasters Program since it was introduced in 1924, according to the Toastmasters Public Relations Office data.

"The program helps the youngsters learn by doing," Barber said. "There are no grades, and each graduate will receive a completion certificate at the final meeting in January."

To learn more about Toastmasters, call or e-mail Barber, 410-436-1438, jesse.barber@us.army.mil.

# 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: IMNE-APG-PA, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

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

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## RDECOM awards eCybermission winners

Photo by TRINACE JOHN-SON, RDECOM

Local eCYBERMISSION winner Katherine Hill, right, is awarded \$2,000 in savings bonds along with a letter signed by Maj. Gen. Roger A. Nadeau, U.S. Army Research, Development and Engineering Command and APG commanding general, by RDECOM Command Sgt. Maj. Eloy H. Alcivar (not pictured). Hill, along with freshmen team members at John Carroll High School, Raymond Grewe and Timothy Krajewski, received an "Application of Science and Technology" award for researching and developing an awareness program on current auditory feedback devices used to assist children with speech, hearing, reading and language problems. Hill is the daughter of Lt. Col. (Dr.) Benjamin Hill with the U.S. Army Medical Research Institute of Chemical Defense.

eCYBERMISSION is a Web-based science, math and technology competition for children in grades six through nine. For more information about eCYBERMISSION, visit www.ecybermission.com.



# Burger King reopens to new look

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

After being closed for just over a month, the Aberdeen Proving Ground Burger King officially reopened during a ribbon cutting ceremony at the restaurant's front doors Nov. 8.

Garrison Command Sgt. Maj. Elvis Irby led the ceremony helped by manager Patricia Beavers, AAFES general Manager Betty O'Brien, and Julie Zillis, AAFES eastern region supervisor.

"This site hasn't been upgraded in a long time, and APG deserves a more modern facility," O'Brien said.

The "new and improved" Burger King features a bright art deco motif and newly installed handicap-accessible features that include lower counters, wider aisles, higher dining tables and lightweight pull-out chairs.

"Practically everything is new in the dining area," Beavers said, adding that the focus on customers with disabilities includes wider stalls in the restrooms.

The renovation took just over a month and employees were "just happy to get back to work," Beavers said.

"They love the new look too," she added, noting that the uniforms will change "later this

month."

Environmental Science Officer 1st Lt. Ogbanna Ebenezer of Kirk U.S. Army Health Clinic also was on hand for the grand opening. Ebenezer leads a team of health specialists responsible for inspecting all establishments where food is sold on the installation.

He said inspections were onsite throughout the renovation process.

"We check for cleanliness, food temperature, preparation and storage, the food handlers and we also check the water for contaminants," he said.

Customers seemed to enjoy the new look as well.

"It's more accommodating and brighter," said military spouse Jeanne Colopietro as she enjoyed a meal with her daughter Jamie, 10, who "promised she wouldn't miss the grand opening."

"The customer service here has always been the best," she added. "They really treat you well."

"It's definitely cheerful," added Kathleen Santona, noting that her son Matthew, 19 has been an AAFES employee for nearly two years.

"It's nice to see that they considered seniors and the handicapped," she said.



New soda and coffee machines and a red art deco railing leading to a lowered counter, are just some of the upgrades at the APG Burger King which reopened for business Nov. 8.

## POST SHORTS

### Clinic offers pet vaccine, microchip clinic

Effective Jan 1, all privately owned dogs and cats residing on the installation must be micro-chipped.

To help accommodate residents with pets, a walk-in vaccination and microchip clinic will be held 9 a.m. to 3 p.m., Dec. 8, at the APG Veterinary Treatment Facility, building 2479.

The clinic is open to all active duty, activated reserve and retiree military personnel who are eligible for services at the VTF (proper ID is required). No appointment is necessary. No sick-call available the day of walk-in clinic.

Services include feline canine distemper shots, \$14; feline and canine rabies, \$8; bordetella/kennel cough, \$13; FIV/FeLV test, \$22.50; FeLV vaccination, \$13; heart-worm/Lyme disease test, \$18; microchip, \$20. The user fee for all transactions is \$2.

For more information, call Tamra Warrington or Dodie McMillan, 410-278-3911.

### KUSAHC closed Nov. 24, 25

Kirk U.S. Army Health Clinic will also be closed Nov. 24 and Nov. 25 as a training holiday.

### Commissary holiday hours

The Commissary will be closed Thursday, Nov. 24 and Friday, Nov. 25. All other days will have normal shopping hours.

### Chapel presents, Sex, Love, and Relationships for youths

Today's youth are rarely told the whole truth about the consequences of sexual activity, experimentation and permissiveness.

Pam Stenzel will give a presentation on sex, love and relationships, 6:15 to 8 p.m., each Sunday through Dec. 11, at the Aberdeen Chapel.

This four-part video program will mince no words in showing how pervasive sexual permissiveness is in society. The program has helped thousands avoid the disastrous consequences of unwise choices.

The material is for all youths grades five through high school.

All youths must be accompanied by a parent or guardian. Single Soldiers and parents are also invited to attend.

Registration is optional, but is appreciated.

For more information or to register, call the Main Post Chapel, 410-278-4333.

### ACS announces 'Holiday Sponsor Program'

With the holiday season fast approaching and the nation still fighting the War on Terrorism, the APG community is constantly reminded of the great sacrifices of the men and women in the U.S. armed forces.

During these stressful times, some military families are experiencing financial difficulties and require additional assistance. Army Community Service works closely with

these families providing supportive services throughout the year.

To make this holiday season a little bit brighter for some of these families, ACS is collecting donations from individuals or groups desiring to sponsor a military family.

For more information, call Arcelio V. Alleyne, ACS Financial Readiness program manager, 410-278-2450/7572, fax, 410-306-2293 or e-mail, arcelio.alleyne@usag.apg.army.mil.

### Garrison unit holds coat drive

Winter is fast approaching and there are many in need of a winter coat or jacket. Help someone in need by donating a new or gently used coat to Headquarters and Headquarters Company, U.S. Army Garrison winter coat drive through Dec. 15.

Coats, winter clothing and food items can be dropped off at Army Community Service building, the Post Chapel, the Commissary, Top of the Bay, and in buildings 4305 and 305.

Coats and clothing should be clean and food items non-perishable. Items will be donated to Harford County Social Services.

For more information, call Candace Hollingsworth, 410-278-3000 or Staff Sgt. William Benjamin, 410-278-3539.

### APG Education Center holding book drive

The Army Education Center is holding a book drive through the end of November collecting new and used books for readers of all ages which will be donated to various organizations throughout the community.

The organizations that will benefit from the book drive include shelters, hospitals, schools and churches. Any donation is greatly appreciated.

Donations can be dropped off at the Education Center 7:30 a.m. to 5:30 p.m., building 4305, room 233.

### Re-Nu-It centers change hours

Effective Nov. 30, the Aberdeen Re-Nu-It Center hours will change to 9:30 a.m. to 6 p.m., Tuesday through Thursday, 9:30 a.m. to 7 p.m., Friday and 8:30 a.m. to 3 p.m., Saturday.

The Edgewood Re-Nu-It Center hours will remain the same, 8 a.m. to 4 p.m., Thursday.

### Chapel holds Advent wreath making night

The APG Catholic community will hold an Advent wreath making night 6 p.m., Nov. 26, at the South Post (Edgewood) Chapel beginning with dinner.

The chapel will furnish meats, rolls and beverages. Participants are asked to bring one or two vegetables, salads and/or desserts (enough for participant's family plus four more). Following dinner, each family (or single Soldier) will make an Advent wreath for their home. The chapel will furnish all the necessary supplies.

For reservations or more information, contact Connie Richardson, 410-676-0179, or e-mail Connie.Richardson@apg.army.mil.

### Updating DEERS info

Failure to update information in DEERS may result in future denial of office visits, specialty care, laboratory testing and pharmacy services including medication refills as well as denial of pending claims. To update DEERS records, contact the Defense Manpower Data Center Support Office, 1-800-538-9552. To update an address only in DEERS, visit [www.dmdc.osd.mil/appj/address/index.jsp](http://www.dmdc.osd.mil/appj/address/index.jsp).

## Ordnance Battalion retires tattered flags

Story and photo by  
**Rebecca J. Chisholm**  
APG News

Members of the 143rd Ordnance Battalion conducted a flag disposition ceremony at dusk Oct. 28 at the main post flagpole near building 4230 in Edgewood.

The 143rd's Command Sgt. Maj. Robert Green led the ceremony designed to dispose of a U.S. flag that had been flown over APG, due to its faded and worn appearance.

"The goal here is to respectfully and [honorably] dispose of the American flag," Green said.

With banners waving and several companies at parade rest, the color guard unfolded the flag and presented it to Green, who cut the field of stars out of the flag.

"That way the flag can be burned without desecration," Green said.

Green placed the cutout stars over what remained of the old flag, handing the bundle to flag bearer Pvt. Erica Hundley. A second flag bearer, Pvt. First Class Colleen Sheehan, handed Green a new flag, which he then presented to the color guard sergeant who would raise it the following morning during reveille.

Also presenting a flag for disposal was Staff Sgt. Don R. Garcia and his family. The Garcia U.S. flag once flew at his late mother's house on a daily basis to honor her military sons.

Green gathered the flags to be disposed of and placed them in a steel drum.

Before lighting the fire, Green read "My Anthem to the Flag of the United States of

America," which he compiled from various other works and his own experiences.

After lighting the flags, the Pledge of Allegiance was recited. Green stood close watch at the drum while battalion units stood in respectful silence.

Once reduced to ashes, Green removed them for burial on APG.



Command Sgt. Maj. Robert Green, 143rd Ordnance Battalion, takes a moment of reverence during the flag burning ceremony Oct. 28.

## Ladies Auxiliary donates \$17,700 in clothing to Perry Point VA Medical Center

**Ladies Auxiliary**  
Charlton-Miller VFW Post 6054

The Ladies Auxiliary of Charlton-Miller Veterans of Foreign Wars Post 6054 joined millions across America by sponsoring a "Make a Difference Day" Oct. 22.

The day began with the clothing drive called the Closet Clean-up, and food drive, said Vanessa Reed, VFW Post 6054 Ladies Auxiliary president.

All clothing donations and nonperishable food items were brought to the VFW Post by comrades and sisters of the post and also citizens of the community. The non-perishable food items were donated to Grace Place at St. John's Episcopal Church in Havre De Grace, volunteer members prepare meals every Tuesday

for the community. The clothing items were donated to Perry Point VA Medical Center, the Goodwill Industries in Aberdeen, and the Thrift Store in Edgewood.

"We are very proud to donate to these organizations," Reed said.

The Goodwill Industries is a worldwide organization that serves people with disadvantages and disabilities by providing job training and employment services. The Edgewood Thrift Store is affiliated with the "United Support against Multiple Sclerosis," a non-profit organization whose goal is to raise funds to benefit citizens with multiple sclerosis in Maryland.

The Make a Difference Day events were coordinated by Linda Robinson, senior vice

president/community activities chairperson for the Ladies Auxiliary, Ladies Auxiliary Hospital/Rehabilitation chairperson Gloria Stradford, and auxiliary member Beverly Bell.

"This year \$17,700 is definitely something we are proud of," Robinson said. "Last year we donated \$8,850 worth of men's suits, sweaters, slacks, hats, coats and shoes to Perry Point VA Medical Center. This year, women's clothing items were included. We also donated \$3,691.50 worth of clothing to the Edgewood Thrift Store and \$350 worth of non-perishable food items to Grace Place."

In between the Closet Clean up and Food Drive, the ladies donated magazines, tissues,

See AUXILIARY page 11

# Pollution prevention reminders for winter months

DSHE

With fall here and winter rapidly approaching, the Aberdeen Proving Ground community should be aware of the impact of outdoor activities, such as winterizing vehicles, raking leaves, fertilizing lawns, applying salt and ice melt products, and washing vehicles, on the stormwater from APG entering the Chesapeake Bay.

## Effects of outdoor activities on stormwater

**Winterizing vehicles:** Antifreeze is toxic and hazardous to humans as well as pets. Animals can be drawn to antifreeze and once ingested, it is often fatal. Toxic materials in waterways make them unusable for fishing, swimming and drinking.

**Decaying leaves:** Nitrogen and phosphorus runoff causes toxic and non-toxic algae blooms which can harm aquatic life by depleting the amount of oxygen in the water and blocking light for photosynthetic organisms. Nitrogen build-up in the soil can lead to groundwater contamination at high levels.

Biochemical Oxygen Demand is an indicator of pollution in a body of water measured by the amount of oxygen that microorganisms consume when breaking down nutrients. A high biochemical oxygen demand depletes the amount of oxygen in the water which can have negative effects on fish, insects and plants.

**Fertilizing lawns:** Over fertilizing lawns causes nitrogen and phosphorous increases creating algae blooms in waterways. Nitrogen and phosphorus surface runoff can reach streams and lakes causing algae blooms, reducing the available dissolved oxygen and sunlight necessary for fish and other aquatic life to survive. Nitrogen can leach into groundwater and contaminate drinking water sources.

**Road salt, ice melt products:** Runoff from road salt and ice melt products causes chloride levels in the bay to increase which is harmful to aquatic life.

**Vehicle washing on impervious**

**surfaces:** Detergents, mud, oil, grease and other road contaminants are washed into storm drains leading to the Bay.

This causes phosphorous levels to increase which leads to toxic algae build-up that is harmful to aquatic and human life. Self-service and automated car wash centers recycle water and prevent contaminants from entering stormwater systems.

## Reducing stormwater pollution

- Take vehicles to an authorized shop for winterization. If winterizing a vehicle, take the old antifreeze to a designated drop off location.

- Make sure storm drains remain clear of debris especially trash, vegetation, ice and snow dams.

- Use salt alternatives such as calcium magnesium acetate (CMA) to melt ice on sidewalks and driveways.

- Use sand or kitty litter instead of salt for traction on slippery surfaces.

- Wash salt and road grime off vehicles at a local car wash.

- Rake and gather leaves and vegetation; if you use a compost pile, locate it away from storm drains to keep them clear.

## Signage on APG

Most of the storm drains on APG are marked



Photo courtesy of DSHE

Decals like these are posted along Aberdeen Proving Ground curbs to remind people to protect the Chesapeake Bay from dumping.

with signs indicating that they drain to the waters of the Chesapeake Bay or waters of the state.

The Directorate of Safety Health and Environment is anticipating the sign installation to be complete by the end of November.

For more information on storm drains, the signs and curb markers being installed, any missing or damaged signs, or storm water issues, call Richard Wiggins or Marley Nickle of the DSHE Environmental Compliance Division, 410-306-2279.

## Empty mustard agent container sets off alarm at ABCDF

ABCDF

An empty container that once held mustard agent set off agent vapor alarms Nov. 4 after it had been processed in the Aberdeen Chemical Agent Disposal Facility Ton Container Cleanout Facility and set outside the building in a temporary storage area.

Workers in the room that alarmed immediately evacuat-

ed the building. Other workers in the same building also evacuated as a precautionary measure.

ABCDF officials mobilized a response team to return the container to the TCC where it was reprocessed with steam and high-pressure spray until it passed air monitoring tests showing that no further trace of agent vapor was detected.

The trace amount of agent vapor recorded by the monitor was only slightly above the alarm level.

At no time was there a threat to the workers, community or the environment.

Army officials and contractor personnel determined that a container tube was plugged with solids and water poten-

**See ABCDF page 11**



# Deadline approaching for mailing holiday packages overseas

## Some restrictions imposed by unit, customs

AAFES

Americans planning to send support to troops spending the holidays in Operations Iraqi or Enduring Freedom are running out of time, according to guidelines issued by the Military Postal Service Agency.

Besides deadlines, there are many regulations and guidelines on what can or cannot be sent to troops in the contingency theater. Each country has customs regulations that apply to all mail coming into that country. These may include prohibitions on certain kinds of food or entertainment products. Also, some military units may have additional restrictions imposed by the theater commander, such as size and weight restrictions, to ensure logistics support can handle the mail without delays.

What is or is not "allowed," is such a confounding issue that the USDA even publishes guidance that focuses exclusively on food items.

Size can also be a costly concern as military postal rates are based on the weight of the addressed piece.

"Depending on how many sports drinks, magazines, phone cards and tooth brushes are thrown in, you could pay anywhere from \$7.70 up to \$129.95 for shipping alone," said the Army & Air Force Exchange Service's Chief of

Corporate Communications Lt. Col. Debra Pressley.

In addition to logistical and financial challenges, current Department of Defense regulations place restrictions on Americans who don't know a particular service member's name and address to contribute to deployed troops' morale.

As the MPSA's Web site advises, "The general public can't send care packages to deployed service members as they did during past conflicts. Families and friends may still send packages to service members if they have a name and address...MPSA can't provide names and addresses of service members."

While AAFES also cannot divulge personal information, it has set up two DoD-recognized support efforts to facilitate and streamline support from the American public to troops fighting overseas.

AAFES phone card campaign, dubbed "Help Our Troops Call Home," is an affordable way to connect service members on the front lines with family back home. Military Exchange Global Prepaid Phone cards ranging from \$14.99 to \$39 can be sent to an individual service member (designated by the purchaser) or distributed to "any service member" through the American Red Cross, Air Force Aid Society, Fisher House or USO.

"Shipping charges for one of these phone cards, regardless of denomination, is only .37 cents," Pressley said. "Once the Military Exchange Global Prepaid Phone card is delivered, it offers the best value when calling from any of 69 phone centers in Operations Iraqi and Enduring Freedom. Other than the cost of the stamp, 'Help Our Troops Call Home' maximizes nearly every cent of support received with phone cards that can provide more than two hours of talk time."

Troops relish the phone cards that consistently rank in the top 10 items purchased in contingency exchange (PX/BX) operations.

As one former service member wrote in a Sept. 24 Internet posting, "As an old troop, I can tell you all that the best gift you can give is the calling card," wrote the blogger who even provided the link to "Help Our Troops Call Home Link," <https://thor.aafes.com/scs/default.aspx>. "Nothing is better than hearing a voice from a loved one. Anything is welcome, of course, but this is the one thing you can give that will allow them to have a sense of home."

Lightweight and flexible, AAFES "Gifts from the Homefront" are another affordable troop support option that lets the receiver choose what "care package" items they prefer. Started in March 2003, this gift certificate effort

makes it easy for troops to pick up items normally included in a "traditional" care package at more than 55 exchange facilities in Operations Iraqi and Enduring Freedom.

Reports from Iraq indicate "Gifts from the Homefront" gift certificates are being redeemed for soft drinks, snacks and the latest movies and music. Because, all of these items have already been shipped to field PXs in Iraq and are available at stateside prices, gift certificates addressed to "any service member" are subject a flat shipping charge of only \$4.95 for orders of \$5 to \$5,000.

"For only \$4.95 shipping anyone could send up to \$5,000 worth of 'Gifts from the Homefront,'" Pressley said. "At 78 cents a bottle, that would be the equivalent of 6,410 20 ounce bottles of Gatorade."

Any American can log on to [aafes.org](http://aafes.org) or call 877-770-4438 to show their support for America's deployed troops through "Gifts from the Homefront." "Help Our Troops Call Home" phone cards are also available at [aafes.org](http://aafes.org) or 800-527-2345. From there, gift certificates and phone cards can be sent to individual service members (designated by the purchaser) or distributed to "any service member" through the American Red Cross, Air Force Aid Society, Fisher House or USO.

Military Mail Addressed to:	Express Mail Military Service (EMMS) <sup>1/</sup>	First-Class Mail® Letters/Cards	Priority Mail®	Parcel Airlift Mail (PAL) <sup>2/</sup>	Space Available Mail (SAM) <sup>3/</sup>	Parcel Post®
APO/FPO AE ZIPs 090-092	Dec 19	Dec 10	Dec 10	Dec 3	Nov 26	Nov 12
APO/FPO AE ZIP 093	N/A	Dec 5	Dec 5	Dec 3	Nov 26	Nov 12
APO/FPO AE ZIPs 094-098	Dec 19	Dec 10	Dec 10	Dec 3	Nov 26	Nov 12
APO/FPO AA ZIPs 340	Dec 19	Dec 10	Dec 10	Dec 3	Nov 26	Nov 12
APO/FPO AP ZIPs 962-966	Dec 19	Dec 10	Dec 10	Dec 3	Nov 26	Nov 12

1/ EMMS: Express Mail Military Service is available to selected military post offices. Check with your local Post Office to determine if this service is available to your APO/FPO of address.

2/ PAL: A special service that provides air transportation for parcels on a space-available basis. PAL is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid, in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

3/ SAM: Parcels paid at Parcel Post postage rates are first transported domestically by surface and then to overseas destinations by air on a space-available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined.

4/ GXG: Global Express Guaranteed is available to more than 200 countries via a partnership with Federal Express. See a retail associate at participating locations for a complete list of countries and money-back guarantee details or visit <http://www.usps.com/global/globalexpressguaranteed.htm>. Some restrictions apply.

5/ GEM: Global Express Mail is available to most countries with delivery in 3 to 5 business days. See a retail associate at participating locations for a complete list of countries or visit <http://www.usps.com/global/globalexpressmail.htm>. Some restrictions apply.

6/ GPM: Global Priority Mail is an accelerated airmail service available for items up to 4 pounds to 51 countries. The service is available in two attractive sized envelopes. Customers can also use their own packaging by adding the Global Priority Mail sticker. See a retail associate at participating locations for a complete list of countries or visit <http://www.usps.com/global/globalpriority-mail.htm>. Some restrictions apply.

International Mail Addressed to:	Global Express Guaranteed® (GXG) <sup>4/</sup>	Global Express Mail® (GEM) <sup>5/</sup>	Global Priority Mail® (GPM) <sup>6/</sup>	Global Airmail® Letters and Cards	Global Airmail Parcel Post	Global Economy (Surface)
Africa	Dec 19	Dec 10	Dec 7	Dec 5	Dec 5	Oct 14
Asia / Pacific Rim	Dec 19	Dec 16	Dec 14	Dec 12	Dec 12	Oct 28
Australia / New Zealand	Dec 19	Dec 16	Dec 14	Dec 12	Dec 12	Oct 28
Canada	Dec 20	Dec 17	Dec 14	Dec 12	Dec 12	Nov 18
Caribbean	Dec 19	Dec 16	Dec 14	Dec 12	Dec 12	Nov 4
Central & South America	Dec 19	Dec 10	Dec 5	Dec 5	Dec 5	Oct 28
Mexico	Dec 19	Dec 16	Dec 14	Dec 12	Dec 12	Nov 4
Europe	Dec 19	Dec 16	Dec 14	Dec 12	Dec 9	Nov 4
Middle East	Dec 19	Dec 16	Dec 14	Dec 12	Dec 12	Oct 21

## Auxiliary

From page 6

lotions, powder, soap, socks, toothpaste and brushes to Lorient Nursing Home in Riverside, stated Stradford.

"We also donated eyeglasses to the Lions Club of Aberdeen.

It makes a difference in our lives just by putting a smile on someone's face," Stradford said.

In addition to the Closet Clean-up and Food Drive, the Ladies Auxiliary Buddy Poppy Chairman Gail Jackson sponsored a Buddy Poppy Campaign. Jackson displayed a Buddy Poppy Poster Board and distributed information about the Buddy Poppy.

As the VFW's official memorial flower, the poppy

represents the blood shed by American service members and is still worn by veterans and the public, stated Jackson.

"It is a symbol that recognizes the sacrifices our veterans have made for us in their fight for freedom," Jackson said. "Another reason poppies are so important is because all proceeds from distribution are used for veteran's welfare or for the well being of their needy dependents and the orphans of veterans."

More than 1,300 children of veterans have been or are being cared for in the VFW National Home for Children in Eaton Rapids, Mich., thanks to a portion of the Buddy Poppy funds.

The Ladies Auxiliary also sponsored a bake sale for the Department of Maryland's President's Special Project

Jupiter Express Cancer "Pray for the Cure." All homemade baked goods were prepared and donated by Myrtle Ruff-Christmas, and proceeds donated to the President's Special Project.

"The people who should really be thanked are the people of the community," Robinson said. "They played a major part in the 'Make a Difference Day' by donating clothes and food.

"By coming together as one, the community, VFW Post 6054 and the Ladies Auxiliary were able to help veterans, children, senior citizens and ones who are less fortunate than other. That is what the VFW Post 6054 and Ladies Auxiliary is all about, making a difference in someone's life," Robinson said.

## ABCDF

From front page

tially containing agent residue. The water temporarily masked agent level readings.

"Despite the fact that we are dealing with levels of agent vapor so miniscule that they are only trace amounts, we are taking measures to prevent a reoccurrence of this scenario because safety is our first priority," said ABCDF Site Project Manager Joseph Lovrich.

ABCDF officials have already added steps to the facility's steam cleaning and monitoring procedures, and may modify them further depending on the results of a detailed investigation currently underway.

Cleaning and decontaminating the drained

mustard agent containers is the second phase of ABCDF operations.

The first phase, destroying the stored agent, was completed last March when the last batch of the drained mustard agent stockpile was neutralized and the risk of continued storage was eliminated. Containers that have been successfully cleaned through the TCC area are cleared and then shipped off site for disposal as non-hazardous waste.

The ABCDF has safely cleaned over two-thirds of the drained and emptied containers, and has started facility closure planning.

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>.

## Native American

From front page

Command Sgt. Maj. Eloy H. Alcivar, U.S. Army Research, Development and Engineering Command, spoke on the importance of Native American's in the service.

"Each ethnic and cultural group in America brings qualities that are uniquely their own and that strengthen our spirit," he said. "Native Americans enliven and enrich our land, and are an important part of our nation and Army."

Warren took the stage to entertain and educate attendees on Native American music.

He told stories about the songs he played, taught the audience some words in Cherokee, and involved some of the audience members in a song.

"Music transcends language," he said. "I really love our [Native American] traditional ways of playing music."

Performing songs with a singer, Janice

Torres, and occasionally accompanied by a backing track recorded by his band, Warren taught the audience the meaning, uses and origin of the Native American flute.

Originally created as a courting tool, the flute would be played by men who learned songs and made the flutes themselves. They would play songs in the hopes that women would like them. Once they found a mate, the men would not play their flutes again, as it is such a powerful tool for love.

Warren played songs that he wrote, including a tune about Native American Soldiers who fought in wars throughout the ages, the last verse of which was dedicated to the first Native American woman killed in battle overseas.

Closing with "Amazing Grace," Warren said that every culture and every time claims to have originated the tune.

After an interesting and educational performance, Alcivar presented Warren with a plaque and coin.

Photo by Rebecca J. Chisholm

Ron Warren performs on a Native American flute at the Aberdeen Proving Ground Native American 11th Honoring Celebration Nov. 8.





Your health is KUSAHC's goal



# Bird flu: recent health risk

KUSAHC

Bird flu is an infection caused by avian influenza viruses. These flu viruses occur naturally among birds.

Wild birds worldwide carry the viruses in their intestines, but usually do not get sick from them. However, bird flu is very contagious among birds and can make some domesticated birds, including chickens, ducks, and turkeys very sick and kill them.

Influenza A virus, also called "H5N1 virus," is an influenza A virus subtype that occurs mainly in birds.

Bird flu viruses do not usually infect humans, but several cases of human infection with bird flu viruses have occurred since 1997.

Infected birds shed flu virus in their saliva, nasal secretions and feces. Susceptible birds become infected when they have contact with contaminated excretions or surfaces that are contaminated with excretions.

It is believed that most cases of bird flu infection in humans have resulted from contact with the infected poultry or contaminated surfaces.

The risk from bird flu is generally low to most people because the viruses occur mainly among birds and do not usually infect humans. However, during an outbreak of bird flu among poultry (domesticated chickens, ducks and turkeys), there is a possible risk to people who have contact with infected birds or surfaces that have been contaminated with excretions from infected birds.

The current outbreak of avian influenza A (H5N1) among poultry in Asia is an example of bird flu outbreak that has caused human infections and deaths. In such situations, people should avoid contact with infected birds or contaminated surfaces, and should be careful when handling and cooking poultry.

There are many different subtypes of type A flu viruses. All subtypes of flu A viruses can be

found in birds.

"Human flu viruses" refer to those subtypes that occur widely in humans. Flu A viruses are constantly changing, and they might adapt over time to infect and spread among humans.

Symptoms of bird flu in humans have ranged from typical flu-like symptoms (fever, cough, sore throat and muscle aches) to eye infections, pneumonia, severe respiratory diseases and other severe and life threatening complications.

The symptoms of bird flu may depend on which virus caused the infection.

The H5N1 virus currently infecting birds in Asia that has caused human illness and death is resistant to Amantadine (Symmetrel) and Rimantadine (Flumadine), two antiviral medications commonly used for influenza.

Two other antiviral medications, oseltamavir (Tamiflu) and Zanamavir (Relenza), would probably work to treat flu caused by the H5N1 virus, though studies still need to be done to prove that they work.

There is currently no vaccine to protect humans against the H5N1 virus that is being seen in Asia. However, vaccine development efforts are under way. Studies suggest that the prescription medicines approved for human flu viruses would work in preventing bird flu infection in humans. However, flu viruses can become resistant to these drugs, so these medications may not always work.

The current risk to Americans from the H5N1 bird flu outbreak in Asia is low.

The strain of H5N1 virus found in Asia has not been found in the United States. There have been no human cases of H5N1 flu in the United States. It is possible that travelers returning from affected countries in Asia could be infected. Since February 2004, medical and public health personnel have been watching closely to find any such cases.

For more information visit the Centers for Disease Control and Prevention Web site, [www.cdc.gov/flu/avian/gen-info/facts.htm](http://www.cdc.gov/flu/avian/gen-info/facts.htm).

## DoD Health Program to help redeploying troops

Jim Garamone

American Forces Press Service

Defense officials announced at a Pentagon news conference on Nov. 4 that service members returning from deployments will now participate in a post-deployment health reassessment program that all the services are instituting.

This new program will assess the health, both physical and mental, of service members 90 to 120 days after they have redeployed.

"We recognize that deployments may have an impact on the health and well-being of our service members, and we know from research that health concerns are identified even several months after returning from operational deployments," said Dr. William Winkenwerder, assistant secretary of Defense for Health Affairs.

This new program is in addition to the routine post-deployment health screening that all service members go through upon return to the states from a deployment. More than 900,000 service

members have already gone through that program.

The reassessment program is designed to find service members whose symptoms don't show up immediately. The program aims to get them the help they need, the doctor said.

The program builds on test programs the services have conducted since June. The Army, Navy and Marine Corps tested the program on 3,000 service members. Medical officials said the pilot program was effective and now look to expand it to all returning service members.

Those three services plus the Air Force, which started the test program in September, will institute the program in January 2006, officials said.

Key elements of the program include outreach to service members, education and training for service members and their families, screening of service members, assessment by medical professionals, evaluation and treatment, and follow-up.

The Army, Navy and Marine Corps will do the

assessments face to face with the service members. The Air Force plan calls for airmen to answer an online survey and incorporate the survey in with their members' annual physicals.

Winkenwerder said the results so far do not indicate that the global War on Terror is affecting "service members or their families in ways different from past wars. What's different is the way we're responding."

The assistant secretary said that it is important that military leaders, service members and clinicians understand the process and buy into it.

"Effective education to gain leadership support and service member participation and optimal clinical practice is critical to the success of this program," he said.

Health officials want to destigmatize the process of service members going to health professionals for mental or physical help.

Returning combat veterans shouldn't believe they must deal with the stresses they experienced by themselves,

## Avoiding cold weather injuries

KUSAHC

The cold weather is coming. To avoid cold weather injuries such as frostbite, knowing the hazards is step one. Step two is taking actions to prevent a cold weather injury.

### Step 1: Identifying hazards

- Cold temperatures of 40° F and below.
- Wet clothes from rain, snow, ice, humidity, or sweat soaked clothing.
- Wind speed 5 mph and higher.
- Previous cold weather injuries.
- Using tobacco/nicotine or alcohol.
- Low activity.
- Skipping meals, poor nutrition.

### Step 2: Preventing cold weather injury

- C** Keep Clothing clean
- O** Avoid Overheating
- L** Wear clothing Loose and Layered
- D** Keep clothing Dry

**Skin:** Ensure hands, fingers, feet and head are covered and protected. Keep moving, exercise big muscles to keep warm. Avoid direct skin contact with snow, fuel or bare

metal.

**Clothing:** Change into dry clothing whenever clothing becomes wet. Change wet or damp socks ASAP; use foot powder on feet and in boots. Avoid tight, clothes, socks and boots to keep the blood circulating in extremities. Wear gloves and/or mittens with inserts. Warm hands under clothes if they become numb. Wear proper gloves when handling fuel or bare metal. Cover face and ears with scarf and/or insulated cap with flaps over ears. Warm face and ears by covering them with hands and do not rub.

**Nutrition:** Eat well-balanced meals and have five to nine (or more) servings of fruits/vegetables every day. To prevent dehydration, drink eight to 10 glasses water a day or more if needed. Avoid alcohol use (alcohol impairs the body's ability to shiver) and tobacco products, which constricts blood vessels decreasing blood flow to the skin.

For more information and/or to schedule a class for a unit, contact Preventive Medicine, 410-278-1769/1964.

said Navy surgeon general Vice Adm. Donald Arthur.

"Everyone who goes into combat is in some way psychologically affected," he said. "I don't think you can get around that fact."

He said it's significant that the military is addressing the issue upfront "with people who understand combat because they have also been

there and can more readily talk with the Soldiers, Sailors, Airmen and Marines who are coming back."

"We have learned that we shouldn't let our combat veterans go out into society without any questions asked or without any contact, as we use to do," Arthur noted.

The admiral said early contact with service members

reduces stress and takes care of family issues, noting that "combat is inherently stressful."

Winkenwerder said active-duty and reserve-component personnel will be treated exactly the same.

Unit commanders are charged with ensuring service members participate in this program.

## ASAP reminds everyone of dangers of drinking and driving

ASAP

The APG Army Substance Abuse Program staff reminds everyone that December is "National Drunk and Drugged Driving Prevention Month" or "3-D Month," an effort to bring special attention to the problem of driving under the influence of alcohol or drugs.

An estimated 258,000 persons were injured in crashes where police reported that alcohol was present - an average of one person injured approximately every two minutes.

Nearly three-quarters of drivers convicted of driving while impaired are either frequent heavy drinkers (alcohol abusers) or alcoholics (alcohol-dependent).

Alcohol involvement was reported in 45 percent of the traffic crashes that resulted in pedestrian fatalities last year. Of the pedestrians involved, 29.5 percent were intoxicated.

It is never okay to drive after drinking. A person who gets behind the wheel after consuming alcohol is not only endangering his or her own life, but also the lives of any passengers in the vehicle, and the lives of other people in the vicinity of his vehicle.

"If you find it hard to figure out if you've had too many drinks to drive - don't risk it. Chances are if you're feeling 'buzzed' you are too impaired to drive safely," said Cynthia Scott, ASAP prevention specialist. "Risk driving at an illegal level, and chances are law enforcement will catch you and you'll spend the holiday in jail."

Younger drivers are especially at risk. The highest rates of intoxication in fatal crashes were recorded for drivers 21 to 24 years old (27 percent), followed by 25 to 34 years old (24 percent), and 33 to 44 years old (21 percent).

### Teen drinking

Teenage drinking and driving accidents are also a problem.

According to the National Research Council and the Institute of Medicine, alcohol is the most commonly used drug among America's youth.

Ninety-five percent of all ASAP (clinical) referrals are from Soldiers between the ages of 17 and 20, according to ASAP office statistics.

The majority of teen deaths have occurred on a Friday or Saturday night. Parents need to control their children and warn them that they are not infallible.

Impaired driving is preventable. The greatest holiday gift may be a ride home.

Nine out of 10 Americans who participate in social events where alcohol is served feel that people should use designated drivers.

Party hosts should include alcohol-free beverages and protein-rich foods, along with reminding guests to plan ahead.

Others suggestions are:

- When guests arrive, collect their car keys. When they are ready to leave, they must get a second opinion on whether they are sober enough to drive.
- If serving alcoholic punch, use a non-carbonated

base such as fruit juice. The body absorbs alcohol faster when mixed with carbonation.

• Serve non-alcoholic beverages; it is possible some of the guests may not want to drink alcohol.

• Always serve food with alcohol. High-protein and carbohydrate foods are especially good because they stay in the stomach much longer, which slows the rate at which the body absorbs alcohol.

• Do not force drinks on guests or rush to refill their glasses when empty. Some guests may not wish to appear rude and will accept drinks they do not want.

• Stop serving alcohol about two hours before the party is over. Guests then have time for their bodies to absorb the alcohol consumed.

• Serve coffee or other non-alcoholic beverages as well as food.

• If a guest is observed drinking too much, engage him or her in conversation.

• To slow down the drinking, offer high-protein food like pizza, shrimp, or spareribs; offer to make the next drink; use less alcohol and mix it with non-carbonated base.

• If a guest has been drinking too much and should not drive don't return their keys to them. Perhaps a little persuasion to wait a while could mean the difference between life and death.

• Have a sober guest drive an alcohol-impaired guest home.

• Have an alcohol-impaired guest taken home in a taxi.

## TRICARE offers Retiree Dental Program

Delta Dental

The TRICARE Retiree Dental Program, first authorized by Congress in 1997, continues to offer one of the few affordable, comprehensive dental benefit programs available to the nation's uniformed services retirees, as well as to retirees of the Reserve and Guard.

The TRDP is a nationwide, combined fee-for-service/preferred provider program that offers enrollees access to any licensed dentist in all 50 states, plus the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, the Commonwealth of the Northern Mariana Islands and Canada.

Enrollees may seek care from any licensed dentist, with optimal benefits available when choosing a participating Delta Dental PPO or Delta Dental Select dentist in over 90,000 locations nationwide.

The nation's largest voluntary, all-enrollee-paid dental

program continues to offer coverage for diagnostic and preventive services, basic restorative services, periodontics, endodontics, oral surgery, dental emergencies and a separate dental accident benefit with no waiting period. The program currently covers over 891,050 retired members of the uniformed services, including National Guard and Reserve personnel, and their families.

Eligibility for the TRICARE Retiree Dental Program extends to all retirees of the Reserve and Guard and their family members, including those in the "gray area" who are entitled to retired pay but will not begin receiving it until age 60. Although eligibility for this group has been in effect since the TRDP first began in 1998, many retired Reserve and Guard members, and even more "gray area" retirees, still do not realize they are eligible. It is important to note that as with all new retirees, the 120-day

period during which a "gray area" retired member can enroll in the TRDP to qualify for the 12-month waiting period waiver begins with his/her retirement effective date, not the date he/she reaches age 60.

The TRDP carries a \$50 per person annual deductible. The program also includes a family deductible cap of \$150 and an annual maximum amount of \$1,200, against which preventive and diagnostic services are not counted. In addition to the annual maximum, the TRDP also has a separate dental accident annual maximum of \$1,000 and a lifetime orthodontic maximum of \$1,200.

For more information, eligible retirees and their family members can find answers to their questions about the program and enroll using Delta Dental's dedicated TRDP web site, <http://www.trdp.org> or by calling the toll-free number, 1-888-838-8737.

• Suggest that the impaired guest stay overnight as a guest of the hosts. Do not give in-friends do not let friends drink and drive.

• The best defense against a drunk driver is wearing a seat-belt. Children too should be properly secured in child safety seats.

• Never ride in a car with a driver who has been drinking: call a cab or ask a friend for a lift home.

• Support measures to

strengthen drunk-driving prevention and victims by contacting local elected officials.

Remember:

• Don't risk it - If planning to drive, don't drink.

• Choose a sober designated driver before partying.

• Take a taxicab or ask a friend for a ride home.

• Spend the night where the activity is being held.

• Report impaired drivers to law enforcement.

• Always wear a safety belt,

the best defense against an impaired driver.

For information or questions, call 410-278-DRUG (3784).

(Editor's note: Information in an article prepared by Dorothy Lopez, Kimbrough Ambulatory Care Center, was used in this article.)

# Local women recall APG WAC Detachment

**Yvonne Johnson**  
APG News

The first Women's Army Auxiliary Corps Detachment was established on the former Edgewood Arsenal in 1943. Numbering about 100, those women supported the Chemical Corps mission and their professionalism proved invaluable to the installation.

In a July 5, 1943 memo to Oveta Culp Hobby, director of the WAAC, Maj. Gen. William H. Porter, chief of Edgewood's Chemical Warfare Service, wrote that, "WAAC enrollees at Chemical Warfare service installations are engaged in activities of wide scope and variety, embracing both skilled and semi-skilled occupations. The more specialized personnel are performing the work of chemists, toxicologists, lawyers, meteorologists, mechanical engineers, etc. Others with technical training are surgical and veterinarian assistants, motion picture projectionists, radio and teletype operators, glass blowers, draftsmen and photographers. In addition, of course, your Corps is supplying stenographers, typists, mail, code, file, stockroom personnel and copy clerks, court reporters and librarians."

The WAAC was a huge success and Army leaders requested its conversion to the Women's Army Corps, which would make it a part of the regular Army.

Congress opened hearings in March 1943 and the WAC bill was signed into law July 3, 1943.

By 1944, the strength of the Edgewood's WAC Detachment was 111 out of an authorized strength of 174, and a July 6 memo to the First WAC Training Center at Fort Des Moines, Iowa, submitted by Lt. Col. H.B. Merrill requested even more, citing a shortage of meat cutters, clerk typists, truck drivers, cooks, stenographers and bookkeepers.

"It is requested that every effort be made to furnish replacements at the earliest possible date in order to alleviate the critical shortage of WAC personnel at this installation," the memo read.

Several women veterans still residing in Harford County fondly remember their service on Aberdeen Proving Ground as members of the forgotten WAC Detachment.

By the mid-60s more than

200 women were employed at Kirk Army Hospital and in administrative positions in the U.S. Army Ordnance Center and Schools and other offices throughout the installation.

Judy Fortier, president of Aberdeen's Chapter 70 WAC Veterans Association, spent more than 25 years on APG, both active and civilian, as a medic at Kirk and as a safety officer with the Ballistics Research Laboratory and at the U.S. Army Test and Evaluation Command.

A native of North St. Paul, Minn., Fortier joined the WAC right out of high school in 1962. After basic training at Fort McClellan, Ala., and medical training at Brook Army Hospital at Fort Sam Houston, Texas, she arrived at APG in December of the same year.

Fortier said that during her time there, the WAC detachment consisted of six buildings housing an orderly room and barracks for about 200 occupants.

"Kirk was a full service hospital then" Fortier said. "We worked shifts around the clock because it never closed."

She said that WACs were in demand at every site on APG because "we were very good at what we did. We were sought after and very well respected."

She said that WACs were treated as "young ladies" and were never lacking invitations during holidays.

"The provost marshal didn't want us walking home at night when we got off shift so we were told to call for a car and the MPs would pick us up and take us home," she said.

Being so far from home, Fortier spent most of her holidays at APG.

"There was no shortage of invitations to meals for those of us away from home during the holidays," she said. "We had to go in uniform, but it was nice to sit down with a family, even if it wasn't yours. The sergeant majors always looked out for us," she said.

She said she still treasures the years she spent as a WAC.

"For me, it was a great place to spend my years from 18 to 21," she said, adding, "self discipline was the primary effect" the military had on her.

"I learned how to take care of myself, how to treat people and how to lead people," she said.

As a barracks sergeant,

leading 30 personnel and working three different shifts at Kirk, Fortier said the Army taught her how to manage and prioritize.

"The Army gave me the basis for my entire career," she said. "I took a lot of college courses I needed to do my job better, but I got my education in the Army."

Fortier left the WACS in 1966 but continued to work at Kirk for 13 years until the hospital converted to a health clinic. She went on to serve as an industrial hygienist for APG and trained at the Army Environmental Hygiene Agency at Edgewood, then as safety specialist for APG and the Ballistics Research Laboratory and TECOM. She retired as safety director at the NASA Goddard Space Center.

Like Fortier, chapter member Thelma Mae Garbinski, from a small town in Virginia, joined the WACs 13 days after graduating high school in 1961. She arrived at APG on a train from Fort Benjamin Harrison, Ind., where she had trained as a personnel administrative specialist.

Garbinski recalled the barracks were "little cubicles with fiberglass partitions."

"There were two to a cubicle, and you could open the doors to the lockers separating you to make it more private," she said.

She worked at the OC&S in-processing candidates to the Officers Training Course.

"They were right out of college and scared as anybody," she said.

Garbinski agreed that her years in the Army "formed the person I became."

"I was a farm girl from the country and I had never been

out in the world," she said. "I grew up real fast."

She said one of the people who influenced her most was her barracks sergeant, then Staff Sgt. Mildred Kelly, who went on to become the first black female sergeant major and command sergeant major in the Army.

"She taught me so much," Garbinski said. "She was very sharp. I tried to emulate her and wanted to be just like her."

Her desire to be the best she could be paid off as Garbinski was selected WAC of the Quarter three times and was promoted to E5 in just over two years.

She said being a WAC gave her a confidence she'd never had.

"I loved my job and I really felt proud when I wore the uniform," she said. "I really felt good about myself."

Garbinski met her future husband in the mess hall that served the WAC Detachment. A sergeant at the time, he went on to retire as a chief warrant officer 4 in the National Guard.

She said she left the WACs shortly after becoming pregnant with their first child but that she can still "spot a former WAC today," which is how she met Fortier.

"There's something about us," she said. "We carry ourselves just a little bit differently."

She noted that Chapter 70 member June Adcock was a sergeant when she came to APG and her unit's former commander, Capt. Donna Webber, lives in Havre de Grace.

"There's surely more of us around," she said. "It's just taking us a while to find each

other."

Command Sgt. Maj. Mildred Kelly died in 2003 and is buried at Arlington National Cemetery.

(Editor's note: Historical

information for this article was provided by Jeffery K. Smart, command historian, U.S. Army Research, Development and Engineering Command.)



Photos courtesy of WACVA CHAPTER 70 Spc. Thelma Garbinski, bottom, pose with fellow members of the APG Women's Army Corps Detachment, Pfc. Patricia Clapper, top, and Ines Keller, center, in this APG News file photo after being selected for Department of the Army screen tests for a film promoting the military in 1963.



Pfc. Judy Fortier, second from right, celebrates the WAC birthday at Kirk Army Hospital with fellow medical personnel. (Photo dates between 1962 and 1964.)



The APG WAC Detachment passes in review during an Oct. 24, 1964 ceremony.

# APG entertainers rock veterans

**Rebecca Chisholm**  
APG News

Aberdeen Proving Ground performers had yet another chance to shine at Perry Point VA Medical Center's Veterans Day USO Show Nov. 11.



Photo courtesy of MATT BUTTON, AEGIS STAFF A helicopter from the Maryland Army National Guard drops a wreath into the Chesapeake Bay at Perry Point VA Medical Center's Veterans Day ceremony.

Capt. Scott Willens, a veterinary pharmacologist with the U.S. Army Medical Research Institute of Chemical Defense, Sgt. Tara Goodman, and Sgt. 1st Class Henry Owens of the 20th Support Command performed songs that spanned World War II to the current war in Iraq, to the delight of hospitalized veteran patients and outpatients at the Perry Point VA Medical Center.

After a morning ceremony during which a wreath was dropped from a Maryland Army National Guard helicopter into the Chesapeake Bay, the veterans gathered in the theatre to enjoy an afternoon of entertainment followed by a social gathering and dance.

The USO Show began with Willens singing the National Anthem, and, as Cathy Hampton, the Women's Army Corps representative to the Harford County Veterans Commission said, "What a way to start off - wonderful!"

Willens, one of the 16 finalists in the national Military Idol competition, later said that as someone who joined the service because of the events of Sept. 11, 2001, "I have a lot of respect for those of you who didn't need a major catastrophic event to decide to serve."

The Bob Hope style-show, complete with a Bob Hope impersonator, included a number of sing-alongs, from polka music to service songs.

Owens sang "Old Soldiers Never Die" without accompaniment, something that he feels allows him to connect more with the words of the song. Singing for nearly 15 years now, Owens enjoys the National Anthem most of all, and has never competed with his voice.

"I do it as a pleasure," he said. "I do it for the patriotism."

One of the two APG performers to be featured at the Better Opportunities for Single Soldiers Forum in September, Goodman sang "You Saved My Life." This song found her wandering among the audience to personally touch many of the veterans in the audience.

After a long afternoon of entertainment, Willens once again took the stage, this time to end the show. With a rousing performance of "God Bless the U.S.A.," Lee Greenwood's popular patriotic tune, Willens received a standing ovation from the veterans, most of who sang and clapped along.

Each veteran was assisted by a Soldier escort from the 16th Ordnance Battalion, Companies A, B, and C and Headquarters and Headquarters Company, most of whom seemed to enjoy the show, singing along to "The Army Song" and cheering for the performances.

The afternoon of local talent as well as active and retired military talent was hardly lacking in anything, especially folks that could perform show-stopping tunes.

"We had entertainers climbing out of the woodwork to perform for you today," Hampton said.

The USO show was created through the efforts of many people, starting with Chaplain John Richardson of Perry Point VAMHCS, chief of Pastoral Care Service.

He brought the fact that there had not been a program of this category done at the Perry Point VA Hospital in 30 years or more to Wanda Story, 2nd vice president of the Chesapeake Beacon, Chapter 114, of the Women's Army Corps Veterans' Association.

Story also enlisted the aid of the WACVA Chesapeake Beacon, Chapter 114 and retired Maj. Cathy Hampton.

"I contacted them and Cathy suggested we do a Bob Hope USO Show like the one that the Harford County Veterans Affairs Commission had done earlier that year," Story said.

She then took the idea to the Voluntary Services of the Perry Point and Baltimore VA Hospital to get permission to put on an event for the patients and their families at the Perry Point VA Hospital.

In need of funding, food and personnel, Story went to the Harford County Veterans' Affairs Commission and asked them to help by going to the Veterans Service Organizations to request not only personnel, but also monetary donations. Wally Mueller and Mike Perini of the commission volunteered to help find people for the USO show and, in the meantime Story wrote letters to the VSO's of Cecil County asking the same thing from them.

Looking for Soldiers to help the patients at Perry Point attend and get around the event, Story asked APG for help by lending Soldiers.

Now lacking only talent, Story and Hampton contacted Eyvo Johnson of Harford Community College. The performers HCC suggested in turn contacted other performers and the talent pool swelled.

Also enlisted to help the event was the Aberdeen High School Jazz Band. They played for the social dance.

"They did a wonderful job and offered to play for the veterans again whenever we wanted them to," Story said.

Sgt. 1st Class James Smith, Maryland ARNG, arranged for the flyover they performed, she added.

The Rendezvous Restaurant in Perryville was contacted to provide the food served, with a menu of chicken cordon bleu, chicken nuggets, meatballs, pretzel sticks and doughnuts. They even sent two of their servers to help with serving the food.

"I also cannot give enough thanks to those people of the Perry Point VA Hospital staff, Cathy Deibel, Nancy McLaughlin, Sandy Miller and the rest of the staff who not only helped with the patients, but also helped out when needed elsewhere," Story said.